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Resonating Personality Types for Couples: An Enneagram Application for Predicting Marital Satisfaction

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Walden University
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Abstract

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MS, Capella University, 2010

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Dissertation Submitted in Partial Fulfillment

of the Requirements for the Degree of

Doctor of Philosophy

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Abstract

Over 50% of marriages in the United States end in divorce. Researchers have attempted to identify factors that help marriages endure by studying personality, attachment styles, and gender. However, few researchers have examined how dyadic interactions of personality types and attachment types influence marital satisfaction. The purpose of this study was to examine the effects of enneagram personality types on marital satisfaction within 3 groups of attachment types: couples who (a) both demonstrate a secure attachment style, (b) contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) both demonstrate an insecure attachment style. Grounded in attachment theory, interpersonal theory, and the enneagram, complementary personality types should relate to greater global marital satisfaction, independent from attachment style. This cross-sectional study used the Riso-Hudson Enneagram Type Indicator, the Satisfaction With Married Life Scale, and the Revised Adult Attachment Scale to collect data from 324 married couples. A factorial ANOVA indicated that couples having one or both partners who exhibit a secure attachment style have significantly greater global marital satisfaction scores than if both partners have an insecure attachment style. Furthermore, there were no statistically significant differences in global marital satisfaction scores among couples who exhibit any enneagram personality type. Additionally, the interaction effect of enneagram personality types and attachment types were not statistically significant for global marital satisfaction. Therapists can integrate these results with their current model of treatment when working with couples toward forming an earned secure attachment, thereby, improving the effectiveness of couple therapy which may create systemic social change.

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Dedication

This dissertation is dedicated to all of society and to individuals who are in an intimate couple relationship, as well as those who want to be able to be in a long term married relationship.

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I am thankful to the members of my family, friends, and my doctoral committee members. Each of you has provided a great amount of support and valuable impact, which has added to the successful completion of this project.

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I would also like to thank Walden University for their support. Because of their program designed for working professionals, I was able to attend their graduate program from Alaska, where a doctoral program was unavailable.

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Chapter 1: Introduction to the Study

The U.S. Department of Health & Human Services (2012) reported that over 50% of marriages in the United States end in divorce. People who marry for the second time have a 60% chance of becoming divorced again (Mirecki, Chou, Elliott, & Schneider, 2013; U.S. Department of Health & Human Services, 2012). Divorce is a traumatic event that affects more people than the two individuals who have separated (Ehrenberg, Robertson, & Pringle, 2012; Greif & Deal, 2012; Hartley, Barker, Baker, Seltzer, & Greenberg, 2012). Additionally, the negative effects of parental divorce on their children's psychological development and well-being is well documented (Ängarne-Lindberg & Wadsby, 2011; Baker & Ben-Ami, 2011; Valls-Vidal, Pérez-Testor, Guardia-Olmos, & Iafrate, 2010). Discovering a better method to decrease the divorce rate may prevent traumatic events that children experience, as well as eliminate the associated economic cost of divorce. In the following chapter, the research question is explored and background information is presented to explain the theoretical framework. A discussion on the nature of the study, assumption of the study, scope and delimitations, limitations of the study, and the significance of the study follows.

Problem Statement

Researchers have attempted to identify factors that help marriages endure through studying factors, such as personality (Lazaridès, Bélanger, & Sabourin, 2010), attachment styles (Brassard, Lussier, & Shaver, 2009; Miga, Hare, Allen, & Manning, 2010) and gender (Consedine & Fiori, 2009). Few researchers have explored dyadic interactions of personality types (Kilmann, 2012). The dyadic approach focuses on the couple and how their individual systematic interactions between the two partners affect marital satisfaction (Luo et al., 2008). The dyadic approach considers characteristics of both individuals of a couple to determine how

interpersonal interactions affect marital satisfaction (Decuyper, De Bolle, & De Fruyt, 2012). Most researchers have studied the effects of individual personality traits on marital satisfaction without agreeable results (Fani & Kheirabadi, 2011; Lavner & Bradbury, 2012; Lazaridès et al., 2010; Letzring & Noftle, 2010; Malouff, Thorsteinsson, Schutte, Bhullar, & Rooke, 2010; Rosowsky, King, Coolidge, Rhoades, & Segal, 2012; Schoebi, Karney, & Bradbury, 2012). The problem addressed in research is determining which approach is a better predictor of marital satisfaction.

Others have studied the relationship between attachment style and marital satisfaction. Kilmann, Finch, Parnell, and Downer (2012) found that when one or both of the individuals within a married couple have an insecure attachment style, their marital satisfaction is lower compared to those who have a secure attachment style. Kilmann et al. (2012) also found that when both partners of a couple have a secure attachment then marital satisfaction is greater compared to if only one or both have an insecure attachment style. The design of Kilmann et al. (2012) research produced three pairs of attachment styles among couples, defining three groups of attachment types: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style. The results of their research suggest that a couple's attachment style and dyadic personality combined is important when assessing marital satisfaction. However, the problem with the Kilmann group's research is that the group did not account for why some couples with insecure attachment styles stay married. This suggests that personality may be a factor that mediates attachment styles to allow a significant amount of marital satisfaction in those couples where one or both partners have an insecure attachment style.

Although researchers have demonstrated that both dyadic personality types and attachment types relate to marital satisfaction much less is known about how these factors combine to mediate marital satisfaction (Gonzaga, Campos, & Bradbury, 2007). The interpersonal theory of personality suggests an explanation for understanding dyadic interactions and marital satisfaction (Carson, 1969). Central to this theory is the complementarity principal, which states that opposite personalities contribute to greater marital satisfaction (Zentner, 2005). In opposition, the similarity principal states that greater marital satisfaction is more related to similar personalities (Gonzaga et al., 2007; Richard, Wakefield, & Lewark, 1990). However, the history of researching these two proposed models have shown little empirical support for one theory over the other (Zentner, 2005). Combined dyadic personality types have not been a design used to predict marital satisfaction across any group of attachment types. The problem remains that divorce continues to be difficult to predict (Lavner & Bradbury, 2010). This problem is further understood by exploring the background of how attachment theory and personality relate to marital satisfaction in more detail.

Background and Definitions

Attachment and Marital Satisfaction

Attachment theory. Attachment theory proposes that the quality of the relationship between a caregiver and child can be categorized into two distinct attachment styles: secure or insecure (Knoke, Burau, & Roehrle, 2010; Kohn et al., 2012). Children who exhibit a secure attachment style have high interpersonal trust and high self-esteem. The insecure child is further categorized into one of three different attachment styles: insecure-fearful, insecure-preoccupied, or insecure-dismissing (Land, Rochlen, & Vaughn, 2011). Children who have an insecure-fearful attachment style have low interpersonal trust and low self-esteem. Although insecure-fearful

children tend to want to be close to their caregiver, insecure-fearful children generally focus on maintaining an emotional distance due to fear of rejection. Children who have an insecure-preoccupied attachment style have high interpersonal trust and low self-esteem. Children who have an insecure-dismissing attachment style have high self-esteem and low interpersonal trust. The insecure-dismissing children tend to value independence while rejecting the relationship with a caregiver. The attachment style then can be transferred later in life.

Transferring attachment. Attachment styles are transferred in adulthood. The attachment style that a child has with a primary caregiver is typically transferred to an intimate partner in adulthood. For example, if a child has an insecure attachment style of relating to their primary caregiver when married, later in life, the person will have the same insecure attachment style with the adult marital partner (Crowell, Treboux, & Brockmeyer, 2009). Similarly, an child who exhibits a secure attachment style will typically have a secure attachment style to a marital partner in adulthood, resulting in positive marriage relationship outcomes (McCarthy & Maughan, 2010) and will more likely experience greater marital satisfaction (Ottu & Akpan, 2011). Fortunately, if an individual has an insecure attachment from childhood the possibility remains for earning a secure attachment in adulthood.

Earned attachment. Attachment theory further explains that distress triggers attachment coping strategies that have been formed from childhood experiences and personality (Seedall & Wampler, 2013). These strategies influence current relationships, which may threaten the possibility of developing a secure attachment with an individual's married partner (Seedall & Wampler, 2013). This developmental pattern of changing attachment style is what has been referenced as an earned attachment (Johnson & Greenman, 2006). Additionally, couples who have an insecure attachment when married can develop an earned attachment with the adult

partner (Johnson et al., 2013). As Kilmann et al. (2012) stated, marital satisfaction can increase if dyadic interactions in marriages are shown to be related to an earned attachment. Support for this idea is explained in the research conducted by Madhyastha, Hamaker, and Gottman (2011), who suggested an entirely different approach to understanding couples and intervening to help distressed couples avoid divorce. The Madhyastha group used a dynamical systems model to study dyadic interactions in marriage. The group found that marital satisfaction is determined by the nature of the couples' dyadic process that each partner brings to the relationship (Madhyastha et al., 2011). This points to the theory that certain personality dyads mediate marital interactions toward or against the formation of a secure attachment. In addition personality can play a part in marital satisfaction as well.

Personality and Marital Satisfaction

Personality traits versus types. Personality can be described from related perspectives. Many researchers have described personality using the trait method (Barelds & Dijkstra, 2011; Cattell, 2009; Kilmann et al., 2012; Letzring & Noftle, 2010), while other research described personalities using the type method (Letzring & Noftle, 2010; Rosowsky et al., 2012). A personality type contains classes of related traits, and each class is considered distinctly separate (De Clercq, Rettew, Althoff, & De Bolle, 2012; Klimstra, Luyckx, Teppers, Goossens, & Fruyt, 2011). For example, the *big five* belongs to the trait theory perspective and describes personality using varying percentages of five defined traits. The trait model indicates that a person may have different degrees of all available traits, while the type model defines personality as classes of particular traits grouped together. When using the trait model approach in studies of marital satisfaction each partner is treated as unrelated and does not consider the couple as one unit of measurement. The trait method is a variable-centered approach, whereas the type method is a

person-centered approach (Klimstra et al., 2011). Most researchers studying personality and marital satisfaction have used the trait method, focusing on individual personality traits as in the big five (Goldberg, 1995; Shiota & Levenson, 2007). However, the trait method assumes that personal characteristics are stable and that marital satisfaction is influenced by the traits that each partner bring to the marriage (Luo et al., 2008). Although traits are important, they do not describe the entire person's personality until they are grouped into a type. The type method has been used in a system of personalities called the enneagram.

Enneagram. Arthur (2008) demonstrated a direct relationship of attachment styles to personality**;** specifically enneagram personality types. The enneagram defines nine distinct personality types associated with primal emotions and temperament (Killen, 2009), each describing distinctive behaviors linked to attitudes with underlining beliefs (Chestnut, 2008). Arthur (2008) suggested that enneagram personalities might be linked to marital satisfaction. The enneagram is a complex dynamic system of personality.

The Enneagram

According to the theory of the enneagram, nine basic personalities are formed out of three fundamental centers of human functioning: moving, feeling, and thinking. Personality is formed from having a central psychological orientation to one of these centers. Each of these three centers can be overdeveloped, underdeveloped, or be most disconnected. This three by three combination forms a total of nine personality types. Riso and Hudson (The Enneagram Institute, 2010) named the nine enneagram personality types as the following: reformer (type-one), helper (type-two), achiever (type-three), individualist (type-four), investigator (type-five), loyalist (type-six), enthusiast (type-seven), challenger (type-eight), and peacemaker (type-nine).

Each of these enneagram personality types contains a particular set of distinctly related positive and negative traits. The enneagram origins have been easily misunderstood.

Origins. The origin of the enneagram symbol, as seen in Figure 1, although unknown, is speculated to be rooted in Greek philosophy and was developed around 2500 B.C. (Matise, 2007). The modern day enneagram of personality types consists of this symbol and psychological theories, which have been applied to the symbol through research by Oscar Ichazo (Riso & Hudson, 1996). Oscar Ichazo associated each of the nine personality types with specific ego structures and passions based on the Christian seven deadly sins, with an additional two more sins (Riso & Hudson, 1996). The enneagram is thus meant to serve as a dynamic relational

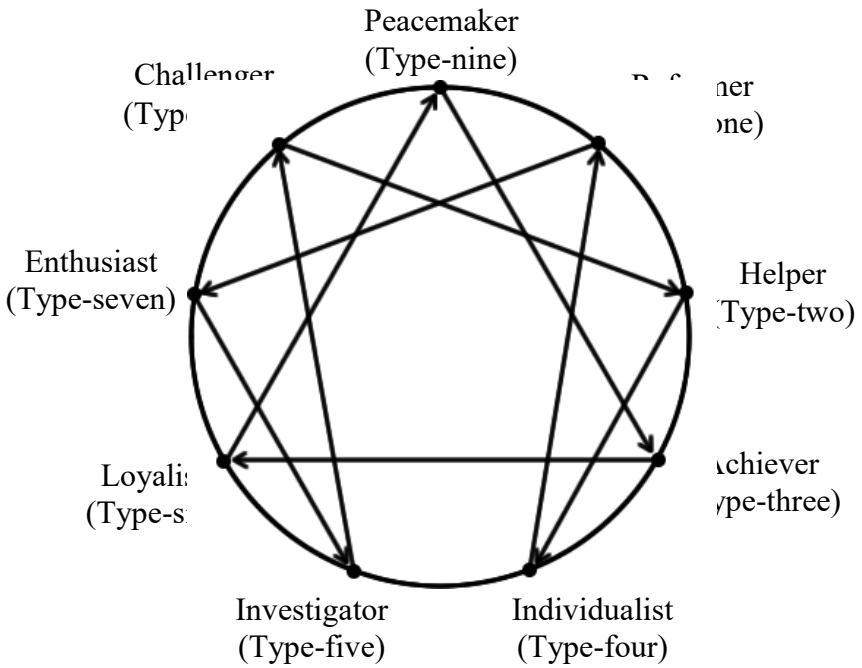

Figure 1. The enneagram symbol with labeled points positioned equidistantly around a circle and arrows representing the direction of integration. Adapted from "Personality Types" by Riso and Hudson (1996, p. 48). Copyright 1996 by Don Richard Riso.

map of personalities (Tapp & Engebretson, 2010). The dynamic relationships between the enneagram personality types have several different distinctive types: ally, shadow, integrative, disintegrative, and levels of development.

Ally/Shadow. Each enneagram personality is positioned on the circle strategically due to shared qualities. Every type shares qualities with adjacent types. The adjacent type located in the clockwise position is an ally, whereas the adjacent type located in the counter-clockwise position on the circle is the shadow, as seen in Figure 1. For example, the investigator's ally is the loyalist, and the investigator's shadow is the individualist.

Integration/Disintegration. The enneagram allows for predicting dynamic changes that occur in personality (Bland, 2010). The enneagram accounts for temporary personality change. During times of distress or security an individual's personality type is inclined to shift in one of two predictable directions, as shown by the arrows in Figure 1 (Bland, 2010). If an individual is experiencing times of security they will appear to have a personality signified by the type located in the direction of integration, as the arrows in Figure 1 indicate. This forward movement, in the direction of the arrows, represents the direction of integration. For example, if an investigator is feeling safe then their personality may appear to be a challenger.

On the other hand, when distressed the investigator may appear as an enthusiast. This movement backwards, in the opposite direction of the arrows, signifies the direction of disintegration. Every enneagram type has a distress point and a security point. These dynamic movements and changes makes the enneagram beneficial for becoming more psychologically healthy (Tapp & Engebretson, 2010). The directional movement of personality includes not only dysfunctional and pathological levels of functioning but also average and high psychological functioning (Tapp & Engebretson, 2010).

Levels of development. The enneagram describes nine hierarchical levels of development for each personality type (Riso & Hudson, 2000). The top three are healthy levels of functioning and integration, the middle three are average, and the bottom three are pathologically unhealthy. Many unhealthy types have been correlated to psychiatric conditions (Riso & Hudson, 1996 ; Riso & Hudson, 2000). As a person moves in the direction of integration the person can develop into a healthier individual (Clouzot, 2010). When moving in the direction of disintegration a person becomes unhealthier (Clouzot, 2010).

EnneaDyads. When two people interact their personalities form dyadic interactions, which describes the basis of a systemic-constructivist approach (Reid, Dalton, Laderoute, Doell, & Nguten, 2006). In enneagram terms an EnneaDyad is the category that a married couple forms when considering how their enneagram personality types relate using a systemic-constructivist approach. There are a limited number of ways to create EnneaDyads. Combining the nine enneagram personality types into pairs results in three different EnneaDyad categories for both females and males: (a) integrative, (b) disintegrative, (c) ally, (d) shadow, (e) matched, and (f) nonrelated. EnneaDyads are gender specific. The EnneaDyad model is only designed for opposite gendered couples. No research or theory has been developed for same-sex EnneaDyads. All of the EnneaDyads are based on the wife's enneagram personality type being relative to the husband's enneagram personality type.

An integrative EnneaDyad will be defined as a couple in which the enneagram personality type of the wife is in the direction of integration relative to her husband's enneagram personality type. For example, if a wife is a challenger and her husband is an investigator, the couple's EnneaDyad category is integrative. A disintegrative EnneaDyad is when the wife's enneagram personality type is in the direction of disintegration relative to her husband's

enneagram personality type. For example, if a wife is a challenger and her husband is a helper, the couple's EnneaDyad category is disintegrative. The allied pair is defined as a couple in which the enneagram personality type of the wife is in the direction of her ally. For example, if a wife is a challenger and her husband is an enthusiast, the couple's EnneaDyad category is ally. A shadow dyad would be the opposite of an allied dyad, having the wife as the shadow of her husband. For example, if the wife is a challenger and her husband is a peacemaker, the couple's EnneaDyad category is shadow. The matching dyad is defined as both individuals of a couple having the same enneagram personality type. For example, if a wife and her husband are both a challenger, the couple's EnneaDyad category is matching. The nonrelated dyad defines the four remaining paired combinations. For example, if a wife is a challenger and her husband has is either a reformer, achiever, individualist, or loyalist, the couple's EnneaDyad category is nonrelated.

Just as EnneaDyad categories are determined by pairing particular enneagram personality types among individuals of a married couple, attachment types are groups of paired attachment styles among individuals of a married couple. For this study, attachment types are defined as groups of categorical values defined as follows: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style. Combining the various EnneaDyad categories with attachment types into a theory suggest that they both are involved in a framework relating to a couple's marital satisfaction.

Theoretical Framework

The theoretical framework of this theory is based on the attachment theory, the interpersonal theory of personality, and the enneagram theory. Because the research conducted by Arthur (2008) reveals a relationship between attachment styles and the enneagram , and the research conducted by Kilmann et al. (2012) shows a relationship between attachment types and marital satisfaction, a relationship should exists between the enneagram and marital satisfaction. Additionally, EnneaDyads may be considered either complimentary or similar. The interpersonal theory supports either of these being determinates of marital satisfaction. The integrative and ally EnneaDyads can be considered complimentary, whereas the shadow and matched EnneaDyads can be considered similar personality types.

A rationale of the theory for this study assumes that there is a relationship between the enneagram levels of development and attachment styles. If secure attachment correlates with a healthy level of development, and insecure attachment correlates with average and low levels of development, then when a person moves in the direction of integration an earned attachment is supported. The earned attachment implies that integration leads to greater marital satisfaction because secure attachment has been related to greater marital satisfaction.

There is no research at this time that has tested whether dyadic enneagram personality categories of married couples relate to marital satisfaction. While previous researchers have identified the importance of attachment style for predicting marital satisfaction, none have translated the relationship of attachment types to enneagram personalities to predict marital satisfaction using a dyadic approach. By linking attachment theory and the interpersonal theory framework with enneagram personality types the present study aims to test for a relationship between EnneaDyad and marital satisfaction across all combinations of attachment styles among

married couples. More concisely, the major theoretical proposition is that complementary EnneaDyad categories should relate to greater marital satisfaction regardless of the attachment styles of individuals in a married couple. This includes insecure attachment styles and is discussed in more detail within the literature review of chapter 2. This study is needed to discover a way to decrease the divorce rate. The test for a relationship thus leads to the specific purpose of this study.

Purpose of the Study

The purpose of this study was to examine the effects that enneagram personality type combinations among married couples have on their marital satisfaction within all three groups of attachment types: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style.

Nature of the Study

Quantitative methods was used to analyze data collected from married couples. Data were collected via a survey published online at PsychData.com. The rationale for this design is due to the nature of the research question. Because the dependent variable is quantitative in value an experimental quantitative design using a survey to collect data from participants is appropriate. The survey for this study was comprised of three instruments: (a) the Riso-Hudson enneagram Type Indicator (RHETI; Riso & Hudson, 2010), Version 2.5, (b) the Satisfaction With Married Life Scale (SWML; Ward et al., 2009), and (c) the Revised Adult Attachment Scale Close Relationships Version (RAAS-CRV; Collins, 1996; Collins & Read, 1990).

Married couples were solicited through Facebook and the Walden Participant Pool. Only married opposite gendered couples 18 years or older were included in this study. Participants were asked to complete the entire survey and then asked to have their spouse independently complete the same survey. Matching datasets are required to determine the independent and dependent variables.

The criterion variable used in this study was marital satisfaction, as defined by the SWML. The predictor variables used in this study was EnneaDyads, measured by the RHETI. The RAAS-CRV was used to determine the attachment types of participants.

Research Question and Hypotheses

Research Question 1

Are there differences in marital satisfaction scores among three groups of attachment types: (a) couples who exhibit a secure attachment type, (b) couples who exhibit a mismatched attachment type, and (c) couples who exhibit an insecure attachment type?

Hypothesis 1. It is predicted that couples who exhibit a secure attachment type will have significantly greater mean marital satisfaction scores than couples who exhibit a mismatched or insecure attachment type.

Null Hypothesis 1. $H_{0(1)}$: $\mu_{A1} = \mu_{A2} = \mu_{A3}$. There are no statistically significant differences of marital satisfaction among all three levels of attachment types.

Alternative Hypothesis 1. $Ha_{(1)}$: $\mu_{Ai} \neq \mu_{Aj}$ for at least one pair of i and j. Couples who exhibit a secure attachment type will have greater mean marital satisfaction scores than couples who exhibit a mismatched attachment type and couples who exhibit an insecure attachment type.

Research Question 2

Are there differences in marital satisfaction scores among couples who exhibit integrative, disintegrative, allied, shadowed, matched, and unrelated EnneaDyads?

Hypothesis 2. It is predicted that couples who exhibit an integrative EnneaDyad and couples who exhibit an allied EnneaDyad will have significantly greater mean marital satisfaction scores than couples who exhibit a disintegrative, shadowed, matched, or unrelated EnneaDyad.

Null Hypothesis 2. $H_{0(2)}$: $\mu_{B1} = \mu_{B2} = \mu_{B3} = \mu_{B4} = \mu_{B5} = \mu_{B6}$. There is no statistically significant difference in mean marital satisfaction scores among categories of EnneaDyads.

Alternative Hypothesis 2. $Ha_{(2)}$: $\mu_{Bi} \neq \mu_{Bj}$ for at least one pair of i and j. Couples who exhibit an integrative EnneaDyad and couples who exhibit an allied EnneaDyad will have significantly greater marital satisfaction scores than couples who exhibit a disintegrative, shadowed, matched, or unrelated EnneaDyad.

Research Question 3

Do any obtained differences in marital satisfaction between categories of EnneaDyads vary among the three groups of attachment types?

Hypothesis 3. It is predicted that obtained differences in marital satisfaction scores between categories of EnneaDyads do not vary among the three groups of attachment types.

Null Hypothesis 3. $H_{0(3)}$: Differences in marital satisfaction scores between categories of EnneaDyads do not vary significantly among the three groups of attachment types.

Alternative Hypothesis 3. $Ha_{(3)}$: Differences in marital satisfaction scores between categories of EnneaDyads vary significantly among the three groups of attachment types.

Assumptions

The validity of an ANOVA design depends on three conditions. The first condition of the data is that the data from participants are independent. The method of collecting data from the surveys in this study meet this criteria. Second, the populations of the samples must be normal. It is assumed that due to the random method of participants that is expected to access the surveys from the internet samples will be normal. Finally, the populations of the samples will have equal variances. That is, there will be homogeneity of variance.

Scope and Delimitations

The scope of this study was to include participants who identify themselves as married for at least two years to an opposite gendered partner. This study required couples to be comprised of both male and female due to the theoretical background and definition of EnneaDyads. The theory suggested would not be possible to test without couples involving opposite genders. Although there are many gay, lesbian, bisexual, and transvestite couples who are in long term committed relationships and marriages, this study does not include these data, thereby limiting the generalizability of any results. Additionally, the scope of this study includes married couples 18 years or older.

Limitations

There are some limitations to this research. First, the number of assessments that each participant is asked to complete may be too long. As a result of the large number of items in a survey some couples may not complete the entire assessment. After completing one or two of the surveys participants may want to rush through the remaining items. This would lower the reliability of the resulting data. To address this limitation the participant will be informed of the average expected duration required to complete the survey. Additionally, participant will be

allowed to stop participating at any time for any reason. This will allow participants who are fatigued to avoid feeling pressure to answer items in the survey quickly simply to finished, rather than to answer accurately. Second, the study is cross-sectional in design rather than longitudinal. This type of design usually results in lower validity (Eastwick, Finkel, & Eagly, 2011; Kim, 2011). However, a cross-sectional design is necessary due to the short time that participants will be available. Third, the instruments used will be self-report measures, which tends to decrease the reliability of this study's results. Future studies should also include direct observations of couples to determine enneagram type, marital satisfaction, and attachment type. This would increase the reliability of the results of this study. It is possible this study will be affected by bias due to using self-report measures. The results of this study is likely to be less accurate due to participants responding to items that make them appear better than they really are. Participants may inflate their self-report measures of marital satisfaction. The participants may respond by informing what they want others to hear, which may not be true. Additionally, self-report measures are dependent on the perception variances and memory constraints of the participants.

Significance of the Study

This study has important implications for marriage satisfaction and divorce. First, when engaged couples present for premarital therapy therapists would improve the ability to teach relevant successful conflict resolution strategies that relate to each member of the couple's unique personality combination. The teaching could decrease marital distress arising from differences in partner personalities (Kilmann et al., 2012). Second, this research may add to the literature as to what factors contribute to developing a secure attachment among married couples. If there is an EnneaDyad that has statistically significant marital satisfaction across all attachment groups then the literature on what supports an earned attachment will be expanded

upon. Third, children of divorced parents are at risk for developmental difficulties (Kim, 2011; Valls-Vidal et al., 2010; Warner, Mahoney, & Krumrei, 2009), mental health problems (Strohschein, 2012; Sutherland, Altenhofen, & Biringen, 2012; Taylor & Andrews, 2009; Ulveseter, Breivik, & Thuen, 2010), and are at higher risk of developing marital problems in adulthood (Mustonen, Huurre, Kiviruusu, Haukkala, & Aro, 2011). Finally, these problems associated with divorce could be decreased by scientifically based interventions that may result from this study's findings (DiLillo et al., 2009). For example, emotionally focused therapy for couples (EFT) specifies that partners become aware of the couple's own negative cycles that keep the couple from building trust and intimacy (Johnson et al., 2013). An EFT therapist can be guided by the couple's EnneaDyad type in EFT to progress through treatment, resulting in increasing the efficacy of this scientifically based intervention. If the theory of resonating personality types does exist then this study can lead to explaining why some insecure attached couples never divorce.

Social Implication

The divorce rate may be reduced. Individuals can be informed about factors relating to personality type that predict divorce among individuals with an insecure attachment style. Information about the relationship between EnneaDyads and marital satisfaction may assist dating couples with choices about getting married. The information may provide individuals seeking a partner with a more accurate method of predicting marital success.

Summary

This chapter introduced the problem that divorce continues to negatively impact society. Divorce contributes to psychological stress, especially in children, and entails an economic cost. Researchers have attempted to discover a way to predict divorce more accuratly in order to help

people stay married and decrease the negative outcomes. However, the divorce rate has not declined.

Individuals in a married couple who have a secure attachment style generally experience greater marital satisfaction than when one or both partners have an insecure attachment style. However, some couples with insecure attachment styles have been found to have significantly greater marital satisfaction, suggesting that their unique dyadic personality types interact in some unknown way with their interpersonal interactions. The enneagram was presented as a system of personalities that may fit into a theoretical framework combining the interpersonal theory and attachment theory to explain why some married partners with insecure attachment styles stay married.

The purpose of this quantitative study was to examine three EnneaDyad categories in relation to marital satisfaction among married couples within three groups of attachment types: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style. It is predicted that certain enneagram personality combinations may relate to significantly greater marital satisfaction among married opposite gendered couples who exhibit any type of attachment type. The nature of the study was defined followed by limitations and the significance of this study. Finally, the social implication that this study has on society was suggested. Next, in Chapter 2 a review of the literature presents findings which support the hypothesized theory presented in this chapter.

Chapter 2: Literature Review

The problem remains that divorce continues to be difficult to predict (Lavner & Bradbury, 2010). In this literature review the history, change, and research approaches of marital satisfaction are defined and reviewed. Next, contributions from previous researchers of the enneagram theory, the attachment theory, and the interpersonal theory are reviewed and presented to support a new theory of resonating EnneaDyads. This literature review concludes with a definition and rational for the proposed new theory. The objective of this literature review is to explain the importance of researching which EnneaDyad categories are linked to greater marital satisfaction irrespective of attachment style.

Marital Satisfaction

Researchers have studied factors related to marital satisfaction in order to predict divorce (Amato, 2010; Graham, Diebels, & Barnow, 2011; Mirecki et al., 2013). Although researchers have studied marital satisfaction, the rate has not decreased. A database search using EBSCO Discovery Service in February 2013 revealed 1,541 peer reviewed research articles have been published since 1901 which listed divorce in their title, along with both divorce and marital satisfaction in their subject. Given the large quantity of studies conducted during the last century divorce remains a main topic of scholarly research (Amato, 2010). Copen, Daniels, Vespa, and Mosher (2012) reported that from 2006 to 2010 the U.S. divorce rate did not change. Additionally, the proportion of U.S. marriages experiencing divorce remained around 50% from 1996 through 2010 (Copen et al., 2012; U.S. Department of Health & Human Services, 2012). Six-hundred-nineteen studies were completed between 1999 and 2009 on marital satisfaction and divorce, yet the divorce rate did not change during this time period. Furthermore, marital satisfaction of second time marriages is significantly lower compared to first time marriages

(Mirecki et al., 2013). This may imply that divorced individuals do not necessarily learn what characteristics to look for in a future partner. Generally, the main reason marriages fail is due to one or both partners becoming unsatisfied with the quality of their marital relationship (Schoebi et al., 2012).

Brief History of Marital Satisfaction

Marital satisfaction has been a concept of abundant research for more than 160 years. The earliest published literature found was a dissertation involving marital satisfaction and was conducted by Felder (1852). The study of marital satisfaction throughout history has been influenced by many researches and their discoveries. In the 1990's research on marital satisfaction increased significantly. This increase of interest was signified by the large amount of studies published during that time. The large amounts of published studies included previous studies linking societal benefits from sustained marriages (Laub, Nagin, & Sampson, 1998) and studies showing that marital satisfaction relates to family and individual healthiness (Stack & Eshleman, 1998). The increase of interest was also reinforced by the need for empirical interventions for couples who wanted to relieve marital distress (Baucom, Shoham, Mueser, Daiuto, & Stickle, 1998) or avoid divorce (Hahlweg, Markman, Thurmaier, Engl, & Eckert, 1998). Additionally, a healthy marriage provides individual purpose and identity (Rosen-Grandon, Myers, & Hattie, 2004). Consequently, the majority of research in the previous 30 years has focused on discovering marital compatibility as a method to improve marital life and prevent divorce.

The research by Doherty and Jacobson (1982) was widely accepted, which explained two major theoretic viewpoints of marital compatibility. The first perspective is from a psychoanalyst perspective, which theorizes that the personalities of the two partners influences marital

satisfaction. The second theory is from a behaviorist perspective, which theorizes that interpersonal sources of interactions impacts stress within both partners contributing to marital satisfaction. Research took either an intrapersonal approach or an interpersonal approach, but not both. This separation appears to be derived from the confusion of defining marital satisfaction.

Definition of Marital Satisfaction

The concept of a person being satisfied by married life has been defined using different terms. Marital satisfaction, marital adjustment, marital relationship, marital happiness, and marital quality have all been often used synonymously (Graham et al., 2011). Researchers used these terms interchangeably and, as a consequence, research studies over 10 years ago evaluated marriage based on either marital stability, marital quality, or marital satisfaction without designating any differences between these terms. Unfortunately, due to these variables having overlapping concepts, marital satisfaction became considerably misunderstood (Karney & Bradbury, 1995). After more research these terms soon became understood as separate concepts. Since then subjective evaluation of marriage has become a more reliable measure in predicting divorce (Graham et al., 2011; Madathil & Benshoff, 2008; Waldinger & Schulz, 2010). As a result, most researchers agree that the term marital satisfaction is preferred due to the subjective nature of the concept (Li & Fung, 2011).

Collard (2006) defines marital satisfaction as the state of happiness relative to emotional pain. This definition makes marital satisfaction a subjective measure relative to memories of pain. Additionally, the state of happiness may change over the lifespan due to compounding periods of distress (Lucas, 2007). Yet, a marriage in distress does not always equate to low marital satisfaction, as Bradbury, Fincham, and Beach (2000) stated: ‘‘A satisfying marriage is not merely a relationship characterized by the absence of dissatisfaction, as is implied by the

routine use of the term nondistressed to describe a couple who are martially satisfied'' (p. 973). Marital satisfaction has been more accurately measured when defined from subjectively being content from achieving personal goals, and less related to the actual behavior of achieving goals (Li & Fung, 2011). An improved definition by Ward, Lundberg, Zabriskie, and Berrett (2009) defines marital satisfaction as "an individual's emotional state of being content with the interactions, experiences, and expectations of his or her married life" (p. 415). This definition specifically addresses being gratified, pleased, happy, or satisfied by the interactions between partners from a subjective point of view (Graham et al., 2011).

Global feelings about marriage determine the emotional climate of the relationship and influences the ratings about the specific aspects of marriage (Hawkins, Carrere, & Gottman, 2002). Such global feelings are essential for successful functioning of marriage and couples' subjective well-being. Global evaluation of marital quality is widely accepted and recommended as the indicator of marital satisfaction (e.g., Bradbury, Fincham, & Beach, 2000). In this study, marital satisfaction is defined as a person's global subjective evaluation about the quality of their marriage. With marital satisfaction defined a discussion of how marital satisfaction changes is essential for understanding risk factors of divorce.

Change of Marital Satisfaction

A divorce can happen at any time during the course of a marriage. One of the greatest reasons explaining why marriages end in divorce is a decrease in marital satisfaction (Karney & Bradbury, 1997). Explaining what factors influence change of marital satisfaction is a continuing interest to researchers. Surprisingly, the amount of divorces associated with a change in marital satisfaction are greatest for those who are over 50 years old (Lavner & Bradbury, 2010). This indicates that age is a factor that affects change in marital satisfaction. Typically, marital

satisfaction either stays the same or decreases over time (Lavner & Bradbury, 2010). The change is supported from the well-known concept that marital satisfaction naturally decreases in nearly all newlyweds due to the honeymoon is over effect (Mirecki et al., 2013).

A decrease in marital satisfaction has been found to take five different distinctive paths for husbands and five other distinctive paths for wives (Lavner & Bradbury, 2010). In general, two paths each for both husbands and wives demonstrate significantly sustained levels of marital satisfaction; whereas the three remaining paths for both husbands and wives demonstrated a significant decrease in marital satisfaction. Comparing these paths of change in marital satisfaction was found that personality, stress, and adaptive processes differed between husbands and wives.

Later Lavner and Bradbury (2012) reviewed the literature and found four different factors that are associated with low-distressed couples who divorce: commitment was low, communication was unproductive, personality characteristics were maladaptive, and stress was high. Although commitment and communication influence change in levels of marital satisfaction, research results have been inconsistent (Markman, Rhoades, Stanley, Ragan, & Whitton, 2010). More research has been conducted using personality and stress as factors influencing levels of marital satisfaction than commitment or communication.

Lavner and Bradbury (2012) examined newlyweds with low distress who divorced versus those who did not divorce. The purpose of the study was to find factors that existed in early marriage that increased the risk of divorce among couples with high marital satisfaction versus couples who remained married. One-hundred-thirty-six couples who reported having high levels of marital satisfaction within the first four years of marriage were compared to the couple's own marital satisfaction after 10 years. Couples who divorced after 10 years were compared to those

who remained married on measurements of personality, levels of stress, quality of communication, and levels of commitment. The researchers found that even though couples may be very satisfied in the marriage the couple are at risk of developing lower levels of marital satisfaction and vulnerable to divorce unless the interpersonal exchanges are regulated effectively. The results from the study made the researchers speculate that the weakness of interpersonal communication skills may be hidden by some unknown strengths within the personality of each person. The study suggests that personality is a major factor influencing change in levels of marital satisfaction. Moreover, the study supports previous research indicating that maladaptive personalities contribute to a significant decrease in marital satisfaction. Another major factor of martial satisfaction is the method of coping to stress.

Dyadic Coping from Stress

Dyadic coping is a concept that began from a model developed from Karney and Bradbury (1995) by integrating prior research of 115 longitudinal studies that included over 45,000 marriages. The Vulnerability-Stress-Adaptation (VSA) model was derived from interpersonal theory explaining how forces from two individuals affect marital satisfaction. The factors that the VSA model includes are the enduring vulnerabilities both partners contain, stressful life events, and the individual adaptive processes from partners when coping with stress together. The VSA model proposes that the individual adaptive processes supplied from the unique differences in personality characteristics are inter-related (Wunderer & Schneewind, 2008).

Dyadic stress was originally defined by Bodenmann (2005) as a stressful event that has emotional impact on two people, not just one. Dyadic stress may originate within one person, but is also dealt with by their partner as well. Dyadic coping to stress in marriage is when both

partners respond to and assist each to relieve dyadic stress. This definition is supported by Wunderer and Schneewind (2008) research who examined 663 married couples and found a significant difference between marital satisfaction, standards, and dyadic coping within 10 areas of marriage. The study indicated that partners see themselves as supporting each other when stressful conditions occur.

Dyadic coping provides couple's feelings of more satisfaction by the support each receives from their partner, as demonstrated by Bodenmann, Meuwly, and Kayser (2011) who compared individual coping to dyadic coping. Results found that when dyadic coping is a reciprocal process the predictive power of marital satisfaction is greater. Dyadic coping also decreases the negative effect when married couples combat distressful situation together (Papp & Witt, 2010). Additionally, Meuwly et al. (2012) found that individuals recover from stress faster when they have a partner for dyadic coping. Therefore, successful dyadic coping is beneficial to the effect stress has on marital satisfaction. Furthermore, evidence was discovered that gender interacts on dyadic coping.

Gender and Marital Satisfaction

Gender has been researched quite extensively in studies of marital satisfaction. Several findings from these studies are relevant to this current study. The new theory presented in this section on resonating EnneaDyads is gender specific and is supported by the review of studies on gender relating to marital satisfaction.

Husbands and wives have different factors that influence their own subjective evaluation of marital satisfaction, but share common values. Marital standards are more related to marital satisfaction for husbands, whereas husband support is more related to marital satisfaction for wives. This was discovered by Wunderer and Schneewind (2008) who found differences in

dyadic coping between husbands' and wives' expectations. The supportive dyadic coping effect was found to partially mediate stress on marital satisfaction. The dyadic coping strategy was different for husbands than for wives. It was also found that for both genders receiving support from their partner is more valuable than their own support to themselves.

Environmental and genetic differences between genders were found to be a source of personality characteristics that influence marital satisfaction. Of relevance is a study by Spotts et al. (2005) using a sample of 752 twin women with their spouses. The researchers found that marital satisfaction was only influenced by genetic and nonshared environmental factors of women's personality characteristics. Surprisingly, the personality of husbands did not relate to their wife's marital satisfaction, suggesting that marital satisfaction is determined differently for wives than for husbands. This suggests that if EnneaDyads are to be significantly related to marital satisfaction then husbands' effect on their wives would be different than women's effect on their husbands.

Previously, marital satisfaction influenced by gender role attitudes have thought to been stable without changing over time. However, Wheeler, Updegraff, and Thayer (2010) found different patterns between gender in marriages and marital satisfaction. The effects of conflict resolution styles, gender type attitudes, and culture orientations on marital relationship was explored and found that a significant relationship exists. Lucier-Greer and Adler-Baeder (2011) expanded this research by examining 590 couples and discovered that an alternating pattern of gender influenced levels of marital satisfaction.

Some researchers have taken the view that communication style is determined from personality. In contrast, Lazaridès et al. (2010) found a reverse relationship by conducting a longitudinal study to examine how personality traits relate to communication style and the

stability of marriage and found gender differences to these communication styles. The approach taken in this study was to examine how personality moderates verbal and nonverbal communication. Gender differences were found showing that wives' extraversion moderates husbands who have a withdrawn personality negatively and marital stability negatively. Similarly, husbands' high agreeableness moderates their wives withdrawn personality negatively and marital stability negatively. The results indicates that not only does personality moderate communication styles, but gender also moderates marital satisfaction. The Lazaridès research group also found evidence suggesting that many additional combinations of personality types could be examined for more personality moderation effects on marital satisfaction. Although their study utilized the NEO Five Factor Inventory, the enneagram personality system may provide a model that allows for additional combinations by using differently defined personality types.

This section reviewed the literature on gender and marital satisfaction to support the theory of EnneaDyads being gender specific. Taken together the research reviewed in this section supports that all of the EnneaDyads are based on the wife's personality type being relative to the husband's personality type. It is assumed that a wife's influence on their husband's enneagram personality type will pull him forward, in an integrative direction, when stressed. Her support should allow him to avoid moving in the disintegrative direction. These movements of direction are discussed below within the section regarding the enneagram.

The Enneagram

Brief History of the Enneagram

The enneagram was introduced to Western society from Eastern culture in 1915 at a French conference by George Ivanovitch Gurdjieff (1866-1949), a Russian entrepreneur,

physician, multilingual, explorer, psychologist, choreographer, writer, composer, spiritual teacher who was analogous to Sigmund Freud (Dameyer, 2001; Speeth, 1977). The enneagram was defined by Gurdjieff as a "universal symbol" (Ouspensky, 1949, p. 249). Gurdjieff primarily emphasized that personality is opposite to essence and with a commitment to intentional practice of studying one's self a person can transform themselves spiritually by being woken up from an unconscious state of awareness (Ouspensky, 1949). Using the enneagram symbol, Gurdjieff taught dance movements to convey the Law of Three and the Law of Seven (Moore, 1988). These two laws can still be seen today within the circle of the enneagram symbol. The Law of Three is symbolized by the triangle and the Law of Seven is symbolized by the remaining hexagonal shape within the circle. The circle symbolizes unity, wholeness, and essence. The principal of the Law of Three is that when one of the three basic functions of a person is used more than the other functions then an imbalance of those functions transpires (Fauvre, 2013). Oscar Ichazo, a Chilean psychiatrist and student of Gurdjieff, in 1950 conceptualized that similar concepts exist between the symbol of the enneagram and pythagorean theories of mathematics (Bland, 2010). Ichazo overlaid personality onto the enneagram (Godin, 2010). In 1970 a psychiatrist studying under Ichazo named Claudio Naranjo used qualitative methods of panels to discover the grouped traits of each distinct personality type (Godin, 2010). Naranjo integrated the enneagram with object relations theory resulting in a relational model that lines up with current diagnostic conditions of mental illnesses (Chestnut, 2008; Levine, 1999). Naranjo defined the modern "enneagram as a structural model of fundamental psychological patterns" (Thomas, 2010, p. 59).

Don Riso and Russ Hudson further contributed to the modern enneagram by integrating three moving types that Horney (1937) described and three object relations types that Fairbairn (1952) describes. This resulted in parental orientations being associated with each enneagram type based on general affect and primary object relation, as shown in

Figure 2. This arrangement allows each triadic center to contain each of the three moving types. Each of the three triads contains a dutiful type, an aggressive type, and a withdrawn type (Wagner, 2001).

The result of orienting Fairbairn's attachment affects to the triangle and Fairbairn's three object orientations, Attachment-Frustration-Rejection, with Horney's three moving types, called the hornevian groups, symbolizes a developmental approach of an individual's three basic

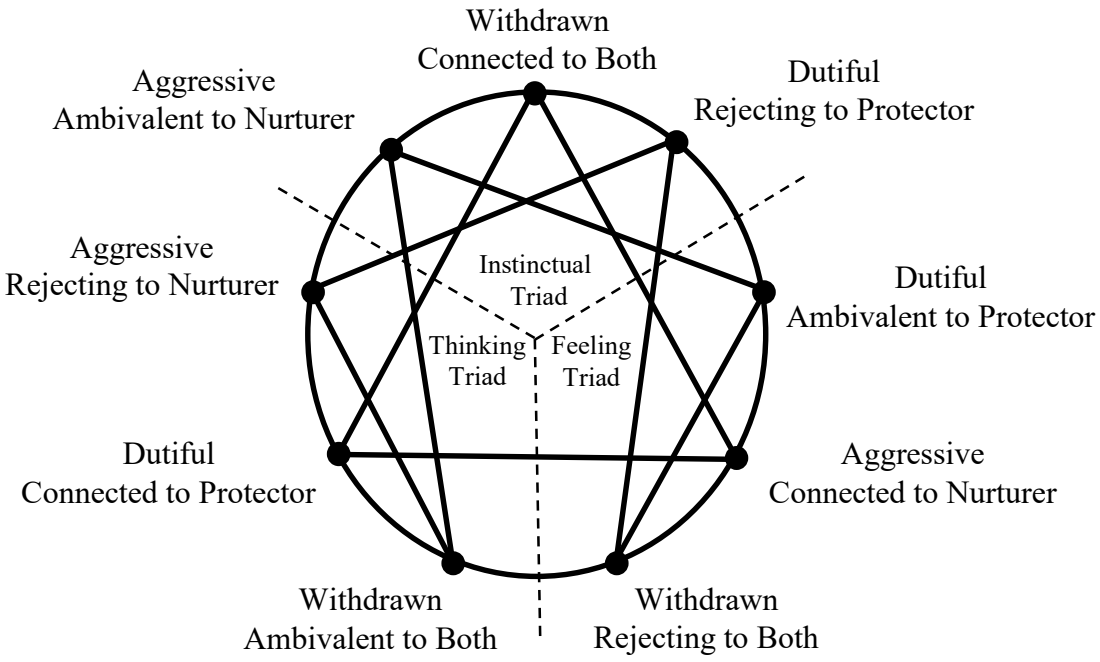

Figure 2. The Enneagram symbol with Horney's neurotic solutions and parental orientations of each type. Adapted from "Personality Types" by Riso and Hudson (1996, p. 436, 448). Copyright 1996 by Don Richard Riso.

centers (Hall, 2009). Type-twos are dutiful to their superego and ambivalent to their protective figures. Type-threes are aggressive toward their goals and connected to nurturing figures. Type-fours are withdrawn into their feelings and rejecting toward both their protective figure and nurturing figure. Type-fives are withdrawn into their thoughts and ambivalent to both protective figures and nurturing figures. Type-sixes are dutiful to their superego and connected to their protective figure. Type-sevens are aggressive toward consuming their external world and rejecting toward nurturing figures. Type-eights are aggressive toward their external world and ambivalent toward nurturing figures. Type-nines are withdrawn into indolence and connected to both protective figures and nurturing figures. Type-ones are dutiful toward their own ideals and rejecting of protective figures. This arrangement provides a complete set of combinations when combined together in personalities of two married people. When two of the types are combined a dialectic tension arises.

The Dialectic of Human Development

From a dialectical approach, each person is also affected from the different tensions in their partner because the enneagram can also be conceptualized as three overlaid models of developmental theories. The theories from Margaret Mahler, Melanie Klein with Tomas Ogden, and Heinz Kohut have been integrated into the enneagram symbol to represent three phases of dialectic developmental pathways (Chestnut, 2008).

Figure 2 labels a personality type as being oriented to either their nurturing figure, protecting figure, or both. This orientation indicates that the person is significantly impacted by that object relation figure. The connected types of the enneagram, as depicted on Figure 2, represents Mahler, Pine, and Bergman (2000) three stages of a separation-individuation process necessary for healthy development. One of the three stages are to differentiate from one's

nurturing figure then train for vulnerability and danger. Another stage is to practice and then establish individuality. A third stage is rapprochement while sustaining connections in society for survival. This process is symbolized as a circular movement around the three centers of the enneagram and operates over the lifespan of human development (Chestnut, 2008).

The ambivalent types of the enneagram, as depicted on Figure 2 represent a theory of developmental positions that was developed by Klein (1959) and Ogden (1992). Combining Klein and Ogden's theories together describes three modes of coping of overwhelming emotions: paranoid-schizoid, depressive, and autistic-contiguous. These three modes of coping define a second dialectic of three forces in tension with each other.

The rejecting types of the enneagram, as depicted on Figure 2, symbolize Kohut (1984) dialectic of needs and were described as needing to idealize someone, needing to mirror someone, and needing to have a sense of twinship. These three unmet developmental needs are described to be in a dialectic tension with each other and are depicted as the types that reject their primary object figure (Chestnut, 2008).

Dyadic coping may be improved depending on EnneaDyad category. Different dialectical tensions exist within each of the enneagram personality types (Riso & Hudson, 2000). EnneaDyads do not contain similar moving types. As shown in Figure 2, no two types signified by interconnected lines on the enneagram symbol have the same moving type. Taken with the concept of complementarity, dyadic coping may be more effective with EnneaDyads. Pairing different combination may produce decreased negative effect when married couples combat distressful situation together (Papp & Witt, 2010). Dialectics are possible due to the existence of three basic signals of information available to an individual.

Three Basic Signals

The enneagram is also a system that represents the interactions of three fundamental human functions. These functions are referred to as "centers of intelligence," which all human beings and mammals can access (Killen, 2009, p. 51). The enneagram has been supported through neuroscience by demonstrating that all mammals respond to having all three centers of intelligence (Daniels & Price, 2009; Scott, 2011). Palmer (1991) calls the three centers of intelligence the head center, the heart center, and the body center, whereas Riso and Hudson (2000) call them the thinking triad, the emotional triad, and the instinctual triad.

Each center of intelligence provides different types of information and are associated with particular basic needs (Riso & Hudson, 2000). The thinking center needs security and provides signals of fear. The emotional center needs value and provides signals of identity. The instinctual center needs survival and provides signals of safe guidance.

Although these three basic signals of information can all be accessed by the individual, they can sometimes become unequally detected (Clouzot, 2010; Palmer, 1991; Riso & Hudson, 2000; Wagner, 2010). That is, an individual may identify with one signal over the other signals. When a center becomes identified as their primary source of information then that center may become either overdevelop, underdevelop, or unlinked (Riso & Hudson, 1996). Type-eight has an overdeveloped instinctual center, type-nine is unlinked from the instinctual center, and type-one has an underdeveloped instinctual center. Type-two has an overdeveloped emotional center, type-three is unlinked from the emotional center, and type-four has an underdeveloped emotional center. Type-five has an overdeveloped thinking center, type-six is unlinked from the thinking center, and type-seven has an underdeveloped thinking center.

*Figure 3*Figure 3 displays the developmental condition of the centers for all of the enneagram types. The theory of resonating EnneaDyads considers these developmental conditions as complementary. For example, type-five's thinking center is over developed, whereas type-Eight's instinctual center is overdeveloped. Not only does this combination prevent competing signals from developing potential conflict, but when paired they may complement

deficiencies that each individual contain. This may result in less effective adaptations to stressful vulnerabilities than other types of EnneaDyads. When the three signals provide different amount of information an imbalance of the centers may occur.

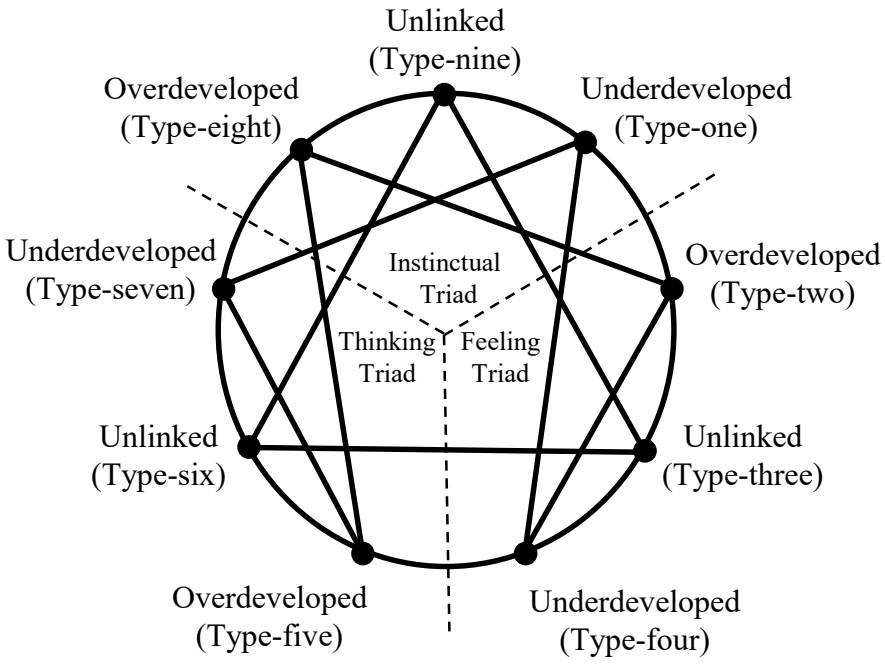

Figure 3. The enneagram symbol with the developmental condition of the centers. Adapted from "Personality Types" by Riso and Hudson (2000, p. 23). Copyright 2000 by Don Richard Riso.

Imbalance of the Centers

The theory of resonating EnneaDyads is supported by the integrative movements from both partners and balancing of each partner's centers. Gurjieff conceptualized a formatory apparatus to represent the three centers getting scrambled. Scrambling makes direct access to a center unconsciously lost. When a center becomes "scrambled" the signals of information from that center become imbalanced (Riso & Hudson, 2000, p. 252). This results in the meaning of the signal getting altered in such a way to become unused or confused as originating from a different center. For example, type-nine's developmental condition has an instinctual center unlinked, as seen in Figure 3. This represents the signals from instincts being cut off from use. The type-nine is functioning out of feeling and thinking without much instinctual signals available. This unlinking is gradual, as explained by the levels of development. The levels of development symbolizes and categorizes this gradual separation, based on the relationships between the three centers.

Levels of Development

One of the most significant contributions from Riso and Hudson (2000) was discovering the levels of development, which are nine levels of human development within each of the nine enneagram personality types. As Duffey and Haberstroh (2011) summarized, each enneagram personality type can be hierarchically described from nine separate developmental levels. These levels of development are grouped into three levels to form a healthy range, an average range, and an unhealthy range. The healthy range was defined by Riso and Hudson (2000) as signals from only one center being interpreted inaccurately, the average range is due to signals from two centers interpreted inaccurately, and if signals from all three centers are interpreted inaccurately then the person's personality is functioning in the unhealthy range.

The levels of development provide an explanation for additional variations of personality. Riso and Hudson (2000) described a basic fear arises that is unique to the enneagram personality type. If this fear is acted upon then a basic desire forms. If this desire is acted upon a secondary fear develops and then a secondary desire arises. If this secondary desire is acted upon then a third fear forms, and so on. This continues all the way down the levels of development to nine different forms of their basic fear. However, if the child's care givers provide a secure attachment then succumbing to the child's fears can be counteracted, allowing the individual to develop in a health range. In opposition, if an insecure attachment develops then the individual will be focused on struggling to resolve the fears that are described at the individual's average or unhealthy range. If an individual is operating in the average or unhealthy range then movement up the levels of development is required before movement toward integration may occur. Integration can be understood from a neurobiological perspective among all three centers of the enneagram.

Integrative Neurobiology of the Three Centers

The enneagram may have some correlation to the human brain, which contains differentiated areas of intelligence and connections between those areas. The cortex is responsible for thinking and the limbic system is responsible for feeling. The anterior cingulated cortex is located between the cortex and the limbic system, which is responsible for physical and instinctual reactions. Siegel (2007) describes the mid-prefrontal cortex as the area in the brain where all three signals converge and defines intrapersonal integration as these areas are being linked together. However, speculation arises suggesting that all nine differentiated functions of the midprefrontal cortex need to be developed before integration can occur. Siegel (2009)

described concepts that indicate these nine differentiated functions of the midprefrontal cortex areas in the brain may relate to the nine enneagram personality types.

Secure attachment may be more related to the levels of development than to the enneagram personality types themselves. When integration of relationship occurs then a secure attachment develops. Siegel (2009, p. 144) suggests that "when relationships are integrated, they are healthy" and a secure attachment exists, which supports development of integrative neurons in the middle prefrontal cortex (Siegel, 2009, p. 144). This suggests that the levels of development are parallel to attachment in that secure attachment may correlate to a healthy level of development and insecure attachment correlates to the average and unhealthy levels of attachment. As integration occurs and an earned attachment is developed personality changes.

Change of Enneagram Personality

Central to the enneagram is the concept of a dynamic system in which each personality type is influenced by other types in a particular way. The positions on the circle are not arbitrarily placed. Different relative points are defined around the enneagram symbol. Each point on the circle has four lines connecting to other types which signify either a person's stress point, security point, ally point, or shadow point. Personality may change by temporarily displaying the qualities of other personality types (Riso & Hudson, 2000). This change is activated by interpersonal relationships. When activated, each personality type is affected by the safety point, stress point, missing piece, ally point, shadow point, and the levels of development (Tapp & Engebretson, 2010).

Certain EnneaDyads may support tendencies to integrate. The integrative and ally EnneaDyads appear to be supportive of this movement toward healthy development, even if

insecurely attached to a partner. Depending on a couple's EnneaDyad a safety or stress point would be encouraged.

Safety and stress points. The enneagram symbol shows what happens to personality when introduced to various conditions. Riso and Hudson (2000) clarifies that at times of feeling safe a person will adopt the qualities of the personality type specified by the safety point. If the person is functioning in the healthy range, as described by the levels of development, then the safety point is in an integrative direction; whereas if the person is in the average or unhealthy range then the safety point is not considered to be supportive of an integrative direction. In opposition, at times of feeling stress the person will adopt the qualities of the personality type located in the opposite direction, the stress point. If the person is functioning in the average or unhealthy range, as described by the levels of development, then the stress point is in a disintegrative direction. Also, if the person is in the unhealthy range then the stress point is not considered to be supportive of an integrative direction. This unsupportive direction is also labeled as a person's missing piece (Riso & Hudson, 2000).

Missing piece. Each personality type is described as having a missing piece. The missing piece is a quality that each type needs for healthy development (Riso & Hudson, 2000). In the average and unhealthy levels of development the individual is prone to move to the stress point looking for their missing piece (Riso & Hudson, 2000). The missing piece is indicated by the description of the healthy aspects of the type located in the direction of disintegration. Because the individuals are in the average or unhealthy level of development the person can never really achieve integrating their missing essential quality. However, to actually integrate their missing piece movement in the direction of integration is required. This direction requires a longer path to achieve one's missing piece. Moving up the levels of development to the healthy range is

required before moving toward the safety point. Movement would then be all the way around the indicated inner lines of the enneagram symbol, passing through each type along the way, until arriving at the individual's missing piece.

The integrative and ally EnneaDyads are theorized to be resonating because these combinations are hypothesized to support significant movement in the integrative direction toward achieving each partner's missing piece (Arthur, 2008; Siegel, 1999). A husband may need his wife to display unfamiliar qualities in order to effectively grow in the healthy direction of integration. Each type can disintegrate into unhealthy functioning unless influenced by qualities located at the safety point's healthy level. Each type will move in an unhealthy direction of disintegrating the individual's centers unless "counterbalanced by" adaptive strengths that exists in the individual's missing piece (Riso & Hudson, 2000, p. 324). In reverse, a wife may need her husband to display the qualities of the wife's missing piece in a healthy way in order to feel safe enough to resist succumbing to her basic fear. The feeling of being safe would allow the wife enough strength to move in the integrative direction. Resonating EnneaDyads would satisfy these conditions for both husband and wife. The EnneaDyads may also have an ally or shadow type relationship.

Ally and shadow points. The personality type located adjacent, on either side, to a person's enneagram type are considered to be related in a particular way. The clockwise point on the circle is the ally and the counterclockwise point on the circle is the shadow. The ally is a helper to the personality and helps move toward integration, whereas the shadow impedes integration (Bland, 2010). This suggests that the ally EnneaDyad may be a combination of enneagram personality types in a marriage that significantly affects one of the partners to achieve movements toward integration. When one partner moves toward integration the other is

positively affected, as explained by complementarity. In contrast, the shadow contains qualities that the personality is trying to get away from (Bland, 2010). With each of the various EnneaDyad combinations, all are grounded in the enneagram theory of personality.

Enneagram Theory of Personality

Enneagram researchers explain different theories to explain personality development. Riso and Hudson (2000) believes that personality is due to people loosing contact with their true essential self. Palmer (1991) believes that personality is due to people having a tendency to focus attention toward protecting vulnerabilities of their essential quality. Regardless of how personality forms, many scholars and experts explain how to use the enneagram as a tool for healthy development. Siegel (2009) promotes mindfulness to cultivate intrapersonal and interpersonal integration. Riso and Hudson (2000) explain that movements toward integration of all the personality types brings awareness to the patterns of automatic personality functioning. The willingness to experience and sustain each path toward nine identified qualities of essence supports psychological and spiritual transformation. All of these theories of using the enneagram for healthy development require one's self to either become familiar with the enneagram and practice balancing the three centers before integrating all essential qualities (Riso & Hudson, 2000), or practice mindfulness individually (Siegel, 2009). However, some people are able to integrate even without having knowledge of the enneagram or directly practicing mindfulness. This integration is seen by studies reporting couples achieving secure attachment after having an insecure attachment with their partner (Johnson & Greenman, 2006). The present study theorizes that the explanation is more likely due to the natural course of being married over the span of a lifetime with a partner that compliments changes of personality movement in the direction of integration, bring marital satisfaction to a greater level. Taking into account the theory of the

enneagram, two EnneaDyads appear to support movements of integration simultaneously for both partners of a marriage. This theory is further expanded through a discussion on two different theoretical perspectives of marriage.

Theoretical Perspectives on Marriage

There are two theoretical perspectives on marriage that support a new theory of resonating EnneaDyads. This section reviews and discusses the literature on marriage that comes from interpersonal theory and attachment theory.

Interpersonal Theory

Essential to Sullivan (2013) interpersonal theory of personality is complementarity (Carson, 1969), which specifies that both people in a dyad will invest further in a relationship if rewarded with security and self-validation through similar affiliation and opposite in control. Similar affiliations can be seen in pairs of enneagram types. From examining Figure 2, it is easy to see that each dyadic combination of connected types have some form of affiliation with each other. From a perspective regarding either the parental orientations or the hornevian groups, the interconnected enneagram identifies affiliated pairs. Additionally at the same time from a developmental perspective, these identified affiliated pairs display opposite in control, as shown in Figure 3.

The concept of complementarity is much like moving up the levels of development and toward integration on the enneagram. Complementarity emphasizes that interpersonal relational exchanges reinforces partners to behave equal in affiliation, with one person dominate and the other submissive. The actions from one partner invites complementary actions from the other partner and reciprocal complimentary is cultivated as a result (Markey, Funder, & Ozer, 2003). This action indicates that relationships will endure and will be satisfying when partners have

complementarity experiences of interpersonal behaviors (Carson, 1969; Kiesler, 1983; Tracey, 2004).

The quality one person is complimented by another person's personality impacts the degree that complementarity will be rewarding (Markey et al., 2003). Complementarity builds on itself through mutually reinforcing affects. Individuals generally invite complementarity from their partner (Markey, Lowmaster, & Eichler, 2010). So, even if complementarity does not exist in a marriage its development may be formed. If the benefits from complementarity is experienced then complementary exchanges is reinforced. Participating in an integrative EnneaDyad or ally EnneaDyad may make it easier for complementarity to develop more effectively, as these combinations have similar affiliations of parental orientation and opposite in control of triadic centered development.

Applying complementarity to the enneagram would imply that certain EnneaDyads may be more mutually reinforcing than other EnneaDyads. Carson (1969) assumed that "complementary interaction is in itself mutually rewarding to at least some degree, probably by way of enhancing the security of both participants" (p. 145). Fears associated with a person's enneagram levels of development may be more easily resolved when supported by certain personality types as a partner, thereby reinforcing integrative movement toward the missing piece. This movement of overcoming fear and achieving the integration of a missing piece seems to be a rewarding achievement. The integrative and ally EnneaDyad would seem to be the more rewarding pairs due to the benefits to certain directions of movements.

When partners tune in and adjust to each other's levels of complementarity the tasks they accomplish together are completed faster and more accurate. Markey et al. (2010) tested the results of dyadic complementarity to the effectiveness of performing a task. Results revealed that

when partners tuned into each other by altering each individual's levels of complementary, in terms of the individual's affiliation and control, complementarity was greater. Partners were observed to alter the individual's levels of complementarity to "both cause and are caused by that of his or her interaction partner," demonstrating a reciprocal nature in interpersonal exchanges (Markey et al., 2010, p. 22). Again this suggests that some EnneaDyads may be significantly mutually reinforcing of movements toward integration than other EnneaDyads.

Integrative and ally EnneaDyads appear to have complementary benefits. Kilmann (2012) studied various combinations on complementarity. He examined what happens to marital distress when partners are either the same or opposite on both dimensions of affiliation and control. Results were consistent with the interpersonal theory (e.g., Kiesler, 1983) in that only the dyad that were similar with affiliation and opposite in control yielded significantly less marital stress. In contrast, dyads formed with both similar affiliation and control (anti-complementarity), as well as opposite affiliation and opposite with control (non-complementarity), resulted in higher marital distress. Integrative and ally EnneaDyads appear to have similar affiliation and opposite in control.

Complementarity reinforces integrative development. Kilmann et al. (2012) later hypothesized that complementarity develops if both partners seek nurturance from each other. Using complementarity and attachment theory, he hypothesized that partners matched with secure attachment styles will be rated with less dissatisfaction; whereas couples with one partner secure and the other insecure will rate with higher dissatisfaction. Additionally, when both partners are insecurely attached to each other marital dissatisfaction is high. This was theorized from predicting that particular dimensions of attachment differences between partners would yield dysfunctional beliefs about their unmet expectations. That is, particular attachment dyads

would make an individual believe that the individual would not get their own needs met. In a parallel way it can be thought that certain EnneaDyads would support obtaining one's missing piece by reinforcing movement in the long way around the points of the enneagram. If their partner reciprocates regarding the goal of resolving the basic fear then complementarity may occur. Different enneagram types may need a partner who is complementary in order to help resolve their basic fear. The resolving of the basic fear in each partner may create an earned attachment.

Attachment Theory

Ainsworth and Bowlby (1991) contributed to attachment theory, which conceptualizes that all individuals desire to be physically near another person in order to cultivate feelings safety. Attachment theory explains that attachment style is activated to cope from feelings associated with distress (Seedall & Wampler, 2013). The style of attachment can be secure or one of the three insecure attachment styles: insecure-fearful, insecure-preoccupied, or insecure-dismissing.

The attachment style combination from both partners in a marriage influence their relationship. Ottu and Akpan (2011) analyzed 150 participants testing for differences in marital satisfaction between secure and insecure partners. Consistent with other studies, the results indicated that secure attachment predicts greater marital satisfaction when compared to insecure attachment. Gender was also found to be a significant factor on marital satisfaction.

Relationship dissatisfaction was linked to insecure attachment styles. Brassard et al. (2009) examined whether perceived conflict mediates marital relationship. Their study of 274 couples showed that gender and insecure attachment styles were mediated by how individuals

perceived conflict. Husband's conflict was predicted from wives' anxiety and women's perception of conflict was mediated by their husband's avoidance.

Although evidence exist leading to believe that attachment style and enneagram type are related, evidence also exists indicating that attachment style may relate to levels of development. Arthur, Allen, and Tech (2010) conducted a study to validate a theory indicating that attachment styles are related to enneagram personality types. They predicted that translating Horney's three attentional movement types (moving away, moving toward, and moving against) into attachment dimensions (anxiety and avoidance) would predict that types located left side of the enneagram symbol would be high in avoidance, while types located on the right side of the enneagram symbol would be low in avoidance. However, levels of development were not considered and secure attachment was not explained by the theory. It is more likely that attachment styles are related to the levels of development rather than to the enneagram types themselves. Because the levels of development relate to a perceived basic fear associated with each enneagram type, all attachment styles may relate to the levels of development, not enneagram type.

When attachment goals are similar integration may be supported, suggesting that particular pairs of enneagram types could be complementary. Kohn et al. (2012) examined whether insecurely attached couples would predict marital dissatisfaction when attachment goals are similar. Findings suggested that when stress blocks important attachment goals then couples are dissatisfied. When partners perceived their spouse as unsupportive then marital satisfaction was lower. It was suggested that attachment goals were perceived as harder to obtain when partners did not align to support each other. Integrative and ally EnneaDyads may align attachment related goals. Integration, an earned secure attachment, and healthy development may be supported when goals relate to resolving both partners' basic fear.

Attachment theory is the theoretical foundation for Emotion Focused Couples Therapy (EFCT), which focuses on repairing secure bonds. Johnson et al. (2013) have been researching the effects of EFCT using a functional Magnetic Resonate Imaging (fMRI) machine to examine the brain structure before and after EFCT. It is theorized that when partners soothe each other the threat signals of fear and anxiety diminishes, as in having a secure attachment bond to each other. EFCT helps to tune partners into each other's needs and goals. EFCT has been measured to be 70% effective. It may be possible that some EnneaDyads are more receptive to EFCT than other EnneaDyads. EnneaDyad may mediate the effectiveness of EFCT. If attachment goals are focused on the basic fear and basic desire of EnneaDyads, which complement the security and safety of partners, then interpersonal and intrapersonal integration may develop forming a secure attachment and greater marital satisfaction. Through resonating EnneaDyads integration and ultimately earned secure attachment may occur.

Theory of Resonating EnneaDyads

When personality types resonate they complement each other in such a way that the individual stress from intrapsychic conflict is neutralized. Resonating personalities allow fears that are associated with enneagram personality type to be dealt with positively due to this neutralization, allowing for a movement toward intrapersonal integration. As Siegel (2007) indicated, effective interpersonal integration promotes intrapersonal integration. Intrapersonal and interpersonal integration leads to an earned secure attachment leading to greater marital satisfaction. If couples alleviate fears and stress due to the qualities of their personalities then marital satisfaction may be significantly increased.

If any evidence exists toward couples naturally supporting each other it would be dyadic coping, moving toward intrapersonal integration, and creating an earned attachment, it would be

by their levels of marital satisfaction. Riso and Hudson (1996), Palmer (1991), Levine (1999), Rohr and Ebert (2001) have all written that the enneagram can be used for building relationships (Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011)(Scott, 2011). They all describe ways that the enneagram can be used to increase capacity to tolerate dialectic tensions in order to respond to others in a more supportive and healthier way (Riso & Hudson, 2000). Even when individuals with the same type of personality get emotionally overwhelmed through competing goals regarding the individual's basic fear and basic desire, behavioral responses may not always be similar (Duffey & Haberstroh, 2011). Resonating EnneaDyads cancel out stress due to having non-competing attachment goals.

EnneaDyads should contain some categories that significantly relate to marital satisfaction regardless of attachment type. The integrative and ally EnneaDyads should demonstrate to be significantly related to marital satisfaction. The wife of a couple should pull her husband toward his integrative point while, at the same time in a complementarity way, he should push her forward toward her integrative point. This situation specifies that her enneagram personality type be his safety point type. Similarly, the wife of a couple should ally with her husband to support integrative movements. Although, this is expected to have less of an effect than integrative EnneaDyads. Testing for resonating EnneaDyads appear to be supported by this literature review.

Summary

In this literature review the history, change, and research approaches of marital satisfaction were reviewed. Marital satisfaction was defined as the global subjective evaluation

of a couple's marriage. Contributions from previous researchers of the enneagram theory, the attachment theory, and the interpersonal theory were reviewed and presented to support a new theory of resonating EnneaDyads. This literature review concludes with a definition and rational for the proposed of a new theory of resonating enneagram personality types. The objective of this literature review was to explain the importance of researching whether EnneaDyad categories are linked to greater marital satisfaction irrespective of attachment style.

It is known that secure attachment styles significantly relate to greater marital satisfaction. However, it is unknown what interacts with insecure attachment styles to result in greater marital satisfaction. It is known that personality types influence marital satisfaction and this research aims to use the enneagram system to explore if dyadic personality categories relate to this phenomenon. This study will fill the gap in the literature by determining the effect of EnneaDyads on marital satisfaction within three groups of attachment types. This will extend the knowledge in the field by answering this question. The following chapter three presents a research design and methods to test for this gap in the literature.

Chapter 3: Research Methods

In this chapter, the purpose research deign of this study is presented followed by the methodology, which includes defining the population for this research, the sampling procedures, and an explanation of the instrumentation for data collection. Threats to validity is discussed after describing how the data will be analyzed statistically. Finally, this chapter concludes with ethical concerns.

Purpose

The purpose of this study was to examine the effects that enneagram personality type combinations among married couples have on their marital satisfaction within all three groups of attachment types: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style.

Research Design and Rationale

The research for this quantitative study was to use a survey to collect data to be use in a cross-sectional developmental design. Data was collected at one point in time through a web based internet administered survey that was created from the compilation of three separate instruments.

Marital satisfaction, the dependent variable, is continuous while both of the two independent variables, EnneaDyad and attachment types, are categorical. The SWML will be used to determine the global marital satisfaction of a married couple. The global marital satisfaction is calculated by the sum of both partner's scores from the SWML. The RAAS-CRV is used to determine the attachment style of both participants of a married couple in order to

determine their attachment type. A couple's attachment type will be categorized as secure, mismatched, or insecure. These three categorical levels for attachment type will be determined by: (a) secure; those couples who both demonstrate a secure attachment style, (b) mismatched; those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, or (c) insecure; those couples who both demonstrate an insecure attachment style. The RHET is used to determine a couple's EnneaDyad category. A couple's EnneaDyad is categorized as one of six different categories: integrative EnneaDyad, disintegrative EnneaDyad, ally EnneaDyad, shadow EnneaDyad, matched EnneaDyad, and nonrelated EnneaDyad. Therefore, obtaining paired information from the survey is required in order to determine which EnneaDyad type and attachment type a married couple exhibits.

Methodology

Population

An EnneaDyad consists of opposite gendered married couples. The definition of an EnneaDyad requires paired enneagram personality types of opposite gendered married couples. The personalities of same gendered couples do not make up an EnneaDyad. Therefore, only opposite gendered married individuals are included in this study. Married individuals whose age is 18 years old or older with any type of race were allowed to participate. Participants who are not married were not allowed to participate in this study.

Sampling Procedures

The sample was drawn from the data provided from the three surveys. Same gendered participants 18 years or older were allowed to participate in the study. Only data that consist of all three completed surveys from both participants of a married couple were used in the analysis.

Demographic information was collected from participants and presented in the results chapter as descriptive statistics.

The total number of married couples for this study requires a minimum convenience sample size of 216. The minimum sample size was calculated for a two-factor ANOVA using a significance level of $\alpha = .05$, a minimum power of $(1-\beta) = .80$, and an anticipated moderate effect size of $\eta^2 = .25$. The minimum sample size for each of the 18 conditions is 12 couples. The required sample size was calculated using the software program G*Power version 3.1.9.2 by Franz Faul.

Data Collection

In order to answer the research questions a survey was published on the Internet site PsychData.com following IRB and proposal approval, which included three separate instruments. The data collected from the three instruments was exported from PsychData.com into a Statistical Package for the Social Sciences (SPSS) software program. Specifically, the PASW Statistic GradPack was used to analyze the data. The data were examined for inclusion and exclusion criteria, and the data were minimized to meet the inclusion criteria. Only data that were from participants 18 years or older who are married at least two years and have a matching set from a married partner was included. All other data were not used in the analysis.

Data were collected from participants completing three surveys consisting of the SWML, the RAAS-CRV, and the RHETI published on the internet at PsychData.com, a web-based data collection site. No other version of the survey was available. Married couples were invited to participate in this study through Facebook and the Walden Participant Pool. Participants were asked to complete the survey and then instructed to have their spouse independently complete the

identical survey. Without both participants of a married couple participating to supply separately paired data both factors (attachment type and EnneaDyad type) will not be able to be determined.

An informed consent form (see Appendix) was available to participants after qualifying for inclusion questions (see Appendix). The informed consent form was published on PsychData.com and required to be completed by every participant before answering demographic questions (see Appendix) and survey questions. The informed consent form explained the background information, procedures, voluntary choice to participate, risks and benefits, confidentiality, compensation for the study. The informed consent form provided participants with contact information to this researcher for question that may have arisen. After indicating that a participant understands the consent form and agrees to voluntary participation in this study, by answering a question located at the bottom of the informed consent form, the demographic questions were presented followed by the three survey instruments.

Participants did not have access to the results of the SWML or the RAAS-CRV. However to offer incentive to participate in this study, participants were offered to receive the results of the RHETI. For additional incentive, participants will be informed that the RHETI is available from The Enneagram Institute for $10.00, but will receive the results of the RHETI at no charge. At the conclusion of the surveys, the participant will be allowed to invite another to participate in the study. No follow-up procedures were necessary.

Instrumentation

Demographics. The survey asked for demographic information (see Appendix). Specifically, the demographic section included questions for age, gender, and length of marriage. Gender was used to calculate the EnneaDyad category for each couple, as the definition of EnneaDyad is gender specific.

Research instrument. The research instrument for this study was a compilation of three surveys consisting of 176 questions: (a) the Riso-Hudson Enneagram Type Indicator (RHETI; Riso & Hudson, 2010), Version 2.5, (b) the Satisfaction With Married Life Scale (SWML; Ward et al., 2009), and (c) the Revised Adult Attachment Scale Close Relationships Version (RAAS-CRV; Collins, 1996; Collins & Read, 1990). Both the SWML and the RAAS-CRV are public domain. The RHETI has been approved by The Enneagram Institute to be used in this research study (see Appendix). The estimated range of duration expected to complete the compiled survey is 30 to 45 minutes.

Riso-Hudson Enneagram Type Indicator. The Riso-Hudson Enneagram Type Indicator (RHETI), Version 2.5 is a 144 item, ipsatively scored force-choice personality inventory. The RHETI was developed by Don Richard-Riso and Russ Hudson to measures an individual's nine basic enneagram personality types: Reformer, Helper, Achiever, Individualist, Investigator, Loyalist, Enthusiast, Challenger, and Peacemaker (Newgent, Parr, Newman, & Higgins, 2004). Permission to use the RHETI has been provided to this researcher and is included in the appendix. Scott (2011) provided evidence for the validity of the nine enneagram personality types using factor analysis. The population that was recruited to validate the RHETI included sample population consisting of 69.1% United States and 21.7% non-United States, where non-United States included 86 different countries. The average inter-rater reliability index for each of the nine enneagram personality types is .94, ranging from .80 to .97 (Giordano, 2010). The internal consistency reliability of the RHETI scales range from .56 to .82 (Giordano, 2010). The test-retest reliability of the RHETI ranges from .72 to .88 (Giordano, 2010). The RHETI contains nine scales. These nine scales are scored ipsatively, meaning that the greatest endorsed scale determine a participant's enneagram type. The RHETI has been widely used with the general

population among the United States and many other countries. The RHETI is available to the general public of any country with Internet access at The Enneagram Institute.com for a fee. Therefore, the RHETI can be used to collect data to determine an individual's basic enneagram personality type. The RHETI will be used to identify each partner in a couple and that couple's EnneaDyad category will be determined by the resulting pair of RHETI results. This results in a single EnneaDyad assigned to a couple. EnneaDyad has six categories: integrative, disintegrative, shadow, ally, matched, and unrelated. The RHETI will be used to determine each participant's enneagram personality type by the greatest score of the nine scales contained within the instrument. The EnneaDyad will be measured by comparing the results of both participants of a married couple RHETI scores and determining which category results. An integrative EnneaDyad will be defined as a couple in which the enneagram personality type of the wife is in the direction of integration relative to her husband's enneagram personality type. For example, if a wife is a challenger and her husband is an investigator, the couple's EnneaDyad category is integrative. A disintegrative EnneaDyad is when the wife's enneagram personality type is in the direction of disintegration relative to her husband's enneagram personality type. For example, if a wife is a challenger and her husband is a helper, the couple's EnneaDyad category is disintegrative. The allied pair is defined as a couple in which the enneagram personality type of the wife is in the direction of her ally. For example, if a wife is a challenger and her husband is an enthusiast, the couple's EnneaDyad category is ally. A shadow dyad would be the opposite of an allied dyad, having the wife as the shadow of her husband. For example, if the wife is a challenger and her husband is a peacemaker, the couple's EnneaDyad category is shadow. The matching dyad is defined as both individuals of a couple having the same enneagram personality type. For example, if a wife and her husband are both a challenger, the couple's EnneaDyad

category is matching. The nonrelated dyad defines the four remaining paired combinations. For example, if a wife is a challenger and her husband has is either a reformer, achiever, individualist, or loyalist, the couple's EnneaDyad category is nonrelated.

Satisfaction With Married Life Scale. The Satisfaction With Married Life Scale (SWML) is a 5 item, 7 point Likert type survey that measures marital satisfaction among married couples. The SWML was developed from the Revised Dyadic Adjustment Scale (RDAS; Busby, Christensen, Crane, & Larson, 1995). The SWML reduced the RDAS from 14 items to 5 items and changed the RDAS' wording of "life" to "married life." Ward et al. (2009) compared the SWML to the RDAS using 1,187 couples. By directly adding scores from both partners in a couple together a total satisfaction score is obtained. Total satisfaction of a couple mean score was 55.38 with a standard deviation of 13.82. The SWML has a Pearson's correlation with the RDAS of $r = .782$. Evidence of reliability has been researched to be acceptable with a Cronbach's alpha of .95 (Busby et al., 1995). Additionally, the Guttmann split-half reliability coefficient of the RDAS is .94 (Busby et al., 1995). Although no studies have addressed the validity of the SWML directly, evidence of the SWML's validity includes adequate content, criterion, face, and construct validity due to the direct correlation with the RDAS (Ward et al., 2009). The criterion validity of the RDAS is .86 among non-distressed couples and .74 among distressed couples (Busby et al., 1995). Therefore, the SWML can be used to determine the global level of marital satisfaction among individuals within a married couple. Marital satisfaction will be defined as the global satisfaction evaluation of both partners of a married couple. The scores from the matching data of the SWML will be totaled to represent the global marital satisfaction of a married couple. The range of the combined total score will range from 10 to 70, with a higher score signifying a greater marital satisfaction.

Revised Adult Attachment Scale Close Relationships Version. The Revised Adult Attachment Scale Close Relationships Version (RAAS-CRV) is a survey that was developed by Collins and Read (1990) which may be used to measure an individual's attachment style. This 18-item survey measure items on three dimensions: close, depend, and anxiety. Cronbach's alphas for the close dimension is .77, for the depend dimension is .78, and the anxiety dimension is .85 (Collins, 1996). Test-retest reliability for the close dimension is .68, for the depend dimension is .71, and for the anxiety dimension is (Collins & Read, 1990). Reliability coefficients for the Close dimension is .82, the Depend dimension is .80, and Anxiety dimension is .83, respectively (Collins, 1996). Gernder differences were not found on any dimension. Cluster analysis allows the three dimensions to be used to determine distinct attachment styles from a profile of scores of all three dimensions. Considerable predictive validity exists for the RAAS-CRV across attachment style classifications (Uzendoorn, 1995). This allows the RAAS-CRV be used to test for secure, preoccupied, dismissing, and fearful attachment styles (Collins, 1996; Collins & Read, 1990). For this study the results of a participant's scores resulting in either the preoccupied, dismissing, and fearful attachment styles will be considered to be insecure attachment styles. The RAAS-CRV will be used to determine each participant's attachment style and then the matching partner's attachment style. The scores are added within each of the three dimensions: secure (S), ambivalent (Av), and anxious (Ax) (see Appendix). The dimension with the greatest score determines the attachment style of a participant. If the secure dimension is greatest then the participant will be considered to have a secure attachment style. If either the ambivalent or the anxious dimension is greatest then the participant will be considered to have an insecure attachment style. Attachment type will be determined by the combination of a couple's attachment styles. If a participant's score on the RASS-CRV result is a secure attachment style

and that participant's spouse's score result in an insecure attachment style then the attachment type will be determined to be a mismatched attachment type. A couple whose partners exhibit a secure/secure attachment style will be a secure attachment type and an insecure/secure attachment style combination will be an insecure attachment type.

Research Question and Hypotheses

The following research questions have been generated from the literature and directly from the purpose of this study.

Research Question 1

Are there differences in marital satisfaction scores among three groups of attachment types: (a) couples who exhibit a secure attachment type, (b) couples who exhibit a mismatched attachment type, and (c) couples who exhibit an insecure attachment type?

Hypothesis 1. It is predicted that couples who exhibit a secure attachment type will have significantly greater mean marital satisfaction scores than couples who exhibit a mismatched or insecure attachment type.

Null Hypothesis 1. $H_{0(1)}$: $\mu_{A1} = \mu_{A2} = \mu_{A3}$. There are no statistically significant differences of marital satisfaction among all three levels of attachment types.

Alternative Hypothesis 1. $Ha_{(1)}$: $\mu_{Ai} \neq \mu_{Aj}$ for at least one pair of i and j. Couples who exhibit a secure attachment type will have greater mean marital satisfaction scores than couples who exhibit a mismatched attachment type and couples who exhibit an insecure attachment type.

Research Question 2

Are there differences in marital satisfaction scores among couples who exhibit integrative, disintegrative, allied, shadowed, matched, and unrelated EnneaDyads?

Hypothesis 2. It is predicted that couples who exhibit an integrative EnneaDyad and couples who exhibit an allied EnneaDyad will have significantly greater mean marital satisfaction scores than couples who exhibit a disintegrative, shadowed, matched, or unrelated EnneaDyad.

Null Hypothesis 2. $H_{0(2)}$: $\mu_{B1} = \mu_{B2} = \mu_{B3} = \mu_{B4} = \mu_{B5} = \mu_{B6}$. There is no statistically significant difference in mean marital satisfaction scores among categories of EnneaDyads.

Alternative Hypothesis 2. $Ha_{(2)}$: $\mu_{Bi} \neq \mu_{Bj}$ for at least one pair of i and j. Couples who exhibit an integrative EnneaDyad and couples who exhibit an allied EnneaDyad will have significantly greater marital satisfaction scores than couples who exhibit a disintegrative, shadowed, matched, or unrelated EnneaDyad.

Research Question 3

Do any obtained differences in marital satisfaction between categories of EnneaDyads vary among the three groups of attachment types?

Hypothesis 3. It is predicted that obtained differences in marital satisfaction scores between categories of EnneaDyads do not vary among the three groups of attachment types.

Null Hypothesis 3. $H_{0(3)}$: Differences in marital satisfaction scores between categories of EnneaDyads do not vary significantly among the three groups of attachment types.

Alternative Hypothesis 3. $Ha_{(3)}$: Differences in marital satisfaction scores between categories of EnneaDyads vary significantly among the three groups of attachment types.

Statistical Analysis

A two-factor ANOVA was used to test the hypotheses using EnneaDyads and attachment type as the independent variables. Marital satisfaction is the dependent variable. This produces a six by three arrangement and 18 data points. The main effect of attachment type on marital

satisfaction was tested in hypothesis one. The main effect of EnneaDyad on marital satisfaction was tested in hypothesis two. Hypothesis three tested for an interaction between attachment type and EnneaDyads on marital satisfaction. An alpha level of .05 as used for all hypotheses, $\alpha = .05$. Effect sizes were computed using partial eta squares for all hypotheses.

Threats to Validity

External validity may be decreased by the dishonesty of participant when responding to items in the survey. However, to address this, and support participants to be more accurate when responding to items, insensitive of providing participants with results from the RHETI only should cultivate more validity. If participants know that they benefit from providing accurate responses then they may be more honest when responding to items.

Threats to internal validity comes from the sample population not being generalized. If, for example the sample population comes from couples already seeking couples counseling then their marital satisfaction is most likely low already. It is important to obtain a sample from the non-clinical population. To address this concern the solicitation for participants will be from social media primarily to recruit non-clinical participants. Additionally, if the test for hypothesis one rejects the null hypothesis then internal validity is established because this result is supported from previous research directly (Kilmann et al., 2012).

Construct validity may be threatened from the statistical power of the analysis being too low. This may result from not obtaining enough sample data from the population. To address this it will be important to obtain the minimum sample amount in each cell of the ANOVA and the minimum amount for the total sample that was calculated in this chapter.

Ethical Concerns

The survey compiled for this study is not expected to cause any harm to participants. The questions regarding marriage and attachment style are from public domain questionnaires and do not have a history of negatively affecting participant. The RHETI has been completed by many individuals without any resulting distress. Therefore, no harm is expected from the results of participating in this study. However, if a participant reports distress directly related from participating in this study I will discuss appropriate support recourses and offer to assist with referrals.

Data were treated confidentially. Confidentiality is explained in the informed consent form. Participant acknowledged understanding that no one other than this researcher will have access to the data. No identifying information was collected. Data were collected from the internet site PsychData.com, which is IRB compliant. Participants acknowledged understanding of the informed consent before having access to the survey questions. The participant were able to print a copy of the informed consent form.

This study avoids any deception. Participants were informed that deception is not part of this study. Participants had the right to withdraw from the research process. Furthermore, participants had the right to withdraw at any stage in the research process. When a participant chose to withdraw from the research process, they were not pressured or coerced in any way to try and stop them from withdrawing.

Summary

The purpose of this experimental quantitative study was to examine whether EnneaDyads relate to marital satisfaction within three groups of attachment types: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who

demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style. The research questions for this quantitative study is: Does a relationship exist between EnneaDyads and marital satisfaction? Does attachment type interact with EnneaDyad on marital satisfaction? If so, which EnneaDyad categories predict greater marital satisfaction within all three groups of attachment types: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style? In this chapter, the research deign was presented followed by the methodology, which included defining the population for this research, the sampling procedures, and explaining the instrumentation for data collection. The research for this study is a quantitative study and experimental in design. The method to analyze the data collected from the survey was a two-factor ANOVA to answer the research questions. Threats to validity was discussed as well as describing how the data will be analyzed statistically and concluded with ethical concerns. After this proposal is approved and IRB approval the Chapter 4 which will follow will present finding from the data collected from this research.

Chapter 4: Results

Introduction

The purpose of this study was to examine the relationship among married couples' enneagram personality type combinations and these couples' marital satisfaction. Three groups of attachment types were compared: (a) couples in which both partners demonstrate a secure attachment style, (b) couples in which one partner demonstrates an insecure attachment style and the other demonstrates a secure attachment style, and (c) couples in which both partners demonstrate an insecure attachment style. The criterion variable in this study is global marital satisfaction. Global marital satisfaction was defined as the sum of both partner's scores from the SWML. Marital satisfaction scale items were measured using a Likert type scale described below. Responses for each question were: 7 - Strongly agree, 6 - Agree, 5 - Slightly agree, 4 - Neither agree nor disagree, 3 - Slightly disagree, 2 - Disagree, 1 - Strongly disagree. The questions presented were as follows:

1. In most ways my married life is close to my ideal.
2. The conditions of my married life are excellent.
3. I am satisfied with my married life.
4. So far I have gotten the important things I want in married life.
5. If I could live my married life over, I would change almost nothing.

The predictor variables in this study were EnneaDyads and attachment type. The RHETI was used to determine a couple's EnneaDyad category. A couple's EnneaDyad was categorized as one of six different categories: integrative EnneaDyad, disintegrative EnneaDyad, ally EnneaDyad, shadow EnneaDyad, matched EnneaDyad, and nonrelated EnneaDyad. Paired information from the survey was used to determine which EnneaDyad type a married couple

exhibits. The RAAS-CRV was used to determine the attachment style of individual participants. Paired information from the survey was used to determine which attachment type a married couple exhibits. The three categorical attachment types were: (a) secure; couples in which both partners demonstrate a secure attachment style, (b) mismatched; couples in which one member demonstrates an insecure attachment style and the other demonstrates a secure attachment style, or (c) insecure; couples in which both partners demonstrate an insecure attachment style.

Chapter four presents the results of the data analysis using methods described in Chapter three. For research questions one and two, each hypothesis was tested using one-way ANOVA F-tests, followed by post-hoc multiple means comparisons testing using the Bonferroni method when applicable. ANOVA assumptions testing, and effect size estimation is also provided. For research question three, a two-way ANOVA was conducted, followed by ANOVA assumptions testing, effect size estimation, and marginal effects predictions.

Participants

This section presents the descriptive information of couple marital satisfaction scores among the sample population. Marital satisfaction, the dependent variable, is continuous while both of the two independent variables, attachment type and EnneaDyad type, are categorical.

From March 2015 through May 2015, participants were recruited through an advertisement on Facebook and also through the Walden University Research Participant Pool. These two sources alone provided enough participant to collect the minimum sample size, and therefore, all other sources indicated in chapter three were not used. Participants were directed to PsychData.com to access the study. Potential participants that were targeted live in the United States and were at least 18 years old. The advertisement on Facebook reached 335,620 individuals and 4,993 responded. Most participant who responded to the advertisement either did

Table 1

Distribution of Sample Population by Age and Marital Status

Demographic	Frequency	Percent
Age		
18 - 24	49	7.7
25 - 34	227	35.1
35 - 44	146	22.6
45 - 54	117	18.1
55 - 64	86	113.3
65 or older	21	3.2
Marital Status		
2 – 7 years	325	50.2
8 – 13 years	135	20.8
14 – 19 years	70	10.8
20 – 29 years	66	10.2
30 – 39 years	32	4.9
40 – 49 years	16	2.5
50 – 59 years	2	0.3
Over 59 years	2	0.3
Total	648	100.00

not begin the survey or did not complete the survey, and 324 paired couples completed the survey. Table 1 displays the age and marital status of the 324 paired couples who completed the survey. Half of all of the participants were married between 2 and 7 years. The largest age group is 25 to 34 years old, which represent 35.1 percent of the sample population.

Data Analysis

The sample population of the study included 648 participants, which comprised 324 marital couples who completed the published survey online. The mean global marital satisfaction scores of gender, age, and marital status are displayed in Table 2. The mean global marital satisfaction scores between genders have less than a one point difference. Participants 65 or older produced a minimum global marital satisfaction score of 14, whereas, all other age groups

Table 2

Global Marital Satisfaction by Gender, Age, and Marital Status

Demographic	*n*	*M*	*SD*	Median	Minimum	Maximum
Gender						
Female	324	24.6	8.6	27	5	35
Male	324	25.4	7.4	27	5	35
Age						
18 - 24	49	26.3	7.9	30	7	35
25 - 34	227	25.6	7.1	27	5	35
35 – 44	146	24.1	8.6	27	5	35
45 – 54	117	24.0	8.4	26	5	35
55 – 64	86	25.2	8.6	29	5	35
65 or older	21	28.3	6.8	30	14	35
Marital Status						
2 – 7 years	325	25.2	7.7	27.0	5	35
8 – 13 years	135	25.0	7.9	28.0	5	35
14 – 19 years	70	23.9	8.6	27.0	6	35
20 – 29 years	66	24.4	8.6	27.0	5	35
30 – 39 years	32	24.9	9.6	27.5	5	35
40 – 49 years	16	27.1	7.3	28.5	14	35
50 – 59 years	2	31.0	2.8	31.0	29	33
Over 59 years	2	30.5	0.7	30.5	30	31
Total	648	25.0	8.0	27	5	35

produced a minimum global marital satisfaction score of 5 or 7. The mean global marital satisfaction of both females ($M = 24.6$, $SD = 8.6$) and males ($M = 25.4$, $SD = 7.4$) are almost identical.

Test for Assumptions of ANOVA

The dependent variable of the ANOVA analysis is the global marital satisfaction score, which is asymitrically distributed. The Jarque-Bera normality testing of this continuous dependent variable results in $p = 0.000$, indicating that the null hypothesis that the distribution is normal can be rejected. The rejection of the null hypotheses exists due to the skewness test: skewness $p = 0.000$. The kurtosis test does not reject the normality hypothesis, kurtosis test $p =$

0.99. The Shapiro-Wilk test also rejects the normality hypothesis ($z = 5.601$, $p = 0.000$). The Jarque-Bera normality testing of the dependent variable shows that ANOVA normality assumptions are not completely satisfied.

Cook-Weisberg tests for heteroscedasticity if the error of variances across levels are all equal, rather than the error of variance is a result from one of the levels (Bathke, 2004). The Cook-Weisberg test results with $p = 0.65$ for attachment type. Therefore, the variability of global marital satisfaction within attachment type could be considered equal. According to the Levene test for attachment type there was no difference between the variances as $p = 0.76$. This means that the global marital satisfaction score variability was not different for attachment type. The Cook-Weisberg test for heteroscedasticity resulted $p = 0.18$ for EnneaDyad types. Therefore, the variability of global marital satisfaction within EnneaDyad type could be considered equal. According to the Levene test for attachment type there was no difference between the variances as $p = 0.21$. This means that the global marital satisfaction score variability was not different for EnneaDyad type. This means that the global marital satisfaction score variability was not different for EnneaDyad type.

In this study, the dependent variable did not pass the test of normal distribution. Normality is an assumption for the ANOVA method. However, the ANOVA test is considered to be robust against the normality assumption; it tolerates the violation of the normality assumption well, with only a small effect on the Type I error rate (Rutherford, 2001). The non-parametric Kruskal-Wallis equality of population rank test was used to check the results of the ANOVA, which does not rely on the assumption of normality. The non-parametric results of this test are presented in this chapter when reporting the analysis of research question one and research question two.

Analysis of Research Question 1

Are there differences in marital satisfaction scores among the three groups of attachment types: (a) couples who exhibit a secure attachment type, (b) couples who exhibit a mismatched attachment type, and (c) couples who exhibit an insecure attachment type?

Hypothesis 1. It was predicted that couples who exhibit a secure attachment type will have significantly greater mean marital satisfaction scores than couples who exhibit a mismatched or insecure attachment type.

Null Hypothesis 1. $H_{0(1)}$: $\mu_{A1} = \mu_{A2} = \mu_{A3}$. There are no statistically significant differences in marital satisfaction among all three levels of attachment types.

Alternative Hypothesis 1. $Ha_{(1)}$: $\mu_{Ai} \neq \mu_{Aj}$ for at least one pair of i and j. Couples who exhibit a secure attachment type will have greater mean marital satisfaction scores than couples who exhibit a mismatched attachment type and couples who exhibit an insecure attachment type.

ANOVA Results for Attachment Type. The global marital satisfaction scores by attachment type are presented in Table 3. The greatest mean global marital satisfaction score is within the secure attachment type and the lowest mean global marital satisfaction score is within the insecure attachment type. The mean global marital satisfaction score for the mismatched attachment type is more similar to the mean global marital satisfaction score of the secure

Table 3

Global Marital Satisfaction by Attachment Type

Attachment Type	*n*	*M*	*SD*
Insecure	101	46.1	11.4
Mismatched	138	51.3	11.7
Secure	85	52.6	12.0
Total	324	50.0	11.9

attachment type than the mean global marital satisfaction score of the insecure attachment type. The mismatched attachment type (M = 51.3, SD = 11.7, n = 138) comprised the greatest number of couples and the secure attachment type (M = 52.6, SD = 12.0, n = 85) had the fewest number of couples, with the insecure attachment type level (M = 46.1, SD = 11.4, n = 101) being in the middle.

Figure 4 presents the percent of couples in the sample that were categorized to each attachment type. All three attachment types of married couples seem to be well represented in the sample. The majority of the couples fall into the mismatched category (42.6%, n = 138), followed by the insecure category (31.2%, n = 101), and the secure category (26%, n = 85).

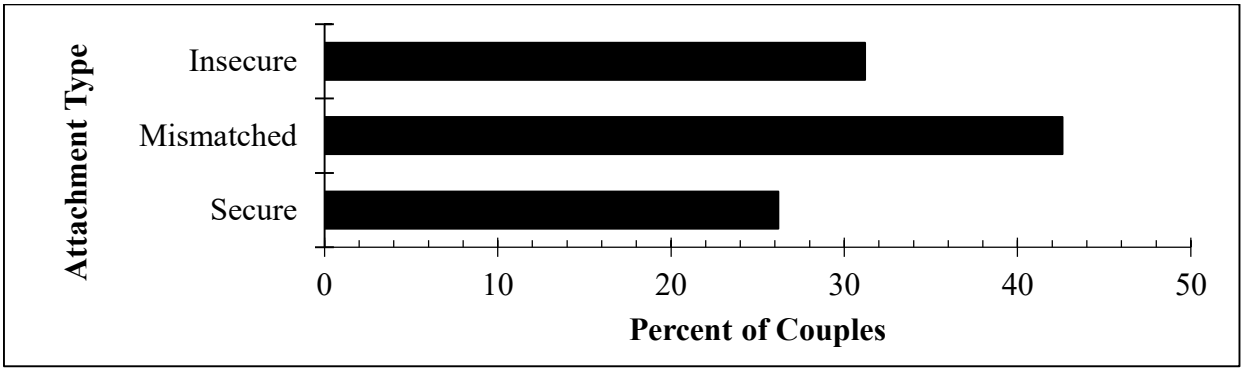

Figure 4. Percent of Couples by Attachment Type.

A one-way ANOVA was used to examine whether there was a significant difference in global marital satisfaction between three groups of attachment types: (a) couples in which both partners demonstrate a secure attachment style, (b) couples in which one partner demonstrates an insecure attachment style and the other demonstrates a secure attachment style, and (c) couples in which both partners demonstrate an insecure attachment style. The main effect of attachment type, conducted at the .05 alpha level as seen in Table 4, yielded an F ratio of $F(2, 321) = 8.72$, $p < .05$, indicating statistically significant differences in means of global satisfaction score between attachment type. The Kruskal-Wallis test for attachment type confirmed the ANOVA

results that the difference between the attachment types was significant ($\chi^2 = 20.6$, $df = 2$, $p = 0.0001$). For attachment type, the effect size is $\eta^2 = 0.052$, which indicates attachment type explains 5.2% of the total variance in global marital satisfaction scores.

Table 4

ANOVA Results for the Attachment Type Factor

Marital Satisfaction	*SS*	*df*	*MS*	*F*	*p*
Between Groups	2372.2	2	1186.1	8.72	0.0002*
Within Groups	43670.5	321	136.1		
Total	46042.6	323			

Note. * = $p \leq .05$. $N = 324$ for all analyses.

Figure 5 shows mean global marital satisfaction scores as a function of attachment type. Multiple pairwise comparison tests were conducted using the Bonferroni method with adjusted alpha levels of .0167 per test (.05/3) to examine which attachment types are significantly different. Table 5 displays the pairwise comparisons of attachment types. Results indicated that the mean global marital satisfaction score of insecure attachment type (M =46.1, SD =11.4) was significantly lower than the mean global marital satisfaction score of both the mismatched attachment type (M =51.3, SD =11.7), and the secure attachment type (M =52.6, SD =12.0). This indicates that the mean global marital satisfaction for the insecure attachment type was

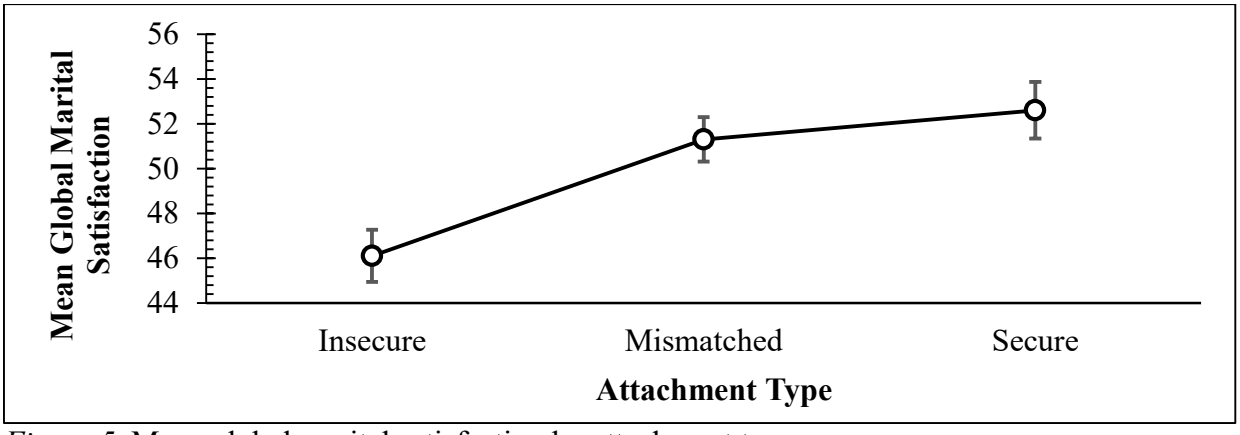

Figure 5. Mean global marital satisfaction by attachment type.

significantly lower than remaining attachment types. The mismatched and secure types had a smaller difference in mean global marital satisfaction between each other than between either of those attachment types and the insecure attachment type.

Table 5

Pairwise Comparisons of Attachment Types

Attachment Type		Mean Difference (I – J)	Std. Error	*p*
I	J			
Insecure	Mismatched	-5.237*	1.527	.002
Insecure	Secure	-6.534*	1.717	.001
Mismatched	Insecure	5.237*	1.527	.002
Mismatched	Secure	-1.297	1.608	1.000
Secure	Insecure	6.534*	1.717	.001
Secure	Mismatched	1.297	1.608	1.000

Note. * = $p \leq .05$.

Analysis of Research Question 2

Are there differences in marital satisfaction scores among couples who exhibit integrative, disintegrative, allied, shadowed, matched, and unrelated EnneaDyads?

Hypothesis 2. It was predicted that couples who exhibit an integrative EnneaDyad and couples who exhibit an allied EnneaDyad will have significantly greater mean marital satisfaction scores than couples who exhibit a disintegrative, shadowed, matched, or unrelated EnneaDyad.

Null Hypothesis 2. $H_{0(2)}$: $\mu_{B1} = \mu_{B2} = \mu_{B3} = \mu_{B4} = \mu_{B5} = \mu_{B6}$. There is no statistically significant difference in mean marital satisfaction scores among categories of EnneaDyads.

Alternative Hypothesis 2. $Ha_{(2)}$: $\mu_{Bi} \neq \mu_{Bj}$ for at least one pair of i and j. Couples who exhibit an integrative EnneaDyad and couples who exhibit an allied EnneaDyad will have

significantly greater marital satisfaction scores than couples who exhibit a disintegrative, shadowed, matched, or unrelated EnneaDyad.

ANOVA Results for EnneaDyad Type. The global marital satisfaction scores by EnneaDyad type are presented in Table 6. The allied EnneaDyad type (M = 51.7, SD = 9.8, n = 53) had the greatest mean global marital satisfaction score, closely followed by the shadowed type (M = 51.2, SD = 12.0, n = 41). Nevertheless, the EnneaDyad types had similar marital satisfaction scores: disintegrative (M = 50.9, SD = 11.61, n = 41), integrative (M = 49.6, SD = 12.5, n = 41), matched (M = 47.4, SD = 14.2, n = 44), and unrelated (M = 49.7, SD = 11.9, n = 104).

Table 6

Global Marital Satisfaction Score by EnneaDyad Type

EnneaDyad Type	*n*	*Mean*	*SD*
Allied	53	51.7	9.8
Disintegrative	41	50.9	11.6
Integrative	41	49.6	12.5
Matched	44	47.4	14.2
Shadowed	41	51.2	12.0
Unrelated	104	49.7	11.9
Total	324	50.0	11.9

Figure 6 presents the percent of couples that were categorized to each EnneaDyad type from the sample population. The majority of couples fell into the unrelated category 32.1% (n = 104). The percentages comprising the other categories were relatively more similar. The allied category comprised 16.26% (n = 53) of the couples, and the disintegrative, integrative, matched, and shadowed categories comprised 12.65% (n = 41), 12.65% (n = 41), 13.58% (n = 44), and 12.65% (n = 41), respectively.

A one-way ANOVA was used to examine whether there was a significant difference in global marital satisfaction between six categories of EnneaDyad types. The main effect of EnneaDyad type, conducted at the .05 alpha level as seen in Table 7, yielded an *F* ratio of *F*(5,

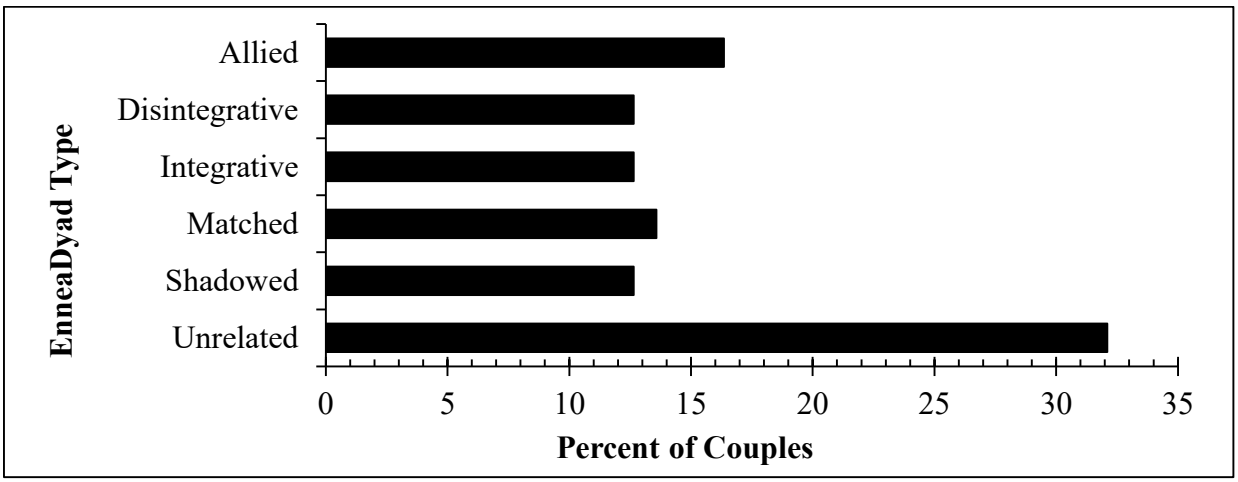

Figure 6. Percent of Couples by EnneaDyad Type.

318) = 0.79, $p > .05$, indicating no statistically significant differences in means of global satisfaction score between EnneaDyad types. The Kruskal-Wallis test also confirmed the ANOVA results; that the differences between EnneaDyad types were not significant ($\chi^2 = 2.52$, $df = 5$, $p = 0.773$). For the EnneaDyad types, the effect size was $\eta^2 = 0.012$, which indicates that EnneaDyad type explained 1.2% of the total variance of global marital satisfaction scores. Because the ANOVA demonstrated no significant differences of global marital satisfaction

Table 7

ANOVA Results for the EnneaDyad Type Factor

Marital Satisfaction	*SS*	*df*	*MS*	*F*	*p*
Between Groups	564.0	5	112.8	0.79	0.56
Within Groups	45478.6	318	143.0		
Total	46042.6	323			

Note. * = $p \leq .05$. $N = 324$ for all analyses.

between EnneaDyad types, there is no need for multiple comparison tests between EnneaDyad type levels. Figure 7 displays the mean global marital satisfaction scores by EnneaDyad type.

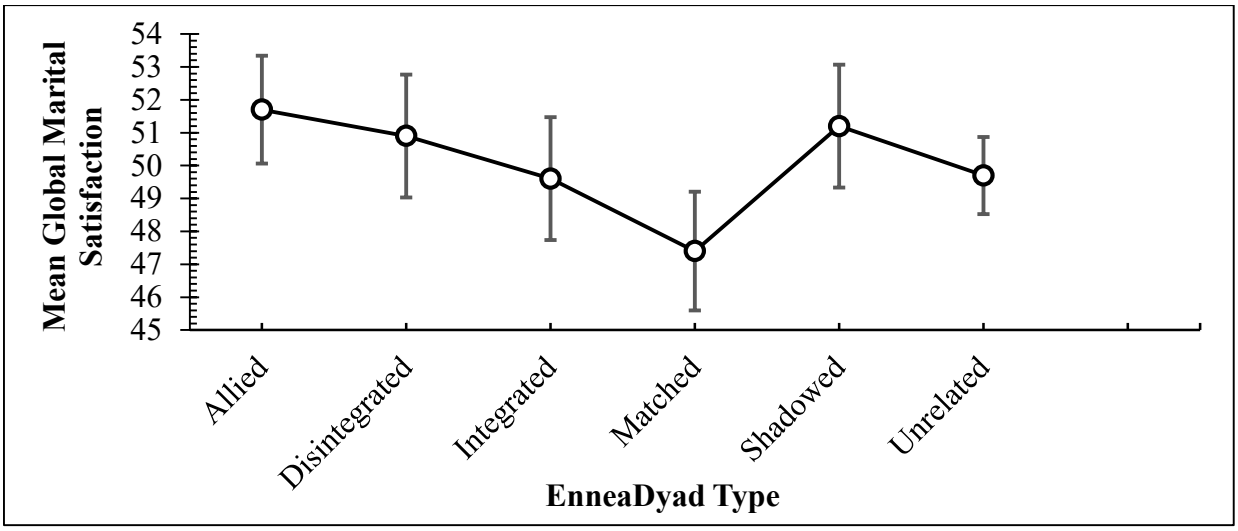

Figure 7. Mean global marital satisfaction scores by EnneaDyad type.

Analysis of Research Question 3

Do any obtained differences in marital satisfaction among categories of EnneaDyads vary among the three groups of attachment types?

Hypothesis 3. It was predicted that obtained differences in marital satisfaction scores between categories of EnneaDyads do not vary among the three groups of attachment types.

Null Hypothesis 3. $H_{0(3)}$: Differences in marital satisfaction scores between categories of EnneaDyads do not vary significantly among the three groups of attachment types.

Alternative Hypothesis 3. $Ha_{(3)}$: Differences in marital satisfaction scores between categories of EnneaDyads vary significantly among the three groups of attachment types.

Two-way ANOVA Results. A two-way ANOVA of marital satisfaction scores was used to test the hypotheses three using EnneaDyad type and attachment type as factors. Table 8 displays the mean global marital satisfaction scores by attachment type and EnneaDyad type conditions. The secure attachment type combined with the disintegrative EnneaDyad type has the

greatest mean

Table 8

Mean Global Marital Satisfaction Scores for each Attachment and EnneaDyad Type

EnneaDyad Type	Attachment Type			Total
	Insecure *M* (*SD*)	Mismatched *M* (*SD*)	Secure *M* (*SD*)	*M* (*SD*)
Allied	54.07 (7.15)	49.73 (11.31)	52.92 (8.92)	51.68 (9.80)
Disintegrative	43.29 (10.52)	52.07 (11.00)	58.42 (8.24)	50.93 (11.61)
Integrative	43.83 (11.48)	53.35 (10.31)	50.00 (14.88)	49.59 (12.48)
Matched	42.60 (14.42)	49.71 (14.52)	50.08 (12.89)	47.39 (14.17)
Shadowed	45.00 (11.64)	53.25 (10.96)	54.46 (12.30)	51.22 (12.02)
Unrelated	46.45 (10.61)	51.17 (11.95)	51.17 (12.84)	49.67 (11.85)
Total	46.09 (11.37)	51.33 (11.65)	52.62 (12.27)	50.03 (11.94)

global marital satisfaction score ($M = 58.42$, $SD = 8.24$), whereas, the insecure attachment type combined with the matched EnneaDyad type has the lowest mean global marital satisfaction score ($M = 42.60$, $SD = 14.42$). Some similarities are seen in distributions of EnneaDyad types within the three attachment types. The unrelated EnneaDyad type is the largest group across all attachment types. Within each attachment type, the percentages of couples the other EnneaDyad types were similar, with the exception of the allied EnneaDyad type within the mismatched attachment type. Within the Insecure, Mismatched, and Secure attachment types, the Unrelated EnneaDyad type comprised 10.2%, 14.5%, and 7.4 percent, respectively.

A two-way ANOVA indicated a significant main effect for attachment type, $F(2, 306) = 9.03$, $p \leq .05$, $\eta_p^2 = 0.056$; no significant main effect for EnneaDyad type, $F(5, 306) = 0.98$, $p = .43$, $\eta_p^2 = 0.016$; and no significant interaction between attachment type and EnneaDyad type, $F(10, 306) = 1.27$, $p = .24$, $\eta_p^2 = 0.040$, as seen in Table 9. This means that attachment type has a significant effect on marital satisfaction, whereas, EnneaDyad type does not. Additionally, the effect that attachment type has on marital satisfaction does not depend on the effect from

EnneaDyad type. The effect size, or the proportion of total variance explained by each factor, was given by the Eta-squared value, which was equal to 5.6% for attachment type, 1.6% for EnneaDyad type, and 4% for the interaction.

Table 9

Two-factor ANOVA Results of Global Marital Satisfaction

Source	*SS*	*df*	*MS*	*F*	*p*	η_p^2
Corrected Model	4606.98	17	271	2	0.01*	0.10
Intercept	700576	1	700576	5174	0.00*	0.94
Attachment Type	2444.53	2	1222.30	9.03	0.00*	0.056
EnneaDyad Type	664.26	5	132.85	0.98	0.43	0.016
Attachment Type x EnneaDyad Type	1724.7	10	172.47	1.27	0.24	0.040
Error	41435.65	306	135.41			
Total	857143	324				
Corrected Total	46042.63	323				

Note. * = $p \leq .05$. $N = 324$ for all analyses.

Summary

The present chapter provided a review of the description of the sample of participants who participated in this study. Three hundred twenty four married couples completed the survey. Data collected from a survey were analyzed using a two-factor ANOVA to examine the effects that enneagram personality type combinations among married couples have on their marital satisfaction within all three groups of attachment types: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style. An ANOVA was used to examine if there are differences in marital satisfaction scores among the three groups of attachment types. An ANOVA was used to examine if there were differences in marital satisfaction scores among the three groups of attachment types. A one-way ANOVA was used to examine if there were differences in marital satisfaction scores among couples who exhibit

integrative, disintegrative, allied, shadowed, matched, and unrelated EnneaDyads. A two-factor ANOVA was used to examine if any obtained differences in marital satisfaction among categories of EnneaDyads vary among the three groups of attachment types. Results showed there were significant differences in marital satisfaction scores among the three groups of attachment types. Pairwise comparison tests showed that mean global marital satisfaction of the insecure attachment type was significantly lower than the mean global marital satisfaction score of the mismatched and secure attachment types. There were no significant differences in global marital satisfaction scores among couples who exhibit integrative, disintegrative, allied, shadowed, matched, or unrelated EnneaDyad. The interaction effect of EnneaDyad types and attachment types was not significant for global marital satisfaction. Chapter 5 provides a review of these findings, interpretations of the findings, and recommendations for future research.

Chapter 5: Summary, Recommendations, and Conclusion

Summary

Individuals of a married couple who have a secure attachment type generally experience greater marital satisfaction than when one or both partners have an insecure attachment style (Kilmann, 2012). However, some couples with insecure attachment styles have been found to have significantly greater marital satisfaction, suggesting that their unique dyadic personality types interact in some unknown way with their interpersonal interactions (Gonzaga et al., 2007). The enneagram was presented in this research as a system of personalities that may fit into a theoretical framework combining the interpersonal theory and attachment theory to explain why some married partners with insecure attachment styles stay married.

This quantitative cross-sectional research examined the effect of enneagram personality type and attachment type has on global marital satisfaction. The purpose of this quantitative study was to examine the effects of EnneaDyad personality types in relation to marital satisfaction among married couples within three groups of attachment types: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style. It was predicted that certain enneagram personality combinations may relate to significantly greater marital satisfaction among married opposite gendered couples who exhibit any attachment type.

The methods of this research utilized purposive sampling in choosing the married couples to participate in this study. Only data from participants 18 years or older who have been married for at least 2 years and have a matching data set from a married partner was included. A total of 648 individual participants and $N = 324$ marital couples participated in this study. The researcher

utilized a ANOVA design to address the following research questions: (1) are there differences in marital satisfaction scores among three groups of attachment types: (a) couples who exhibit a secure attachment type, (b) couples who exhibit a mismatched attachment type, and (c) couples who exhibit an insecure attachment type; (2) are there differences in marital satisfaction scores among couples who exhibit integrative, disintegrative, allied, shadowed, matched, and unrelated EnneaDyads; and (3) do any obtained differences in marital satisfaction between categories of EnneaDyads vary among the three groups of attachment types?

Data were collected through a published survey on the Internet site PsychData.com, created from the compilation of three separate instruments: (a) the Riso-Hudson Enneagram Type Indicator (RHETI; Riso & Hudson, 2010), Version 2.5, (b) the Satisfaction With Married Life Scale (SWML; Ward et al., 2009), and (c) the Revised Adult Attachment Scale Close Relationships Version (RAAS-CRV; Collins, 1996; Collins & Read, 1990). Data were analyzed to answer the three research questions.

Analysis of the data discovered that there were significant differences in marital satisfaction scores among couples who exhibit a secure attachment type and couples who exhibit a mismatched attachment type, and no significant differences in marital satisfaction scores among couples who exhibit an insecure attachment type. There were no significant differences in marital satisfaction scores among couples who exhibit integrative, disintegrative, allied, shadowed, matched, and unrelated EnneaDyads. The two-way ANOVA showed that the interaction effect of EnneaDyad types and attachment types is not significant for global marital satisfaction scores.

This chapter provides a summary of the findings of the present study and an interpretation of the findings from the analysis of the data collected. The alignment of the

findings, with respect to the existing literature will also be presented in the interpretation section. The limitations, as well as recommendations for future research, will also be discussed. Moreover, this chapter discusses implications for social change.

Interpretation

Research Question 1

The first research question of this study examined if there are differences in marital satisfaction scores among the three groups of attachment types: (a) couples who exhibit a secure attachment type, (b) couples who exhibit a mismatched attachment type, and (c) couples who exhibit an insecure attachment type. It was predicted that couples who exhibit a secure attachment type will have significantly greater mean marital satisfaction scores than couples who exhibit a mismatched or insecure attachment type. The ANOVA results indicated that there are differences in global marital satisfaction scores among three groups of attachment types: (a) couples who exhibit a secure attachment type, (b) couples who exhibit a mismatched attachment type, and (c) couples who exhibit an insecure attachment type. It was also found that couples who exhibit a secure attachment type and couples who exhibit a mismatched attachment type would have significantly greater mean global marital satisfaction scores than couples who exhibit an insecure attachment type.

The findings from hypothesis one somewhat supports the study conducted by Kilmann et al. (2012). Kilmann et al. (2012) posited that partners who both exhibit secure attachment styles will be rated with less dissatisfaction, whereas couples with one secure partner and one insecure partner will rate with higher dissatisfaction. Moreover, Kilmann et al. (2012) added that when both partners are insecurely attached to each other, marital dissatisfaction is high. However, the current study found that couples who exhibit a mismatched attachment type had have greater

global marital satisfaction. Although the current study differs from the study conducted by Kilmann et al. (2012) there are similarities. Kilmann et al. (2012) does not measure global marital satisfaction, whereas, the current study does define global marital satisfaction as the dependent variable. The current study defines marital satisfaction from a systemic approach rather than an individual approach. The differing findings from this study may be due to this difference in how marital satisfaction is defined. This difference may be impacted from what Brassard et al. (2009) found regarding how couples mediate conflict in marital relationships. They discovered that gender and insecure attachment styles were mediated by how individuals perceived conflict. The findings from this current study may differ from previous research due to the definition of personality pairing. No other study defined personality pairing using the enneagram system. Regardless, the results of the findings from hypothesis one may provide insight into preventing divorce. That is, the results of the findings from hypothesis one implies that both securely attached individuals and insecurely attached individuals have a way of avoiding divorce and having significant marital satisfaction. From the previous research in the literature, only securely attached individuals would have a way of avoiding divorce (Kilmann, 2012). Considering the results of hypothesis one, an individual who has an insecure attachment has the hope of achieving a satisfying marriage and decrease the possibility of divorce; by seeking a partner with a secure attachment style.

The results of hypothesis one are limited by the self-report nature of the design of the current study. The data collected from participants are subjective in nature and may have impacted the results. This impacts the validity of the results. Despite this limitation, the findings from examining the relationship between global marital satisfaction and attachment types predicting divorce from attachment dyads may have reliable results.

Research Question 2

The second research question of this study examines if there are differences in marital satisfaction scores among couples who exhibit integrative, disintegrative, allied, shadowed, matched, or an unrelated EnneaDyad type. It was predicted that couples who exhibit an integrative EnneaDyad and couples who exhibit an allied EnneaDyad will have significantly greater mean marital satisfaction scores than couples who exhibit a disintegrative, shadowed, matched, or unrelated EnneaDyad. The ANOVA results indicated there were no significant differences in global marital satisfaction scores among couples who exhibit integrative, disintegrative, allied, shadowed, matched, or unrelated EnneaDyads. This finding is opposed to the suggested theory from the literature review conducted in this current study suggesting that integrative and ally EnneaDyads may have a significant effect on global marital satisfaction as compared to the other EnneaDyad types. Regardless, these results may have implications related to divorce.

Due to the cross-sectional design of this current study, the results of analyzing hypothesis two may have been negatively impacted. This limitation could have been changed if a longitudinal study was designed. Cross-sectional designs are usually less valid than longitudinal designs (Eastwick et al., 2011; Kim, 2011). These findings suggest that EnneaDyad type not significantly related to marital satisfaction. However, it is possible that perhaps, taken previous research into consideration, the levels of development is more relation to marital satisfaction than EnneaDyad type. If so, it could be considered that both the complementarity and the similarity theories would not be as important to marital satisfaction as would the levels of development.

Research Question 3

The third research question of this study examined if any obtained differences in marital satisfaction among categories of EnneaDyads vary among the three groups of attachment types. It was predicted that obtained differences in marital satisfaction scores between categories of EnneaDyads do not vary among the three groups of attachment types. The ANOVA analysis indicated that the interaction effect of EnneaDyad types and attachment types was not significant for global marital satisfaction. This suggests that whatever impact a couples' attachment type has on global marital satisfaction their EnneaDyad type does not interfere with that impact. EnneaDyad type does not interfere or relate to attachment type on global marital satisfaction. The findings from research question three, have great impact on earned secure attachment. Not enough research has been conducted to completely understand significant factors which relate to earning a secure attachment in marriages (McCarthy & Maughan, 2010). The present findings suggest that EnneaDyads do not contribute to earned secure attachment. Additionally, these finding add to the literature regarding the complementarity and similarity theories (Gonzaga et al., 2007; Markey et al., 2003). These two theories have been researched, yet the enneagram system has not been a part of any previous research. The findings of testing hypothesis three extends previous research results; that both theories remain to be further researched.

Implications for Social Change

The main implication of this study is the potential for positive social change by informing attempts to address the problem of divorce among couples. Through the findings of the current study, couples may consider assessing whether their dyadic personality types and attachment type affect their marital satisfaction. If couple are aware that their marital satisfaction relates to their attachment type then they may be more incline to repair marital distress when it occurs. This approach toward increasing societal awareness of the impact that attachment type has on

marital satisfaction may increase hope for repairing distress and decreasing associated despair. Specifically, as a direct result of the finding from research question one, individuals with an insecure attachment style may have an increased chance of obtaining a satisfying marriage and possibly avoiding divorce through obtaining an earned secure attachment. Couples therapy typically supports this change. Therapists can integrate these results with their current model of treatment when working with couples toward forming an earned secure attachment, thereby, inproving the effectiveness of couple therapy which may create systemic change. The results from this current study suggests that an individual with an insecure attachment style to be inclined to seek a partner with a secure attachment, thereby creating a mismatched attachment type and resulting in a significantly greater marital satisfaction than if the individual was with another insecurely attached individual.

Recommendations for Future Research

It is recommended that future research may modify the present research methodology in order to reach further conclusions about the relationship between personality type, attachment style, and marital satisfaction. Specifically, this research study could be redesigned to a longitudinal design, thereby, possibly increasing the validity of the results and finding different results, especially regarding research question two. Moreover, it is also recommended that future studies be conducted using a qualitative design in order to examine personality style, attachment style, and marital satisfaction. Specifically, it is recommended that future researchers utilize a phenomenological research design. In this manner, richer data may be gathered than the current research. Such future researchers may use face-to-face interviews as a tool to generate data, helping to develop a deeper understanding about the relationship between personality type, attachment style, and marital satisfaction.

While previous research focused on marital satisfaction and how it can be affected by personality style and attachment style, other factors may mediate the impact of personality style and attachment style on marital satisfaction (Johnson et al., 2013; Kilmann, 2012; Mirecki et al., 2013; Rosowsky et al., 2012). It was revealed that complementarity (Luo et al., 2008) and attachment styles (Hirschberger, Srivastava, Marsh, Cowan, & Cowan, 2009) may have an effect on marital satisfaction among couples. Finally, it is recommended that future studies may utilize a mixed-method research methodology. Combining both qualitative and quantitative designs may provide further relevant results. Specifically, rather than self-report measures of EnneaDyad type and attachment type, interviews may be conducted to determine EnneaDyad type and attachment type. This approach would perhaps increase the validity and change the actual results. In such a design, it may be found that there does exist a significant relationship between marital satisfaction and EnneaDyads. Additionally, qualitative methods can be used to determine whether there is variability in definitions of EnneaDyad type and attachment type categories across participants. Additionally, rather than defining EnneaDyads as categories of enneagram personality types, the levels of development within each enneagram type could be considered with a couple dyad. In this manner, a deeper understanding can be established from the experiences of the participants while the quantitative portion of the study may address generalizability of findings issues common when using qualitative methodologies (Moné, MacPhee, Anderson, & Banning, 2011).

Conclusion

While marital satisfaction has been studied since the 1900's, the rate of divorce has not been reduced (U.S. Department of Health & Human Services, 2012). Moreover, there are not enough studies that focus on the relationship between personality types, attachment types, and

marital satisfaction (Kohn et al., 2012; Li & Fung, 2011; Ottu & Akpan, 2011; Rosowsky et al., 2012). Given these gaps in the literature, the current study was conducted with the following purpose: to examine the effects that enneagram personality type combinations among married couples have on their marital satisfaction within all three groups of attachment types: (a) couples in which both partners demonstrate a secure attachment style, (b) couples in which one partner demonstrates an insecure attachment style and the other demonstrates a secure attachment style, and (c) couples in which both partners demonstrate an insecure attachment style.

It was found that there are significant differences in marital satisfaction scores among the three groups of attachment types. The securely attached type and the mismatched type both were found to result in significantly greater global marital satisfaction than the insecure attachment type. There were no significant differences in global marital satisfaction scores between couples who exhibit an integrative, disintegrative, allied, shadowed, matched, or an unrelated EnneaDyad type. Additionally, the EnneaDyad type by attachment type interaction was not significant for global marital satisfaction.

In Chapter 5, a review of the results of the present study and corresponding interpretations were presented. The implications for social change regarding the findings from the current research study were discussed. Moreover, the limitations of the present study corresponding with each research question, as well as recommendations for future research was discussed.

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Appendix A: The Satisfaction with Married Life Scale (SWML)

T & F Reference Number: P040115-09

4/1/2015

Douglas Carpenter
Walden University
2200 Sentry Dr Apt 8
Anchorage AK 99507
Douglas.Carpenter@WaldenU.edu

Dear Mr. Carpenter,

We are in receipt of your request to reproduce Table 1 Satisfaction with Married Life Scale from the following article

> Peter J. Ward, Neil R. Lundberg, Ramon B. Zabriskie & Kristen Berrett (2009)
> Measuring Marital Satisfaction: A Comparison of the Revised Dyadic Adjustment Scale and the Satisfaction with Married Life Scale
> *Marriage & Family Review* 45 (4): 412-429.
> for use in your dissertation

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Sincerely,

Mary Ann Muller

Permissions Coordinator

Telephone: 215.606.4334

E-mail: maryann.muller@taylorandfrancis.com

The Satisfaction with Married Life Scale (SWML)

Below are five statements that you may agree or disagree with. Using the 1 - 7 scale below, indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

- 7 - Strongly agree
- 6 - Agree
- 5 - Slightly agree
- 4 - Neither agree nor disagree
- 3 - Slightly disagree
- 2 - Disagree
- 1 - Strongly disagree

1) In most ways my married life is close to my ideal.
2) The conditions of my married life are excellent.
3) I am satisfied with my married life.
4) So far I have gotten the important things I want in married life.
5) If I could live my married life over, I would change almost nothing.

Scoring the SWML

Total the sum of all items and use the scale below to determine the satisfaction level.

- 31 - 35 Extremely satisfied
- 26 - 30 Satisfied
- 21 - 25 Slightly satisfied
- 20 Neutral
- 15 - 19 Slightly dissatisfied
- 10 - 14 Dissatisfied
- 5 - 9 Extremely dissatisfied

Appendix B: The Revised Adult Attachment Scale-Close Relationships Ver.

(RAAS-CRV)

August, 2008

Dear Colleagues:

Thank you for your interest in the Adult Attachment Scale. In this document you will find a copy of the original and revised Adult Attachment Scales, along with information on scoring. You'll also find some general information about self-report measures of adult attachment style, and a list of references from our lab.

Please feel free to use the Adult Attachment Scale in your research and, if needed, to translate the scale into a different language. If you do translate the scale, I would greatly appreciate it if you could send me a copy of your translation so that I can (with your permission) make the translation available to future researchers.

Before choosing the Adult Attachment Scale for your research, please be sure to investigate other self-report measures of adult attachment. There have been many developments in the field since my original scale was published, and you may find that newer scales – such as Brennan, Clark, & Shaver's (1988) Experiences in Close Relationships scale (ECR) – are better suited to your needs. I have included some references that will help you locate information on these newer measures.

Thank you for your interest in our work, and good luck with your research.

Sincerely,

Nancy Collins

Professor, UCSB

ncollins@psych.ucsb.edu

Adult Attachment Scale (Collins & Read, 1990)

The Revised Adult Attachment Scale-Close Relationships Version

(RAAS-CRV)

The following questions concern how you ***generally*** feel in ***important close relationships in your life***. Think about your past and present relationships with people who have been especially important to you, such as family members, romantic partners, and close friends. Respond to each statement in terms of how you ***generally*** feel in these relationships.

Please use the scale below by placing a number between 1 and 5 in the space provided to the right of each statement.

1----------2----------3----------4----------5
Not at all characteristic of me **Very characteristic of me**

1) I find it relatively easy to get close to people.
2) I find it difficult to allow myself to depend on others.
3) I often worry that other people don't really love me.
4) I find that others are reluctant to get as close as I would like.
5) I am comfortable depending on others.
6) I don't worry about people getting too close to me.
7) I find that people are never there when you need them.
8) I am somewhat uncomfortable being close to others.
9) I often worry that other people won't want to stay with me.
10) When I show my feelings for others, I'm afraid they will not feel the same about me.
11) I often wonder whether other people really care about me.
12) I am comfortable developing close relationships with others.
13) I am uncomfortable when anyone gets too emotionally close to me.
14) I know that people will be there when I need them.
15) I want to get close to people, but I worry about being hurt.
16) I find it difficult to trust others completely.
17) People often want me to be emotionally closer than I feel comfortable being.
18) I am not sure that I can always depend on people to be there when I need them.

Original Scoring Instructions:

Average the ratings for the six items that compose each subscale as indicated below.

Scale	Items
CLOSE	1 6 8* 12 13* 17*
DEPEND	2* 5 7* 14 16* 18*
ANXIETY	3 4 9 10 11 15

Items with an asterisk should be reverse scored before computing the subscale mean.

IF (CLOSDEP > 3) AND (ANXIETY < 3) THEN = SECURE
IF (CLOSDEP > 3) AND (ANXIETY > 3) THEN = INSECURE (PREOCC)
IF (CLOSDEP < 3) AND (ANXIETY < 3) THEN = INSECURE (DISMISS)
IF (CLOSDEP < 3) AND (ANXIETY > 3) THEN = INSECURE (FEARFUL)

Appendix C: Permission to Use the Riso-Hudson Enneagram Type Indicator, Version 2.5

March 1, 2015

Douglas G. Carpenter
c/o Walden University
Anchorage, Alaska

Dear Doug,

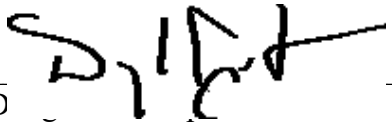
The Enneagram Institute has received and reviewed your request for permission to use the Riso-Hudson Enneagram Type Indicator, Version 2.5 (the "RHETI") in connection with your academic study of relationships between paired enneagram personality types and marital satisfaction. Permission is hereby granted for you to publish the RHETI in English on PsychData.com until the projected completion date of March 1, 2016 solely for the academic study that is outlined in your request, and, further, to have participants in your study access the RHETI via PsychData.com free of charge. Permission is hereby also granted for you to publish the RHETI in English in your dissertation, which will eventually be published in a research database, provided that you include prominently at the head of the RHETI that the RHETI is proprietary to The Enneagram Institute and the reproduction in the dissertation is not to be employed for further private or personal testing purposes, whether or not for financial gain. Any such unauthorized use may be subject to legal action.

This grant of permission is premised on the conditions that (a) this use is personal to you, and does not give you the right or ability to sub-license the use of the RHETI to any other individual or organization, (b) you will acknowledge The Enneagram Institute in each and every use of the RHETI which you make, (c) you will at all times guard and protect the intellectual property rights held by The Enneagram Institute and will not challenge The Enneagram Institute's copyright in and ownership of the RHETI. Except as expressly permitted hereby or by a subsequent written amendment signed by The Enneagram Institute, you have no other rights to utilize the RHETI. You will be responsible for any unauthorized use of the RHETI resulting from any carelessness or neglect in your use of the RHETI. This permission shall expire automatically, without any need for a written document, on March 1, 2016, and may be terminated prior to that date if, for any reason, you fail to abide by these terms of use. Notices hereunder may be given by e-mail to Douglas.Carpenter@WaldenU.edu and to brian@enneagraminstitute.com with a copy to catherine@enneagraminstitute.com.

Kindly indicate your agreement to these terms by signing and dating where indicated below and returning one copy to brian@enneagraminstitute.com with a copy to catherine@enneagraminstitute.com. A copy countersigned by The nneagram Institute will then be returned to you.

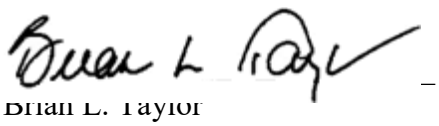
We wish you every success in your work!

Accepted and Agreed
3/2/2015



D
Pre-Doctoral Research Student

Very truly yours,
THE ENNEAGRAM INSTITUTE



Brian L. Taylor
Vice-President

Appendix D: Informed Consent

This research study is being implemented by Douglas G. Carpenter, who is a doctoral student at Walden University for a doctoral dissertation. Currently the U.S. divorce rate is about 50%, which means that half of marriages end in divorce. You are invited to participate in a study to examine marital satisfaction of married couples. This informed consent form allows you to understand the purpose of this study, procedures, voluntary nature, confidentiality, and your rights as a participant in this study before you decide to participate.

Background:
The purpose of this survey will be to collect data to determine whether enneagram personality types relate to marital satisfaction within three groups of attachment styles: (a) those couples who both demonstrate a secure attachment style, (b) those couples that contain one member who demonstrates an insecure attachment style and the other who demonstrates a secure attachment style, and (c) those couples who both demonstrate an insecure attachment style?

The enneagram is a system defining 9 basic personality types of human nature and their complex interrelationships. The enneagram is also a symbol that maps out the ways in which the 9 types are related to each other. The enneagram helps people to recognize and understand an overall pattern in human behavior, attitudes, motivations, emotions, and attention.

Voluntary Choice to Participate:
If you have been currently married for at least 2 years and you and your spouse are at least 18 years old then you are invited to participate in a research study To participate in this research is not a requirement; it is voluntary. If you decide to participate in this study now, you will still be able change your mind at any time during the study. If you feel stressed at any time during the course of answering any question in this study you may stop at any time.

Risks and Benefits:
Participating in this study presents risks that are minimal. Answering questions form this survey may bring thoughts to that may make you emotionally sensitive. If however, you experience any distress from the direct participation in this study then contact either a local mental health counselor, your local hospital, or dial 911. The benefit of providing data accurately and honestly will increase the understanding of the relationship between personality and marital satisfaction. The results of you participating in this survey may lead to the improvement of premarital therapy, add to the literature of couples developing an earned attachment which increases marital satisfaction, and new couples therapy interventions may be developed.

Procedures:
If you decide to participate in this survey, you and your spouse will answer questions about your personality, questions about your satisfaction with married life, and questions about your intimate relationships. The survey is comprised of questions involving your personality and your marital satisfaction and how much you trust in intimate relationships. Completing all questions from this survey should take about 45 to 60 minutes.

Confidentiality:
Any information you provide will be kept confidential. Only you will be given a randomly generated unique Respondent ID Number. This researcher will not have knowledge of your unique Respondent ID Number. Upon completing the survey, you will be asked to provide your Respondent ID Number to your spouse. Your spouse will not be able to access your answers and your answers will remain confidential.

Once you and your spouse complete the entire survey then your unique Respondent ID Number will be deleted from the data.

Your responses to this survey are stored on PsychData.com. Data is held in an isolated database that can only be accessed by a researcher with the correct username and password. Only this researcher will have access to the correct username and password. PsychData employees do not examine customer data unless requested to do so by the account owner; additionally, those employees are trained in the ethics of research involving human subjects.

It is important that no other individual, including family members, be in the same room when completing the survey. The researcher will not use your information for any purposes outside of this research project. Also, the researcher of this study will not include your name or identify you in any reports of the study. If you are a current client of this researcher then please refrain from informing this researcher of your participation in this study.

Compensation:
Upon completion of the survey you will be provided with the three most likely possibilities of your enneagram personality type (a $10 value for free) and be provided with a URL link to The Enneagram Institute's web site, where you can obtain additional information on the enneagram. You will not receive anything of any monetary value for compensation.

Questions:
If you have a question now or later then you may contact the researcher by calling 907-617-0960 or sending an e-mail to douglas.carpenter@waldenu.edu. However, if you would like to confidentially ask questions about your rights then you may call Dr. Leilani Endicott, at 612-312-1210 or e-mail irb@waldenu.edu to discuss any question you may have. The approval number from Walden University for this study is 04-01-15-0194193 and it expires on March 31, 2016.

You may print and keep a copy of this informed consent form by clicking on the link in the yellow box below.

1) STATEMENT OF CONSENT:

I have read all of the information above in this informed consent and I understand this information enough to make an informed decision about my participation

AND

I consent to participate in this research study.

- ○ Yes [Value=1]
- ○ No [Value=2]

Appendix E: Survey Demographic Questions

2) Has your spouse completed this survey?

- Yes [Value=1]
- No [Value=2]
- Unsure [Value=3]

3) In the box below, enter the Respondent ID# that you received from your spouse.

4) My marital status is:

- Less than 2 years [Value=3]
- 2 - 7 years [Value=4]
- 8 - 13 years [Value=5]
- 14 - 19 years [Value=6]
- 20 - 29 years [Value=7]
- 30 - 39 years [Value=8]
- 40 - 49 years [Value=9]
- 50 - 59 years [Value=10]
- Over 59 years [Value=11]

5) My age is:

- Less than 18 [Value=1]
- 18 - 24 [Value=2]
- 25 - 34 [Value=3]
- 35 - 44 [Value=4]
- 45 - 54 [Value=5]
- 55 - 64 [Value=6]
- 65 or older [Value=7]

6) My gender is:

- Female [Value=1]
- Male [Value=2]

7) I live in the United States.

- True [Value=1]
- False [Value=2]