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Family of origin experiences and young adults' romantic relationship outcomes

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Family of Origin Experiences and Young Adults' Romantic Relationship Outcomes

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by Emily Margaret Isola

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Abstract

This study seeks to identify the impact of one's family-of-origin experiences on future young adult romantic relationships. It is hypothesized that greater conflict within parental and parent-teen relationships will predict poorer future romantic relationship outcomes. These associations will be mediated by anxiety, insecure attachment, and poorer conflict resolution skills. A mediating variable is a third variable that can help explain the connection between an independent and dependent variable. Buffering effects of positive friendship qualities will also be considered. Data were analyzed using an 18-year multi-method longitudinal study of 184 youth. Hierarchical regressions between family of origin predictor variables, mediators, and relationship satisfaction were performed. Interactions were also examined to analyze the moderating relationship between predictor variables, friendship quality, and relationship satisfaction. A moderating variable is one that influences the direction and/or strength between the independent and dependent variable. Results of this study indicate that high levels of family conflict are negatively associated with relationship satisfaction. Poorer conflict resolution skills showed a significant mediating effect and can be used to better understand the associations between family of origin conflict and relationship satisfaction. Additionally, results indicated that friends do serve as a buffer against the negative impact of a physically abusive father; however, the combination of poorer friendship quality and high family conflict, unexpectedly, resulted in higher relationship satisfaction.

Family of Origin Experiences and Young Adults' Romantic Relationship Outcomes

Fifty percent of children born to married parents will see their parents divorce by the time they are 18 (Fagan & Rector, 2000). While experiencing a parental divorce can be very challenging, research suggests that the level of conflict within the home prior to the divorce is also critical to understanding the impact that such circumstances will have on the child's own romantic relationships. The level of conflict in one's family of origin has been shown to have a direct, long-lasting effect on romantic relationship quality, as well as impacts on anxiety levels, conflict resolution skills, and romantic attachment. One's family, however, is not the only influence predictive of future romantic relationship satisfaction. Rather, it is important to also consider the impact of friends on such relationships, as researchers have found that parents and friends can both have a significant impact on the outcomes of teens' future romantic relationships (Amato & Booth, 2001; Amato & DeBoer, 2001; Bryant, Conger, Cui & Elder, 2000; Felmlee & Sprecher, 1992; Lawford, Nosko, Pratt & Tieu, 2011). Friendships can serve as contexts for teaching teens how to properly interact with peers - a skill that is important for the formation of a healthy romantic relationship - or serve as emotional supports during challenging times. Thus, in the present study, we will explore the direct effects of adolescent parental relationship quality and parent-teen relationship quality on future romantic relationships in early adulthood, as well as relevant mediators of these associations. We will also consider how friends may buffer against negative family of origin experiences to predict more positive future romantic relationships (Felmlee & Sprecher, 1992).

Parental Divorce, Conflict, and Adolescent Romantic Relationships

Although parental divorce is a risk factor for teens' own relationships difficulties, research suggests that the effects of divorce may be best understood in conjunction with the level

of conflict in the parental relationship. Teens from divorced parents are more than twice as likely to experience divorce themselves compared to teens whose parents have remained continuously married with low conflict. That is, teens with low-conflict, divorced parents show lower psychological well-being, as do teens of high-conflict, married parents (Amato & Booth, 2001). Growing up in a highly conflictual household is also positively correlated with higher levels of youth anxiety and depression, regardless of marital status (Jekielek, 1998). These problems have the potential to follow teens to their adult romantic relationships, influencing the attachment style formed between teen and partner, the conflict resolution skills of the teen, and ultimately the quality of the relationship (Hasim, Mustafa, & Hashim, 2018).

Anxiety resulting from experiences of parental conflict can result in disruptions in future romantic relationships. Higher levels of anxiety during adolescence have been linked to development of an insecure attachment style in later romantic relationships; insecure attachment styles include avoidant and anxious attachment styles (Weems, Berman, Silverman, & Rodriguez, 2002). For individuals with avoidant attachments, fear of intimacy, jealousy, and emotional highs and lows are common within the relationships. Similarly, individuals with anxious attachment styles are likely to experience emotional highs and low, increased jealousy, feelings of obsession, a desire for reciprocation and union, and extreme sexual attraction (Kazan & Shaver, 1978). Notably, insecurely attached individuals are up to twice as likely to end up divorced compared to securely attached individuals (Kazan & Shaver, 1978). The development of anxiety during adolescence due to the presence of parental conflict in the family of origin can therefore have important implications for the success and quality of the teen's future romantic relationships. Conflict within the family of origin is not the only family aspect that can influence

romantic relationships; attachment styles within one's childhood home also appear to be important.

Parent-Teen Attachment and Romantic Relationships

Positive parent-teen relationships also predict teens' abilities to form high quality and intimate romantic relationships (Lawford, Nosko, Pratt & Tieu, 2011). More specifically, research shows that a nurturant-involved parenting style is positively correlated with warm/low hostility behaviors of the teens toward their romantic partners (Bryant, Conger, Cui & Elder, 2000). Individuals who show stronger attachments with their mothers during adolescence are more likely to have higher levels of relationship quality and intimacy in adulthood, while those with avoidant attachment experience higher occurrences of breakups or time spent single (Kochendorfer & Kerns, 2017). Additionally, having a secure attachment with one's parents in childhood and adolescence is positively correlated with more positive daily emotional experiences in adult romantic relationships as well as less negative emotions during conflict resolution and a high involvement in collaborative tasks with their romantic partners (Simpson, Collins, Tran, & Haydon, 2007). This research shows that having a secure parent-teen attachment can promote healthy conflict resolution skills that are important for quality of relationships.

Research shows that attachment style maintains continuity and stability over time, with the attachment styles adolescents experience with their parents transferring over to the attachment styles they are likely to form in romantic relationships (Hasim, Mustafa, & Hashim, 2018). Thus, individuals who experience high levels of anxiety and avoidance in their parent-teen relationship likely to form anxious or avoidant attachments with their romantic partners (Hasim, Mustafa, & Hashim, 2018). As explained above, having an anxious attachment in a

romantic relationship is harmful to the quality of the relationship and is more likely to broaden and deepen relationship conflicts (Boldry, Campbell, Kashy, & Simpson, 2005). Such conflicts may cause worrying about rejection and abandonment, trigger hypervigilance, amplify emotion-focused coping, and increase dysfunctional behaviors. Individuals with anxiety tend to report more daily conflicts and more negative consequences of those conflicts; therefore, it is important to recognize the compounding effect that perceptions of conflict can have. Anxious individuals also have a lower threshold for conflicts and may therefore over-detect situations as conflict. Because such individuals are more anxious about the possibilities of abandonment and rejection, they pay closer attention to details and therefore perceive smaller potential cues of conflict (Boldry, Campbell, Kashy, & Simpson, 2005). Thus, secure relationships with mothers in early adolescence help teens learn about appropriate security and attachment in future romantic relationships, whereas insecure parent-teen attachments may result in greater anxiety, insecure attachment, and conflict (Kerns & Kochendorfer, 2017). In summary, the parent-teen relationship can impact the teen's development of anxiety, romantic attachment, and conflict resolution skills, which in turn can all serve as mediators for the overall romantic relationship quality.

Friends as a Buffer

The parental and parent-teen relationships are not the only relationships that can impact one's success in romantic relationships. The parent-teen relationship indirectly influences the teen's romantic relationship through its role in influencing the quality of friendships; however, a teen's friendships can also directly influence one's romantic relationship. Friends serve as a social network that supports romantic relationship quality and stability (Felmlee & Sprecher, 1992). The perceived approval from one's social network is positively correlated with feelings of

love, commitment, and satisfaction. For women, friends' reactions appear to be more impactful than her family's (Felmlee & Sprecher, 1992). Network support in early adolescence is positively correlated with an increase in relationship quality (love, satisfaction, commitment) throughout teen development. Felmlee and Sprecher noted that the positive correlation between social support and relationship quality may be due to four things: greater cognitive balance, reduction in uncertainty concerning the partner, increased sense of seeing self and partner as a dyad, and an increase in network barriers to a breakup. One's social network can play many roles in improving the quality of a romantic relationship, ranging from quieting any possible uncertainties about the partner to helping someone view themselves as a member of a relationship. Having stronger friendships with peers can translate into stronger romantic relationships because intimate connections outside the family unit are learned through high-quality friendships.

Thus, both friends and family play a role in romantic relationship quality. Importantly, high-quality friendships may serve as buffers, or protective factor, against negative effects of parental and parent-teen conflict. In fact, friends appear to show a buffering effect in all negative experiences, not just those associated with one's family (Adams, Bukowski, & Santo, 2011). Research shows that simply having one's best friend with them during a stressful situation decreases the amount of cortisol released, consequently reducing the negative impact of the experience (Adams, Bukowski, & Santo, 2011). Having a supportive relationship with a friend is critical in buffering the adverse consequences of parental conflict and even parental divorce. Teens often become disengaged from their families during times of high family conflict, and having a friend to whom they can attach themselves and from whom they receive support from is important to help them adjust to the transitions within their families (Hetherington, 1989).

Research shows that in late adolescence and early adulthood, friend support has a greater impact on psychological well-being than family support does (Rodriguez, Mira, Myers, Morris, & Cardoza, 2003). As mentioned earlier, growing up in a high-conflict intact family or low-conflict separated family both negatively impact psychological well-being of the adolescents (Amato & Booth, 2001). Friends can serve as a protective mechanism against such negative impact, buffering teens against psychological distress (Rodriguez, Mira, Myers, Morris, & Cardoza, 2003). Thus, high quality friendships in adolescence are not only correlated with high quality romantic relationships in adulthood; they are also important as a buffer against the negative consequences of family origin conflict such as high levels of distress and decreased psychological well-being.

Hypotheses of present study

In many ways, a teen's family-of-origin has the ability to influence their future romantic relationships. The level of parental conflict in relation to the parental relationship status can impact the type of attachment formed with a romantic partner and the quality of the relationship. Parent-teen conflict and attachment also contribute to the teen's level of avoidance and anxiety in romantic relationships and conflict resolution skills, each of which play a role in determining the quality of the relationship. Strong friendships in adolescence, however, are critical for teens to learn how to positively interact peers who could potentially become romantic partners. Such friendships may also provide a buffering effect against the possible negative impacts of a high conflict family-of-origin.

Based on past research, it is expected that negative family of origin experiences will have negative effects on the future romantic relationship outcomes of the teen, but that these may be buffered by positive relationships with friends. More specifically, it is hypothesized that having

parents who are divorced and having poorer attachment and greater conflict in parental and parent-teen relationships will predict poorer future romantic relationship outcomes. These associations will be mediated by teen's levels of anxiety, insecure attachment, and poorer conflict resolution skills. Finally, positive friendship qualities will buffer or protect against the effects of negative family of origin experiences when predicting romantic relationship outcomes.

Method

Participants

The data for this project have been collected over the past 18 years as part of a more extensive longitudinal study of adolescent/young adult social and emotional development. Participants included 184 young adults (86 male, 98 female who were initially interviewed when they were approximately 13 years old and have been interviewed annually for the last 18 years. All participants were originally recruited through a mailing to parents of 7th- and 8th-grade students at a public middle school in the Southeastern United States. Students at the school came from both suburban and urban settings. Parents were given the opportunity to opt out of any further contact with the study; however, only 2% of parents opted out of such contact. Of the remaining families, all were contacted by phone (n = 298) and 63% agreed to participate in the study and had an adolescent who was eligible to participate in the study. The final sample did not appear to be different significantly from the overall population of the school in regards to racial/ethnic makeup (42% non-white in the sample; 40% non-white in school) or socio-economic status (mean household income of $43,618 for sample; mean household income of $48,000 for community).

Procedure

The present study assessed data collected from the participants when they were between the ages of 17- and 19-years-old as well as between 26- and 28-years-old. These time frames were chosen in order to assess the long-term implications of the family of origin on romantic relationships. Qualities of parental relationship, as well as the parent-teen relationship, and quality of friendship, were assessed when the teens were 17- to 19-years-old. The mediator of anxiety was measured when the participants were 27-years-old. The mediators of conflict resolution skills and romantic attachment style were measured when the participants were between 26- and 28-years-old and average scores for each participant were calculated for the 3-year period. These mediators were chosen due to the extensive support found in the background research for the relationship between family of origin variables, anxiety, attachment style, conflict resolution skills, and romantic relationship satisfaction. Finally, the romantic relationship quality was evaluated when the participants were between the ages of 26- and 28-years-old. Informed consent to participate was obtained from all participants age 18 and older; informed assent was obtained from teens (and informed consent from their parents) prior to age 18. Assessments took place in the private offices of a university building.

Measures

Parental Divorce – Parental divorce demographics were assessed when teens were between the ages of 17- and 19-years-old. To assess the parental relationship status, the mother was asked if she was currently married to the parent of the teen. This was a dichotomous, yes or no question.

Parental Conflict – The Conflict Tactics Scale (Straus, 1979) was used to measure conflict resolution tactics within the family unit. When the teens were between the ages of 17- and 19-years-old, both fathers and mothers self-reported about their conflict tactics in regards to

each other using a 5-point Likert scale. The measures of psychological and physical aggression towards each other were used in the present study. The measure is reliable and valid (Straus, 1979). Example questions that assess psychological aggression include "Over your lifetime, how often has your partner insulted or swore at you?" and "Over your lifetime, how often has your partner done or said something to spite you?" The alpha values calculated for mother and father psychological aggression toward partner are 0.75 and 0.81, respectively. Example questions that assess physical aggression include "Over your lifetime, how often has your partner pushed, grabbed, or shoved you?" The alpha values calculated for mother and father physical aggression toward partner are 0.75 and 0.89, respectively.

Parent-Teen Conflict – The Conflict Tactics Scale (Straus, 1979) was also administered to the teens in regards to their parents. As seen above when this measure was used to assess parental conflict, this measure is reliable and valid (Straus, 1979). Example questions that assess psychological aggression include "Over your lifetime, how often has your mother/father insulted or swore at you?" and "Over your lifetime, how often has your mother/father done or said something to spite you?" The alpha values calculated for mother and father psychological aggression toward teen are 0.83 and 0.86, respectively. Example questions that assess physical aggression include "Over your lifetime, how often has your mother/father hit you with her/his fist or kicked or bit you?" The alpha values calculated for mother and father physical aggression toward teen are 0.82 and 0.73, respectively.

Parent-Teen Attachment – The Inventory of Parent and Peer Attachment (IPPA) (Armsden & Greenburg, 1989) is a measure of relationship quality between teens and their parents as well as teens and their peers. The inventory assesses the mutual trust, quality of communication, level of alienation, and the overall attachment of such relationships. For the

present study, the teens' overall attachment score in regards to their mother was measured when the teen was 17- to 19-years-old and used to represent parent-teen attachment. The measure is both reliable and valid (Armsden & Greenburg, 1989) with alpha values of 0.94 for total attachment with mother and 0.95 for total attachment with father.

Friendship Quality – The Friendship Quality Questionnaire assesses the friendship adjustment as well as peer acceptance (Parker & Asher, 1993). This is a 40-question self-report measure that is both reliable and valid. The alpha value for the present study was 0.95.

Romantic Relationship Quality – The Relationship Assessment Scale (Hendrick, Dicke, & Hendrick, 1998) is a 7-item measure used to assess satisfaction within romantic relationships, the dependent variable of the present study. One of the 7 scales within the measure assesses general satisfaction within romantic relationships. This measure is both reliable and valid (Hendrick, Dicke, & Hendrick, 1998). The alpha value for relationship satisfaction was 0.91.

Attachment Style in Romantic Relationships – The Measure of Adult Romantic Relationships (MARR) is used to assess avoidant and anxious attachment within a romantic relationship (Brennan, Clark, & Shaver, 1998). The measure is both reliable and valid. The alpha calculated for avoidant attachment scale was 0.96, while the alpha calculated for the anxious attachment scale was 0.95.

Conflict Resolution Skills – The Conflict in Relationships (CIR) measure is used to assess positive and negative communication patterns in romantic relationships and is both valid and reliable (Wolfe, Reitzel-Jaffe, Gough, & Wekerle, 1994). The alphas for each conflict resolution skill assessed in the present study were as follows: teen's negative communication to romantic partner = .85, teen's positive communication to romantic partner = .90, and romantic partner's abuse/blame toward teen = .61.

Anxiety – The State and Trait Anxiety Inventory (STAI) is used to measure anxiety (Spielberger, Gorsuch,& Lushene, 1970). The inventory is both valid and reliable (Wolfe, Reitzel-Jaffe, Gough, & Wekerle, 1994). The reliability for the measure in the present study is 0.924.

Results

Preliminary Analyses

Univariate and correlational analyses. The means and standard deviations for all key variables are presented in Tables 1 and 2. Simple correlation analyses were performed between all key variables of interest. The correlations were broken into three sets of analyses to test for relations between the eleven identified predictors and the outcome (see Table 1), the six identified mediators and the outcome (see Table 2), and the predictors and mediators (see Table 3). There are several significant correlations between predictors and outcomes worth discussing (see Table 1). When the teen was 18 years old, if the mother of the teen was married to the other parent of the teen, they were more likely to have higher relationship satisfaction at age 27 (r = 0.23, $p < .05$). Additionally, a positive correlation was also found between attachment to both parents at 18 and romantic relationship satisfaction at 27 (Mom: r = 0.28, $p < .01$; Dad: r = 0.24, $p < .05$). Negative correlations were seen between romantic relationship satisfaction and Dad's psychological aggression towards Mom (r = -0.27, $p < .05$), Dad's psychological aggression towards teen (r = -0.28, $p < .01$), and Dad's physical aggression towards teen (r = -0.21, $p < .05$). Several significant correlations were found between the mediators and outcomes as well (see Table 2). Romantic relationship satisfaction was negatively correlated with an avoidant attachment in the romantic relationship (r = -0.20, $p < .05$), negative communication with the teen's romantic partner (r = -0.37, $p < .001$), and abuse or blame of the teen by their romantic

partner (r = -0.41, p < .001). Correlations between the predictors and mediators showed significant associations between higher levels of parent-teen conflict and worse conflict resolution skills (see Table 3). Additionally, lower total attachment with parents was associated with higher anxiety (Mom: r = 0.21, p <.05 ; Dad: r = 0.32, p < .001) and a lower total attachment with one's mother was associated with higher avoidant attachment (r = 0.19, p < .05) with romantic partners.

Primary Analyses

Hypothesis 1. *Having parents who are divorced and having poorer attachment and greater conflict in parental and parent-teen relationships will predict poorer future romantic relationship outcomes. These associations will be mediated by anxiety, insecure attachment, and poorer conflict resolution skills.*

Hierarchical regression analyses were performed to determine the mediating effect of anxiety, romantic attachment style, and conflict resolution skills in explaining the relationship between aspects of the family of origin at age 18 and romantic relationship satisfaction at age 27. Gender and income were entered as covariates in all models. All regressions included gender and income, one of the family of origin predictor variables, one of the mediator variables, and romantic relationship satisfaction.

Mom currently married to parent of teen.

Hierarchical regression analyses were performed to determine the relationship between parental relationship status as a function of the teen's mom being married to the other parent of the teen, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates, but neither were found to be significant. Twenty-six percent of the variance in relationship satisfaction can be explained by the parental relationship status.

Having parents that were married when the teen was 18 appears to have a positive association with the teen's romantic relationship satisfaction at age 27 (see Table 4). This trend was seen for the β entry statistic as well as all six β final statistics. The mediators of anxiety (β = -0.20, p < .05), negative communication (β = -0.34, p < .001), and abuse/blame of teen by romantic partner (β = -0.38, p < .001) showed statistically significant negative associations with romantic relationship satisfaction.

Dad psychologically aggressive towards Mom.

Hierarchical regression analyses were performed to determine the relationship between the level of Dad-to-Mom psychological aggression, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates, but again neither were found to be significant. The relationship between the predictor variable and outcome variable showed the opposite trend of the above relationship; a negative association was seen between level of Dad-to-Mom psychological aggression and relationship satisfaction (see Table 5). The mediators that were statistically significant were avoidant attachment (β = -0.21, p < .05), negative communication (β = -0.32, p < .01), and abuse/blame of teen by romantic partner (β = -0.36, p < .001); again showing a statistically significant negative association. As mediators, avoidant attachment, negative communication, and abuse/blame of teen by romantic partner act as a link in the chain between predictor and outcome that help better understand the relationship. The avoidant attachment accounts for 14% of the variance in relationship satisfaction, while negative communication accounts for 20% and abuse/blame of teen accounts for 23%.

Dad physically aggressive towards Mom.

Hierarchical regression analyses were performed to determine the relationship between the level of Dad-to-Mom physical aggression, the six mediating variables, and the romantic

relationship satisfaction. Gender and income were retained as covariates, however, neither were found to be significant. The association between the predictor and outcome in this regression did not appear to be significant, but most of the *ß* final regression coefficients showed the trend of a negative association. Interestingly, the relationship between predictor and outcome considering the mediating variables of negative communication ($ß = 0.45$, $p < .05$) and romantic partner abuse/blame of teen ($ß = 0.47$, $p < .01$) showed a significant positive association with relationship satisfaction (see Table 6). Several of the mediators showed significance as well, all depicting a negative relationship between the mediator and relationship outcome; avoidant attachment which can be used to explain 6% of the variance in relationship satisfaction ($ß = -0.24$, $p < .05$), anxious attachment which can also be used to explain 6% of the variance ($ß = -0.20$, $p < .05$), negative communication which can be used to explain 23% of the variance ($ß = -0.59$, $p < .001$), and romantic partner abuse/blame toward teen which can be used to explain 28% of the variance ($ß = -0.58$, $p < .001$).

Mom psychologically aggressive towards Dad.

Hierarchical regression analyses were performed to determine the relationship between the level of Mom-to-Dad psychological aggression, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates, but neither were found to be significant. A weak positive association was seen between the predictor variable and outcome variable for the *ß* entry and six *ß* finals, but none were statistically significant (see Table 7). Five of the six mediators were significant. Anxiety ($ß = -0.19$, $p < .05$), avoidant attachment ($ß = -0.25$, $p < .05$), anxious attachment ($ß = -0.20$, $p < .05$), negative communication ($ß = -0.37$, $p < .001$), and romantic partner abuse/blame toward teen ($ß = -0.41$, $p < .001$) all depict a negative relationship between the mediator and relationship satisfaction. The percent of

variance among relationship satisfaction due to anxiety, avoidant attachment, anxious attachment, negative communication and romantic partner abuse/blame toward teen was 5%, 7%, 5%, 14%, and 17%, respectively.

Mom physically aggressive towards Dad.

Hierarchical regression analyses were performed to determine the relationship between the level of Mom-to-Dad physical aggression, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates, but again neither were found to be significant. The results for the predictor of mom physically aggressive towards dad mimicked the pattern seen above for mom psychologically aggressive towards dad; none of the predictor to outcome associations were significant but all showed a weak positive relationship (see Table 8). The same five mediator-outcome relationships showed statistically significant negative correlations once again; anxiety (β = -0.19, $p < .05$), avoidant attachment (β = -0.24, $p < .05$), anxious attachment (β = -0.20, $p < .05$), negative communication (β = -0.37, $p < .001$), and romantic partner abuse/blame toward teen (β = -0.40, $p < .001$). Similar to above, the percent of variance among relationship satisfaction due to anxiety, avoidant attachment, anxious attachment, negative communication and romantic partner abuse/blame toward teen was 5%, 6%, 5%, 15%, and 17%, respectively.

Teen total attachment to Mom.

Hierarchical regression analyses were performed to determine the relationship between the teen's total attachment to Mom, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates and neither were found to be significant. The results showed the trend of positive association between predictor and outcome, all of which were significant (see Table 9). Several of the mediators showed significance as well.

negative communication (β = -0.37, $p < .001$) and romantic partner abuse/blame towards teen (β = -0.40, $p < .001$) both showed a statistically significant negative relationship with relationship satisfaction as well. Sixteen percent of the variance in relationship satisfaction can be explained by negative communication, while 19% of the variance can be explained by abuse/blame.

Teen total attachment to Dad.

Hierarchical regression analyses were performed to determine the relationship between the teen's total attachment to Dad, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates and neither were found to be significant. One's total attachment with their father showed a positive association with relationship satisfaction (β = 0.27, $p < .05$; see Table 10). Although this trend was maintained when controlling for all six mediators, the association only held significant when controlling for avoidant attachment (β = 0.24, $p < .05$), negative communication (β = 0.22, $p < .05$), positive communication (β = 0.27, $p < .05$), and romantic partner abuse/blame towards teen (β = 0.22, $p < .05$). The association between mediators and relationship satisfaction showed a statistically significant negative association for avoidant attachment which accounts for 12% of the variance in relationship satisfaction (β = -0.21, $p < .05$), negative communication which accounts for 18% of the variance (β = -0.34, $p < .001$), and romantic partner abuse/blame towards teen which accounts for 21% of the variance (β = -0.38, $p < .001$).

Mom psychologically aggressive towards teen.

Hierarchical regression analyses were performed to determine the relationship between the level of Mom-to-teen psychological aggression, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates, but neither were found to be significant. The correlations from predictor to outcome, when controlling for income,

gender, and mediators did not show as significant, but generally showed a negative relationship between the variables. The attachment styles and the negative conflict resolution skills did show statistically significant negative associations with relationship satisfaction; avoidant attachment (β = -0.24, $p < .05$), anxious attachment (β = -0.20, $p < .05$), negative communication (β = -0.41, $p < .001$), and romantic partner abuse/blame towards teen (β = -0.44, $p < .001$), with each mediator accounting for 7%, 6%, 14%, and 17% of the variance in relationship satisfaction, respectively.

Mom physically aggressive towards teen.

Hierarchical regression analyses were performed to determine the relationship between the level of Mom-to-teen physical aggression, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates, but again neither were found to be significant. The results of the predictor-outcome correlations when controlling for gender, income, and mediators showed a trend of weak, non-significant, positive relationships (see Table 12). All of the associations between mediators and outcome showed a negative relationship, with five of the six being significant; anxiety explains 5% of the variance in relationship satisfaction (β = -0.19, $p < .05$), avoidant attachment explains 6.5% of the variance (β = -0.24, $p < .05$), anxious attachment explains 6% of the variance (β = -0.20, $p < .05$), negative communication explains 15% of the variance (β = -0.38, $p < .001$), and romantic partner abuse/blame towards teen explains 18% of the variance (β = -0.42, $p < .001$).

Dad psychologically aggressive towards teen.

Hierarchical regression analyses were performed to determine the relationship between the level of Dad-to-teen psychological aggression, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates, still, neither were

found to be significant. The data show that growing up with a psychologically aggressive father has significant negative impacts on the romantic relationship. The association between predictor and outcome when controlling for gender and income showed a strong negative relationship (β = -0.29, $p < .01$; see Table 13). This trend was seen even when controlling for the mediators as well. The associations between the outcome variable and the mediators of avoidant attachment (β = -0.22, $p < .05$), negative communication (β = -0.30, $p < .01$), and romantic partner abuse/blame toward teen (β = -0.34, $p < .001$) were also statistically significant, showing negative relationships. An avoidant attachment style explains 13% of the variance in relationship satisfaction, negative communication explains 17% of the variance, while abuse/blame explains 19% of the variance.

Dad physically aggressive towards teen.

Hierarchical regression analyses were performed to determine the relationship between the level of Dad-to-teen physical aggression, the six mediating variables, and the romantic relationship satisfaction. Gender and income were included as covariates; neither were found to be significant. Just as with high father-teen psychological conflict, high father-teen physical aggression also showed a strong negative impact on relationship satisfaction when controlling for gender, income, as well as mediators (see Table 14). Several of the mediator-outcome associations also showed strong negative relationships such as, avoidant attachment (β = -0.24, $p < .05$), negative communication (β = -0.35, $p < .001$), and romantic partner abuse/blame toward teen (β = -0.39, $p < .001$). An avoidant attachment style explains 16% of the variance in relationship satisfaction, negative communication explains 23% of the variance, while abuse/blame explains 26% of the variance.

Hypothesis 2. *Positive friendship qualities will buffer or protect against the effects of negative family of origin experiences when predicting romantic relationship outcomes.*

To test for moderation of friendship quality, hierarchical regression analyses were performed. All analyses included the covariates of income and gender, one of the family of origin predictor variables, friendship quality, and the interaction between the predictor and friendship quality. Interaction variables were created by standardizing the family of origin predictor and the friendship quality variables and then multiplying them together. The significant interactions are shown in Figures 1 through 7. Figures 1, 2, 3, 5, and 6 all show a similar pattern of interaction. Lower friendship quality in conjunction with higher conflict within the family of origin resulted in greater relationship satisfaction. This does not support what was predicted in hypothesis 2. Figure 4 depicts the interaction between mother-teen attachment and friendship quality on romantic relationship satisfaction. Stronger friendships in conjunction with stronger parental attachment is predictive of higher satisfaction, as hypothesized. Figure 7 depicts the interaction between friendship quality and dad-to-teen physical aggression on romantic relationship satisfaction. Interestingly, higher levels of friendship quality in conjunction with higher physical aggression is predictive of higher satisfaction. This interaction could be explained by the buffering effect of quality friendships against negative family of origin situations.

Discussion

The present study provides evidence for the link between one's family of origin and the outcomes of future romantic relationship satisfaction. Mediators such as anxiety, conflict resolution skills, and romantic attachment help explain the impact that parental conflict, parent-teen conflict, and/or parent-teen attachment can have on romantic relationships.

The connection between conflict within one's family of origin and future romantic relationship outcomes was hypothesized given findings presented in previous research. Experiencing high levels of conflict within one's home during adolescence shows a positive correlation with higher levels of anxiety (Jekielek, 1998), which can influence the type of romantic relationship attachment and conflict resolution skills that impact the quality of a romantic relationship (Hasim, Mustafa, & Hashim, 2018). Romantic relationships characterized by an avoidant or anxious romantic attachment are twice as likely to end in divorce compared to securely attached relationships (Kazan & Shaver, 1978). This relationship between family of origin conflict, mediators of anxiety, conflict resolution skills, and romantic attachment style, and the outcome of romantic relationship quality was seen with the present study as well. Coming from an intact family was positively predictive of higher romantic relationship satisfaction, indicating the positive influence having parents who are married. When the mediator variables of negative communication and abuse/blame toward teen by romantic partner were considered however, the positive impact of coming from an intact family was slightly diminished and the mediators showed strong negative correlations with relationship satisfaction.

These results indicate that negative conflict resolution skills can harm the quality of a romantic relationship, possibly somewhat negating the positive influence of an intact family of origin. This analysis however does not consider the level of conflict within the family of origin that influenced the development of poor conflict resolution skills in the teens. The relationship between poor resolution skills and romantic relationship satisfaction has been seen repeatedly in research. One study revealed that having poorer conflict resolution skills was one of the critical factors associated with relationship satisfaction (Eğeci & Gençöz, 2006). Ineffective resolution skills, such as negative communication and abuse or blame, not only reduce the likelihood of

solving a conflict, but also exacerbated the conflictual situation, putting the couple in a worse situation (Noller & Feeney, 1998). Therefore, it should come as no surprise that as negative communication and blame/abuse increases, relationship satisfaction decreases.

Parent conflict in the form of father-to-mother psychological and physical aggression during adolescence appeared to have a strong negative impact on relationship satisfaction in early adulthood. A strong negative association was seen between such parental conflict and relationship satisfaction, with the impact on satisfaction being best understood through the mediation of negative communication and blame/abuse toward teen by their romantic partner. The results indicate that growing up in a household where one's father is psychologically and physically aggressive towards the mother may be predictive of the teen's development of poor conflict resolution skills as well. Those poor resolution skills consequently result in lower romantic relationship satisfaction, showing the mediating effect of conflict resolution skills. Interestingly, such resolution skills appear to be more significant mediators than anxiety and romantic attachment style. This finding is important because understanding which mediators can influence the relationship between family of origin and relationship satisfaction can help future researchers investigate ways to improve satisfaction through the mediator, reducing the impact of coming from a high conflict family of origin.

The family of origin can also positively impact romantic relationship outcomes. The results indicate that having a strong attachment with both one's mother and father is associated with higher relationship satisfaction. Even when the mediators were introduced, the relationship between parent-teen attachment and relationship satisfaction remained statistically significant except for in two situations. The inclusion of the mediating variables of anxiety and an anxious attachment style resulted in the loss of association between father-teen attachment and

relationship satisfaction. This shows that one's attachment with their parent can strongly influence their romantic relationships even when negative romantic relationship aspects are present. These results speak to the true importance of forming a secure attachment with one's parents, especially their mother. Research shows that a secure or nurturing attachment with one's parent is positively correlated with warm/low hostility behaviors of the teen toward their romantic partner (Bryant, Conger, Cui & Elder, 2000). A stronger attachment with one's mother during adolescence has been linked to higher levels of relationship quality and intimacy in adulthood (Kochendorfer & Kerns, 2017). Additionally, having a secure attachment with one's parents in adolescence is also correlated with more positive daily emotional experiences in adult romantic relationships as well as less negative emotions during conflict resolution and a high involvement in collaborative tasks with their romantic partner (Simpson, Collins, Tran, & Haydon, 2007). Overall, a secure parent-teen attachment at age 18 is directly predictive of higher relationship satisfaction.

The predictor parent-teen conflict produced interesting results. None of the mother-to-teen aggression analyses showed a direct association with relationship satisfaction. Both father-to-teen psychological and physical aggression showed a strong negative association with relationship satisfaction. Research shows that emotional and physical maltreatment during childhood and adolescence is linked to low self-esteem and marital breakdowns, respectively (Mullen, Martin, Anderson, Romans, & Herbison, 1996). The effects of father-to-teen aggression remained significant even with the addition of most mediators. The association between father-to-teen psychological aggression and relationship satisfaction was diminished when the mediating variables of negative communication and abuse/blame toward teen by romantic partner were included. It is likely that the verbal abuse experienced strongly influences the teen's

development of conflict resolution skills. Conflict resolution skills learned from the parent-adolescent relationship translate into the teen's future relationship, shaping how they solve conflicts with a romantic partner (Van Doorn, Branje, VanderValk, De Goede, Irene, & Meeus, 2011). High levels of father-to-teen psychological aggression therefore may result in spillover of poorer communication skills into the teen's romantic relationship, in turn having a negative impact on relationship satisfaction.

This research provides support for the initial hypothesis that conflict within the family of origin will predict poorer future romantic relationships, with the mediator of conflict resolution skills helping to explain the association. Before considering the mediators, the present study agrees with previous research that increased conflict within the family of origin negatively impacts relationship satisfaction and that an intact parental relationship and a strong parent-teen attachment positively impacts relationship satisfaction. The mediators of anxiety and romantic attachment style did not show any mediation effects; however, when considering the relationship between just the mediators and the outcome variable associations can still be seen. Anxiety and attachment style do influence relationship outcomes, but more research is required to determine if there is a mediating association of such variables between family of origin variables and romantic relationship satisfaction.

The second hypothesis investigated in this study examined the buffering effects of friends against negative aspects of the family of origin experience. Research shows that friendship can help protect teens from the psychological impact of negative life experiences, including high conflict within the family of origin (Adams, Bukowski, & Santo, 2011). Because of this, the present study attempted to investigate if having a strong friendship in the face of high family conflict could moderate the impact of the negative experiences and allow the teen to still develop

a satisfying relationship. The results from the study however did not match the predictions. Interestingly, the combination of poorer friendship quality and higher family of origin conflict resulted in higher relationship satisfaction. The only significant moderating interaction that did not follow this pattern were for the predictors of mother-teen attachment and father-to-teen physical aggression. The assumed explanation for the overwhelming pattern of two negative life experiences producing higher relationship satisfaction shall be addressed first. It is possible that when a teen experiences high conflict within their family of origin, both parental conflict and parent-teen conflict, they look for connections outside of their family. If they also have poor friendships, their romantic relationship becomes the central relationship from which they find attachment and companionship. This may cause them to evaluate their relationship as more satisfying or they may put more effort into the relationship to ensure it lasts. Previous research shows that negative family relationships lead to more extensive contact outside of the family, but these friendships often lack quality (Dunn, Davies, O'Connor, & Sturgess, 2001). Teens who do not have a great relationship within their home may look for those relationships outside of the home, but the lack of high quality family relationships may lead to a lack of high quality friendships as well. However, more research should be conducted to further investigate the link between family of origin conflict, friendships during adolescence, and romantic relationship satisfaction.

The moderating effect of friendship quality in conjunction with attachment to mothers was also found to be significant, but the relationship satisfaction remained constant across attachment levels when friendship quality was low. Once again, having a weaker attachment to one's mother and having poorer friendship quality still resulted in a higher level of relationship satisfaction than having a strong friendship and a weak mother-teen attachment. The two

negative situations combined to produce higher satisfaction as seen above. Having a strong attachment with one's mother as well as a high friendship quality resulted in the highest amount of relationship satisfaction. This was expected because a secure attachment with one's mother helps teens form stronger friendships as well as higher quality romantic relationships. Research shows that teens with a stronger mother attachment were more likely to acquire the ability to confide in others therefore strengthening the quality of their friendships. These high quality friendships showed a link to more extensive contact (Dunn, Davies, O'Connor, & Sturgess, 2001). Additionally, having strong friendships is correlated with better romantic relationship outcomes, therefore, having both positive influences in one's life has a compound effect and produces high relationship satisfaction.

The buffering effect of friendship quality can be seen when considering the interaction between dad-to-teen physical aggression, friendship quality, and romantic relationship satisfaction. Experiencing high levels of physical abuse from one's father can be a very negative life experience. Having high quality friendships, however, appeared to buffer the negative effects of such experiences. A strong friendship has the ability to protect teens psychologically from negative life events, perhaps teaching them how to form close relationships that may not be taught within an abusive family of origin (Adams, Bukowski, & Santo, 2011; Rodriguez, Mira, Myers, Morris, & Cardoza, 2003). Research also shows that friendship quality is highly predictive of future romantic relationship quality (Connolly, Furman, & Konarski, 2000), therefore, if the teen does rely on their friends to help them through negative family of origin situations, that positive friendship may help them form strong romantic relationships in the future.

An important limitation of the study is the way in which participants were recruited. Participants were recruited through a mailing to all parents of 7th and 8th graders. Parents were given the opportunity to opt out and then were contacted by phone to verify participation. Of all the families that were recruited through the mail, 63% agreed to participate in the study. There are several reasons why families may choose not to participate, but high conflict within the family of origin may be underrepresented within the study due to unwillingness to participate. Because of this, a retrospective study may be more successful in recruiting participants who grew up in a high conflict household.

Another limitation of the study may be the way in which data were obtained from participants. The present study relied on self-report of participants to evaluate the levels of psychological and physical aggression within the household. Self-report may not be the best way to measure conflict because participants may be reluctant to report negative aspects of their family of origin. Future research should use a more objective measure such as observations by a trained researcher to reduce the possibility of underreporting. It should also be noted that the present study offers correlational findings, not causational. Because of the nature of the research question, it would be unethical to manipulate family of origin conflict, therefore a correlational study is appropriate. Although causational research is not appropriate in this case, it is important to understand the limitations associated with correlational research like the present study. Correlational studies offer good insight into relationships, but it cannot be concluded that aspects of the family of origin directly cause the level of relationship satisfaction. The lack of causation should be considered when evaluating the findings.

Despite the limitations of this study, the findings still offer important insight into the relationship between one's family of origin and romantic relationship satisfaction. Overall, it

appeared that friendships can provide a buffering effect against father-to-teen physical abuse, however, other negative family of origin situations are not buffered by a high quality friendship. In the face of high family conflict and low friendship quality, teens tend to put more focus on their romantic relationship and consequently find it more satisfying. More research should be conducted to better understand when friendships do serve as a buffer and what can be done to improve the buffering effect of friends. It is clear that one's family of origin can have strong influences over romantic relationships, both positive and negative.

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Table 1. Correlation statistics between the predictor variables and the outcome as well as among the predictor variables.

	Mean (SD)	1	2	3	4	5	6	7	8	9	10	11	12	13
1. Gender	47 % male	-												
2. Income	43,618 (22,420)	-.11	-											
3. Mom currently married to parent of teen (18)	0.59 (0.49)	.05	.48***	-										
4. Dad psychologically aggressive towards Mom (18)	4.91 (3.49)	-.01	.08	-.01	-									
5. Dad physically aggressive towards Mom (18)	0.64 (2.39)	.07	-.17	-.25**	.44***	-								
6. Mom psychologically aggressive towards Dad (18)	4.59 (3.18)	.05	.30**	.23*	.59***	-.04	-							
7. Mom physically aggressive towards Dad (18)	0.47 (0.91)	.17	.01	.04	.25**	.18	.42***	-						
8. Teen total attachment with Mom (18)	102.93 (17.54)	.24**	-.07	.16	-.21*	-.04	-.04	-.11	-					
9. Teen total attachment with Dad (18)	93.97 (21.20)	.09	.11	.30**	-.35**	-.31**	-.001	-.01	.59***	-				
10. Mom psychologically aggressive towards Teen (18)	2.87 (4.77)	.11	.16*	.07	.29**	.17	.33***	.21*	-.34***	-.20*	-			
11. Mom physically aggressive towards Teen (18)	0.18 (1.19)	-.02	.06	.09	-.04	-.04	.03	.04	-.16	-.12	.37***	-		
12. Dad psychologically aggressive towards Teen (18)	2.83 (5.39)	.04	.01	.17	.19	.10	.05	.03	-.27**	-.36***	.56***	.53***	-	
13. Dad physically aggressive towards Teen (18)	0.28 (1.55)	-.05	-.03	.09	-.04	-.07	-.11	-.04	-.17	-.21*	.22**	.75***	.67***	-
14. Romantic relationship satisfaction (27)	30.45 (4.98)	.06	-.01	.23*	-.27*	-.05	.08	.09	.28**	.24*	-.07	.05	-.28**	-.21*

** p < .05 ; ** p < .01 ; *** p < .001*

Table 2. Correlation statistics between the mediators and the outcome as well as among the six mediators.

	Mean (SD)	1	2	3	4	5	6	7	8
1. Gender	47 % male	-							
2. Income	43,618 (22,420)	-.11	-						
3. Teen report of Trait Anxiety (27)	33.25 (9.77)	.02	-.13	-					
4. Teen's avoidant attachment with RP (27)	44.79 (22.30)	-.13	-.14	.35***	-				
5. Teen's anxious attachment with RP (27)	47.50 (23.77)	.06	.05	.55***	.37***	-			
6. Teen's negative communication to RP (27)	18.04 (5.46)	-.01	.09	.11	.15	.20*	-		
7. Teen's positive communication to RP (27)	21.19 (5.81)	-.07	.27**	-.13	-.06	.05	.62***	-	
8. Teen's report of abuse or blame by RP (27)	34.02 (7.03)	-.11	.01	.09	.21*	.19*	.91***	.55***	-
9. Romantic relationship satisfaction (27)	30.45 (4.98)	.05	-.01	-.18	-.20*	-.17	-.37***	-.02	-.41***

** $p < .05$; ** $p < .01$; *** $p < .001$*

Table 3. Correlation statistics between the eleven predictors and six mediators. Mean values and correlation coefficients for correlations among variables of the same type are represented in the above tables, therefore were not repeated here.

		Mediators					
		Teen report of Trait Anxiety (27)	Teen's avoidant attachment with RP (27)	Teen's anxious attachment with RP (27)	Teen's negative communication to RP (27)	Teen's positive communication to RP (27)	Teen's report of abuse or blame by RP (27)
Predictors	Mom currently married to parent of teen (18)	-.12	-.22*	-.08	-.14	.07	-.18
	Dad psychologically aggressive towards Mom (18)	.08	.01	.08	.21	-.06	.21
	Dad physically aggressive towards Mom (18)	.14	.01	.11	.32**	.11	.29*
	Mom psychologically aggressive towards Dad (18)	-.09	.002	-.05	.06	.04	.02
	Mom physically aggressive towards Dad (18)	.03	-.01	-.01	.01	-.08	-.07
	Teen total attachment with Mom (18)	-.21*	-.19*	-.07	-.27*	-.08	-.23*
	Teen total attachment with Dad (18)	-.32***	-.12	-.17	-.09	.06	-.08
	Mom psychologically aggressive towards Teen (18)	.09	-.02	.14	.48***	.46***	.38***
	Mom physically aggressive towards Teen (18)	-.02	-.14	-.03	.14	.21*	.08
	Dad psychologically aggressive towards Teen (18)	.14	-.02	.13	.35***	.24*	.35***
	Dad physically aggressive towards Teen (18)	.21*	-.02	.14	.004	-.02	-.003

** $p < .05$; ** $p < .01$; *** $p < .001$*

Note for Tables 4 -14: The data have been separated by the predictor variable for display purposes in the tables below. The *ß* entry statistics depict the relationship between the family of origin predictor variable and relationship satisfaction, controlling for gender and income differences. The *ß* final statistics depict the same relationship with the added component of the mediating variable. For each of the tables, the six mediating variables are listed in Step 2 with the corresponding regression coefficient presented on the same horizontal row. The vertical column above the corresponding regression coefficient depicts the ß final statistics for that specific mediating relationship.

Table 4. Predicting Relationship Satisfaction from parental relationship status with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.04		.06		.03		.08		.04		.04		.004	
Income	-.13		-.16		-.17		-.10		-.05		-.13		-.07	
Mom Currently Married to Parent of TN (18)	.26*	.05	.27*		.23*		.23*		.16		.25*		.15	
Step 2.														
Anxiety (27)			-.20*	.11										
Avoidant Attachment (27)					-.19	.10								
Anxious Attachment (27)							-.18	.09						
Negative Communication (27)									-.34***	.16				
Positive Communication (27)											.001	.05		
RP Abuse/Blame to TN (27)													-.38***	.18

* *p < .05; ** p < .01; *** p < .001*

Table 5. Predicting Relationship Satisfaction from Dad-to-Mom psychological aggression with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.07		.08		.05		.10		.06		.07		.02	
Income	.02		.005		-.04		.05		.05		.05		.02	
Dad Psychologically Aggressive Towards Mom (18)	-.34**	.12	-.31*		-.30*		-.32**		-.25		-.35**		-.25	
Step 2.														
Anxiety (27)			-.15	.13										
Avoidant Attachment (27)					-.21*	.14								
Anxious Attachment (27)							-.18	.15						
Negative Communication (27)									-.32**	.20				
Positive Communication (27)											-.06	.12		
RP Abuse/Blame to TN (27)													-.36***	.23

* *p < .05; ** p < .01; *** p < .001*

Table 6. Predicting Relationship Satisfaction from Dad-to-Mom physical aggression with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.06		.08		.04		.10		.07		.06		.02	
Income	-.04		-.05		-.08		-.01		.14		-.01		.11	
Dad Physically Aggressive Towards Mom (18)	-.14	.02	-.11		-.03		-.12		.45*		-.04		.47**	
Step 2.														
Anxiety (27)			-.19	.06										
Avoidant Attachment (27)					-.24*	.06								
Anxious Attachment (27)							-.20*	.06						
Negative Communication (27)									-.59***	.23				
Positive Communication (27)											-.01	.005		
RP Abuse/Blame to TN (27)													-.58***	.28

** p < .05 ; ** p < .01 ; *** p < .001*

Table 7. Predicting Relationship Satisfaction from Mom-to-Dad psychological aggression with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.05		.06		.02		.09		.05		.05		.001	
Income	-.04		-.06		-.11		.003		-.01		-.02		-.04	
Mom Psychologically Aggressive Towards Dad (18)	.07	.007	.07		.10		.04		.10		.07		.11	
Step 2.														
Anxiety (27)			-.19*	.05										
Avoidant Attachment (27)					-.25*	.07								
Anxious Attachment (27)							-.20*	.05						
Negative Communication (27)									-.37***	.14				
Positive Communication (27)											-.02	.007		
RP Abuse/Blame to TN (27)													-.41***	.17

** p < .05 ; ** p < .01 ; *** p < .001*

Table 8. Predicting Relationship Satisfaction from Mom-to-Dad physical aggression with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.04		.05		.02		.09		.04		.04		-.001	
Income	-.009		-.03		-.08		.02		.03		.002		-.005	
Mom Physically Aggressive Towards Dad (18)	.07	.008	.08		.06		.01		.09		.06		.05	
Step 2.														
Anxiety (27) Avoidant Attachment (27) Anxious Attachment (27) Negative Communication (27) Positive Communication (27) RP Abuse/Blame to TN (27)			-.19*	.05	-.24*	.06	-.20*	.05	-.37***	.15	-.02	.007	-.40***	.17

* *p* < .05 ; ** *p* < .01 ; *** *p* < .001

Table 9. Predicting Relationship Satisfaction from teen's total attachment to Mom with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	-.02		.01		-.02		.02		.0004		-.02		-.04	
Income	.02		-.006		-.04		.04		.04		.03		.01	
Teen Total Attachment with Mom (18)	.27**	.07	.22*		.22*		.25**		.19*		.27**		.19*	
Step 2.														
Anxiety (27) Avoidant Attachment (27) Anxious Attachment (27) Negative Communication (27) Positive Communication (27) RP Abuse/Blame to TN (27)			-.14	.08	-.18	.09	-.18	.10	-.31***	.16	-.01	.07	-.36***	.19

* *p* < .05; ** *p* < .01; *** *p* < .001

Table 10. Predicting Relationship Satisfaction from teen's total attachment to Dad with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.03		.05		.01		.06		.03		.03		-.01	
Income	-.06		-.06		-.12		-.03		-.02		-.04		-.05	
Teen Total Attachment with Dad (18)	.27*	.07	.20		.24*		.23		.22*		.27*		.22*	
Step 2.														
Anxiety (27) Avoidant Attachment (27) Anxious Attachment (27) Negative Communication (27) Positive Communication (27) RP Abuse/Blame to TN (27)			-.14	.08	-.21*	.12	-.16	.10	-.34***	.18	-.02	.07	-.38***	.21

** p < .05; ** p < .01; *** p < .001*

Table 11. Predicting Relationship Satisfaction from Mom-to-teen psychological aggression with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.07		.09		.05		.11		.04		.08		-.01	
Income	.03		-.004		-.04		.05		.01		.03		-.02	
Mom Psychologically Aggressive towards Teen (18)	-.12	.016	-.08		-.10		-.10		.08		-.14		.08	
Step 2.														
Anxiety (27) Avoidant Attachment (27) Anxious Attachment (27) Negative Communication (27) Positive Communication (27) RP Abuse/Blame to TN (27)			-.18	.05	-.24*	.07	-.20*	.06	-.41***	.14	.04	.02	-.44***	.17

** p < .05 ; ** p < .01 ; *** p < .001*

Table 12. Predicting Relationship Satisfaction from Mom-to-teen physical aggression with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.05		.06		.03		.09		.04		.05		-.001	
Income	-.02		-.04		-.08		.01		.02		.004		-.01	
Mom Physically Aggressive towards Teen (18)	.12	.017	.12		.02		.09		.17		.09		.17	
Step 2.														
Anxiety (27) Avoidant Attachment (27) Anxious Attachment (27) Negative Communication (27) Positive Communication (27) RP Abuse/Blame to TN (27)			-.19*	.05	-.24*	.065	-.20*	.06	-.38***	.15	-.03	.01	-.42***	.18

* *p < .05 ; ** p < .01 ; *** p < .001*

Table 13. Predicting Relationship Satisfaction from Dad-to-teen psychological aggression with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.06		.07		.05		.09		.06		.06		.02	
Income	.02		-.0008		-.04		.04		.04		.01		.01	
Dad Psychologically Aggressive towards Teen (18)	-.29**	.09	-.27**		-.28**		-.27**		-.20		-.32**		-.18	
Step 2.														
Anxiety (27) Avoidant Attachment (27) Anxious Attachment (27) Negative Communication (27) Positive Communication (27) RP Abuse/Blame to TN (27)			-.14	.11	-.22*	.13	-.16	.11	-.30**	.17	.06	.10	-.34***	.19

* *p < .05; ** p < .01; *** p < .001*

Table 14. Predicting Relationship Satisfaction from Dad-to-teen physical aggression with six mediating variables.

	Relationship Satisfaction (26-28)													
	β entry	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2	β final	R^2
Step 1.														
Gender	.05		.06		.03		.07		.05		.05		.01	
Income	-.008		-.03		-.07		.01		.03		.01		-.002	
Dad Physically Aggressive towards Teen (18)	-.32*	.11	-.29*		-.33*		-.28		-.31*		-.33*		-.31**	
Step 2.														
Anxiety (27)			-.12	.12										
Avoidant Attachment (27)					-.24*	.16								
Anxious Attachment (27)							-.15	.12						
Negative Communication (27)									-.35***	.23				
Positive Communication (27)											-.02	.11		
RP Abuse/Blame to TN (27)													-.39***	.26

** p < .05; ** p < .01; *** p < .001*

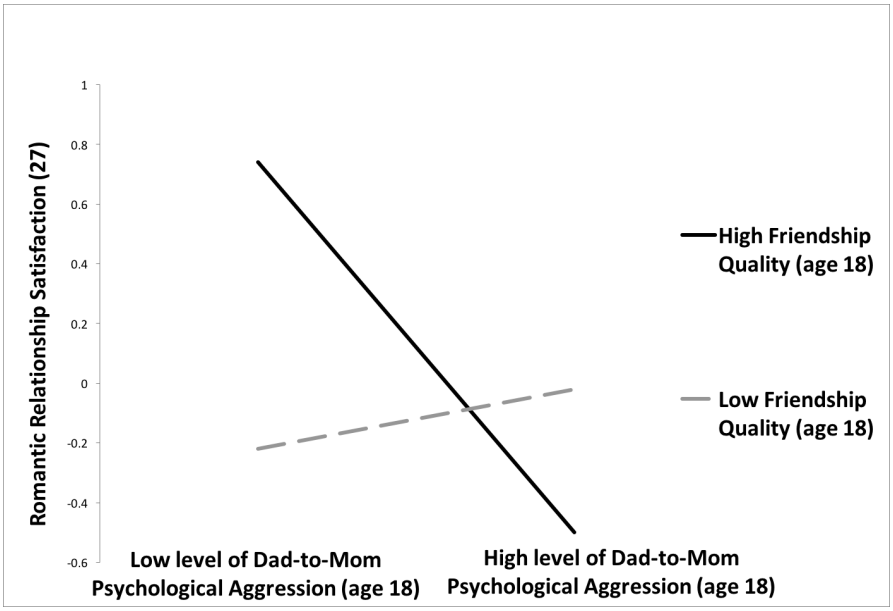

Figure 1. Interaction between friendship quality and level of Dad-to-Mom psychological aggression in predicting romantic relationship satisfaction (β = -0.36, p < .01).

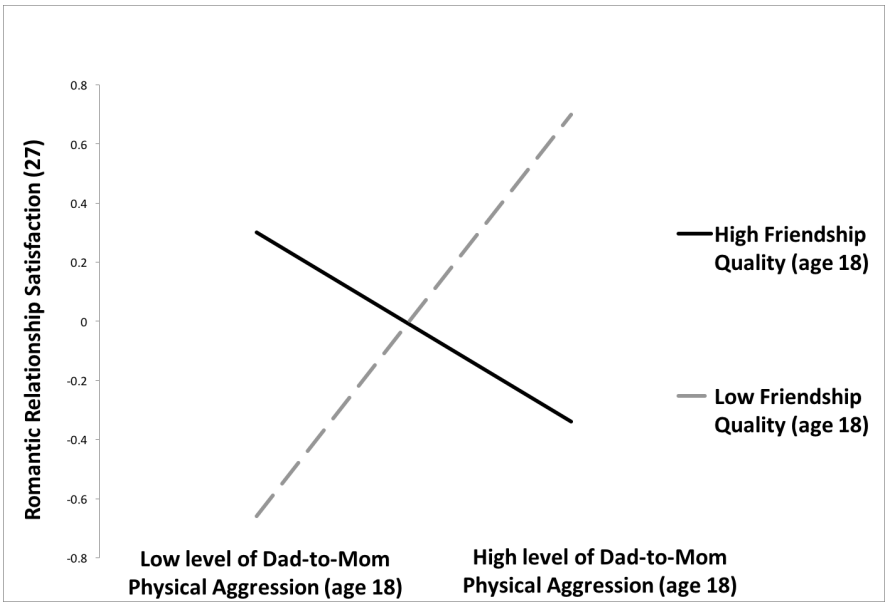

Figure 2. Interaction between friendship quality and level of Dad-to-Mom physical aggression in predicting romantic relationship satisfaction (β = -0.50, p < .0001).

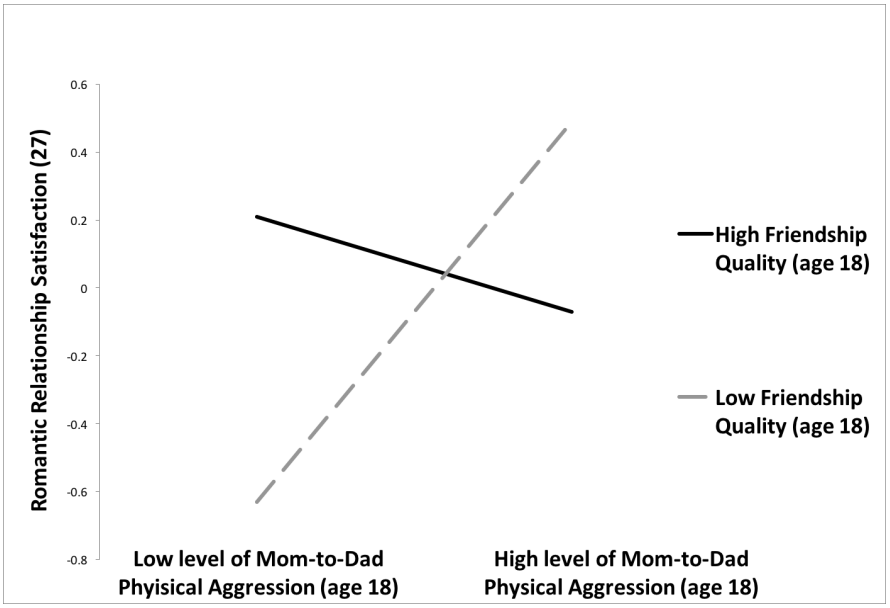

Figure 3. Interaction between friendship quality and level of Mom-to-Dad physical aggression in predicting romantic relationship satisfaction (β = -0.35, p < .05).

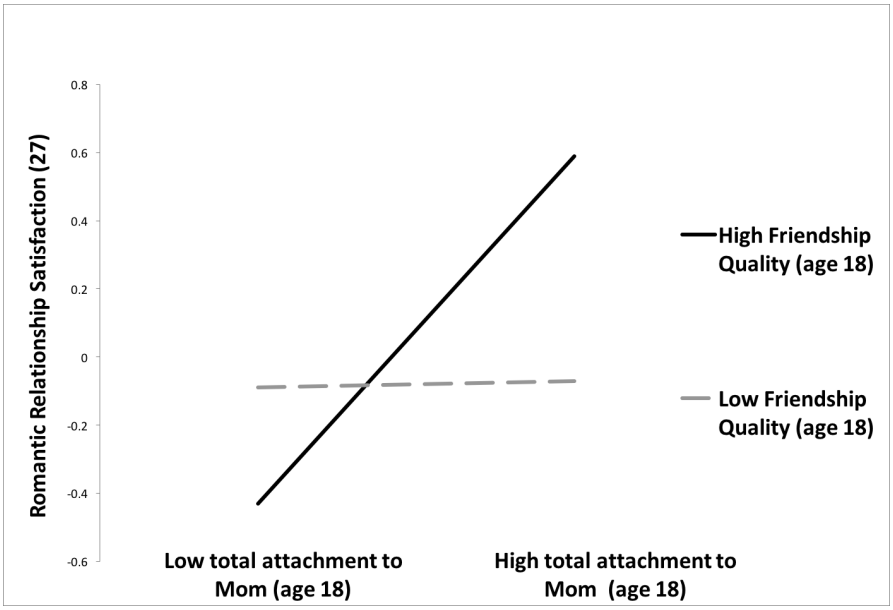

Figure 4. Interaction between friendship quality and total attachment to Mom in predicting romantic relationship satisfaction (β = 0.25, p < .01).

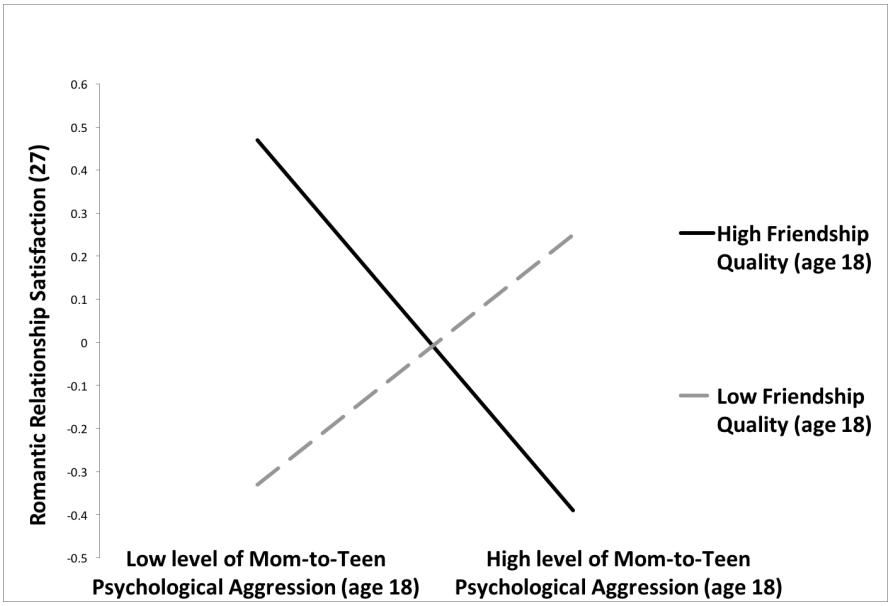

Figure 5. Interaction between friendship quality and level of Mom-to-Teen psychological aggression in predicting romantic relationship satisfaction (β = -0.36, p < .001).

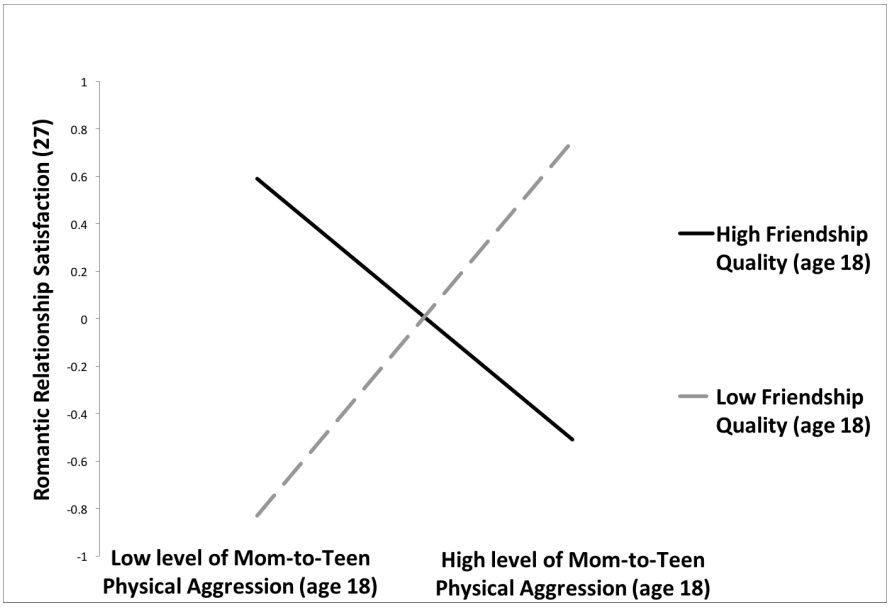

Figure 6. Interaction between friendship quality and level of Mom-to-Teen physical aggression in predicting romantic relationship satisfaction (β = -0.67, p < .0001).

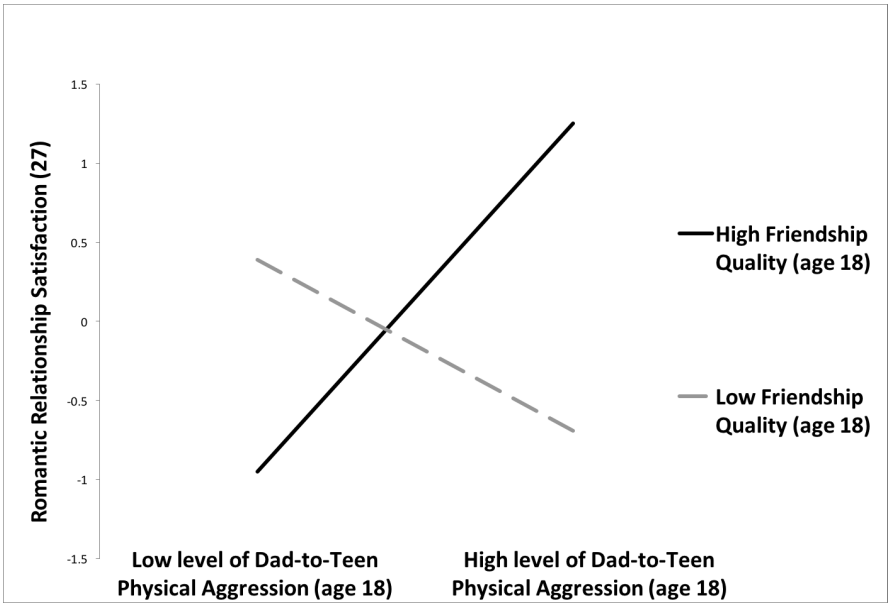

Figure 7. Interaction between friendship quality and level of Dad-to-Teen physical aggression in predicting romantic relationship satisfaction ($\beta = 0.82$, $p < .001$).