



Attachment Style as a Moderator of the Effects of Co-rumination on Anxiety and Relationship Quality in Romantic Relationships

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Research Question

How does **anxious attachment** moderate the relationship between **co-rumination**, anxiety, & relationship quality in romantic couples during the COVID-19 pandemic?

Background

- **Co-rumination** refers to excessive discussion and revisiting of problems in relationships where both partners engage in cyclical negative-focused talk (Rose, 2002).
- Past work has shown that co-rumination tends to increase **anxiety** and perceptions of **relationship quality**/closeness (Rose, 2002), yet this is heterogeneous (e.g., not all people experience costs and benefits; DiGiovanni et al., under review).
- **Anxiously attached** individuals tend to partake in coping strategies that heighten emotions yet diminish relationship quality.
- Past research indicates that there is a relationship between attachment style, co-rumination, perceived relationship quality, and anxiety (Homa et al., 2014).
- In this study, we will use **Actor-Partner Interdependence Modeling (APIM)** to explore the effects of anxious attachment on the relationship between co-rumination and quality & anxiety in a dyadic context.

Design, Measures, Hypotheses

1. Recruit 100 cohabiting romantic couples in the NYC metro area through an eligibility survey
2. Both members of the dyad complete a questionnaire separately from one another

Questionnaires

Name	Scale	Measure	Sample Item
ECR-short form	1-7	Attachment	I worry that romantic partners won't care about me as much as I care about them.
CRQ	1-5	Co-rumination	When one of us has a problem, we talk about it for a long time
GAD-7	0-3	Anxiety	Feeling nervous, anxious, or on edge
QMI	1-7	Relationship quality	We have a good [relationship/friendship]

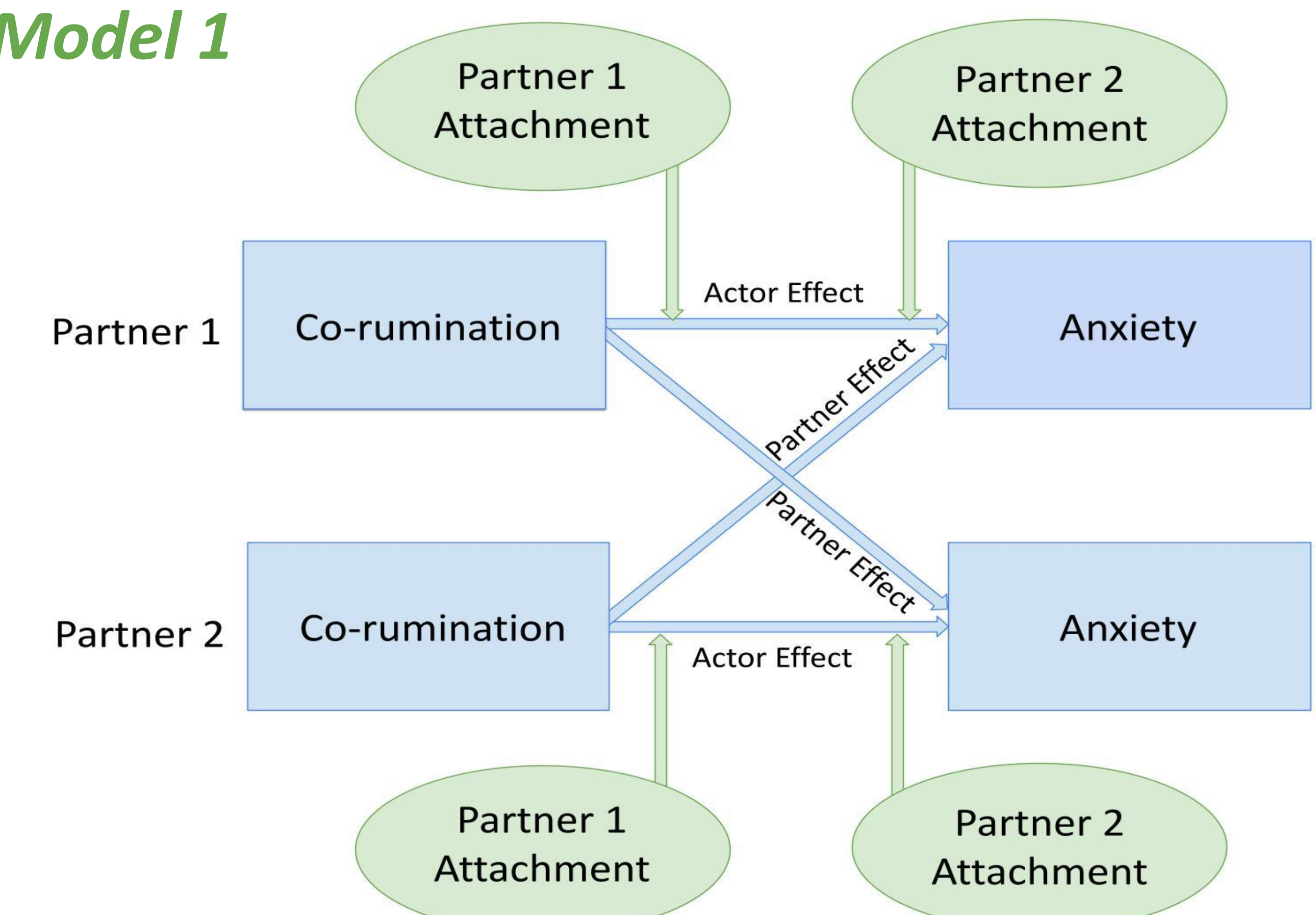
Hypotheses

- There will be a **positive association** between co-rumination and individual and partner reports of anxiety.
 - The **positive association** between an individual's report of co-rumination and their own anxiety will be **amplified** for those high in anxious attachment.
- There will be a **positive association** between co-rumination and individual and partner reports of relationship quality.
 - We will investigate whether anxious attachment strengthens or weakens this relationship.

Analytic Plan

- We will run two APIM models
- We will treat dyads as indistinguishable since a significant portion of our sample are in non hetero-sexual/hetero-normative relationships

Model 1



Model 2

