

THE COMPARISON OF ANXIETY, DEPRESSION,
AND SOCIAL ADJUSTMENT IN THE DIVORCED AND WIDOWED

A THESIS

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CHAPTER I

BACKGROUND OF THE STUDY

The experience of separation and loss is continuous from the time of birth. Most losses necessitate the change of one's self-image to some extent (Carr, 1969). Although there are many differences between the loss of a spouse through death and loss through divorce, "the two situations have much in common" (Waller, 1938/1951, p. 552). In both instances a loss changes the whole life situation. For both the widowed and the divorced the personality must re-adjust to this changed situation (Waller, 1938/1951).

For the most part, this process of readjustment has been studied independently for those who have lost the spouse due to death and for those whose loss is due to divorce. For both types of loss there appear to be phases or stages of adjustment. These stages seem to allow for a gradual "working through" of an affect which would completely overpower the individual if it were released in its full strength (Fenichel, 1945). In effect, the individual postpones and mitigates his/her grief as a defense against being overwhelmed.

Parkes (1972) suggested four stages in the work toward readjustment following the death of a spouse, "numb-

ness, the first stage, gives place to pining, and pining to depression, and it is only after the stage of depression that recovery occurs" (p. 7). These stages were delineated from a study (Parkes, 1970) of the psychological reactions of 22 London widows. Each widow was interviewed at intervals of 1, 3, 6, 9, and 13 months following the death of the husband. It is noted that the widows of this study may not have been representative of widows as a whole, however. These women were referred to Parkes by general practitioners. Since the practitioners selected the widows to be referred to the study, the participants may not have been a representative sample of London widows. A subsequent study (Crary, Crary, Whaley, & Starke, 1978) suggested there is a general pattern of stages of normal bereavement, including shock, despair, and recovery.

Numerous models of phases, stages, or stations of adjustment have also been theorized for those who experience a divorce (Bohannon, 1970; Froiland & Hozman, 1977; Kessler, 1975; Waller, 1938/1951; Weiss, 1976; Wiseman, 1975). Salts (1979) attempted to integrate several of these models (see Appendix A). It was her contention that, for the most part, these models are similar. One basic difference can be noted among the models with regard to the points of the beginning and ending of the divorce process (Salts, 1979). For those who consider the process to include the time

leading up to the divorce, the length of time from onset of the first phase until divorce will vary according to individual situations.

Four factors were investigated in the current study; including, type of loss (divorce or death), age of the participant (less than 46, greater than 45), time since the loss (less than 13 months, greater than 12 months), and forewarning of the loss (sudden, anticipated). With regard to the factor of forewarning, Lindemann (1944) was the first to suggest the occurrence of anticipatory grief. The term was used to describe a process that occurs in anticipation of the death of a loved one. Subsequently, the effects of anticipatory grief in the widowed were investigated (Ball, 1977; Clayton, Halikas, Maurice, & Robins, 1973; Parkes, 1975a, 1975b).

The study by Clayton et al. suggested that an immediate post-mortem depression was positively related to anticipatory grief. The results of the Parkes study were contradictory to these findings, suggesting that up to one year following the death, individuals who had little forewarning were "still more depressed than the Long Preparation Group" (1975b, p. 131). Parkes suggested that this discrepancy may, in part, be explained by the number of older subjects in the Clayton et al. study; "nearly half of the [subjects] . . . were over the age of 60 so that however sudden the

bereavement may have been it can hardly be regarded as untimely" (1975b, p. 131). Ball (1977) showed that the age of a widow influences the effect of anticipatory grief, suggesting that for the younger widow it has a mitigating influence on the grief experienced after the death.

In addition, the age of the widowed was found to contribute to the deterioration of general health (Maddison & Viola, 1968; Maddison & Walker, 1967). Kraus and Lilienfeld (1959) found that the young widowed, age 34 years or less, when compared with a young married group, displayed a relatively excessive mortality rate. Parkes (1972) concluded that for young widows, defined as under 65 years of age, psychological difficulties were more prevalent. For those aged 65 and over there was a predominance of somatic symptoms (Parkes, 1972; Stern, Williams, & Prados, 1951).

The effect of age upon the adjustment to divorce was also investigated (Blair, 1969; Goode, 1969; Granvold, Pedler, & Schellie, 1979; Gray, 1978; Meyers (cited in Bloom, Asher, and White, 1978)). The independent research by Blair, Goode, and Meyers suggested that women who are older have a more difficult adjustment. Age was highly correlated with length of marriage in these studies. In contrast, Granvold et al. found that older women had a better adjustment to divorce. It may be that the criteria used to measure adjustment in the latter study, self-

acceptance, was not reflective of adjustment as postulated by the other investigators.

O'Connor (1976) investigated the effects of adjustment among divorced and separated women to determine "if anticipation of the event . . . can give the individual an advantage in the subsequent recovery process" (p. 53). In all, 36 participants completed a written survey assessing current moods and habits, anxiety, life satisfaction, and self-acceptance. She found that those who had not anticipated the divorce were significantly more overtly anxious, less self-accepting, and operating at a significantly lower level of adjustment, as assessed by current moods and habits.

An important variable for both the divorced and widowed, following the loss of a spouse, is the social support received by the individual, perceived and/or real. Maddison and Walker (1967) indicate that some of the bereaved perceive the environment as hostile, non-supportive, and failing to meet their needs. There was, however, some suggestion that some of the feelings of non-support were real. The role of single adult, whether due to separation, divorce, bereavement, or having never married, does appear to be stigmatized in our couple-oriented society (Lopata, 1970).

In addition to the support system of the individual, the specific psychological symptoms of anxiety and depres-

sion may be contributing factors in the social adjustment of the bereaved and divorced. Many theorists believe that a particular kind of anxiety, separation or distress anxiety, is most prominent in the early stages following the loss of a spouse. This type of anxiety was noted in both the divorced (Goode, 1969; Spanier & Casto, 1979; Weiss, 1975, 1976) and the widowed (Bowlby, 1961; Parkes, 1970, 1972; Switzer, 1970). Weiss (1976) stated that a marital relationship invariably leads to attachment in couples, perhaps due to several reasons; "the intensity of shared emotional experiences . . . the nearly continuous intimate contact with one another, and through the barriers established by marriage to other intimate relationships" (p. 139). It was his belief that the disruption of this attachment leads to separation or distress anxiety. Parkes (1972) described a syndrome of this type of anxiety, which includes anger, feelings of guilt, great restlessness, and feelings of fear or panic.

Separation anxiety, although an integral part of the grief reaction, is different in important respects from other types of anxiety noted in the grief process. Bowlby (1961) suggested that the difference between separation anxiety and anxiety experienced throughout the process of grief is due in part to the component of retrievability. The anxiety encountered in separation distress is experi-

enced "when the loss is believed to be retrievable and hope remains" (p. 332). Once the loss is seen as irretrievable, the anxiety noted is considered part of the process of grieving for the lost individual.

A longitudinal study of 72 divorced parents (Hetherington, Cox, & Cox, Note 1) suggested there are great changes in identity following divorce. The participants in their study also indicated a decline in feelings of competence. Even those who had reported feeling elation two months after the divorce, at one year this elation had been replaced by anxiety, depression or apathy. Several were now questioning whether the divorce had been a mistake.

It would appear, then, that a great deal of anxiety is experienced by both the widowed and the divorced. It has been suggested (Bowlby, 1961; Parkes, 1972) that as the widowed concede that the loss of their mate is irretrievable, depression becomes pronounced. For the divorced this theory would suggest that anxiety would remain as long as hope of reconciliation was perceived.

The depression experienced by the widowed was researched by numerous investigators (Blanchard, Blanchard, & Becker, 1976; Bornstein, Clayton, Halikas, Maurice, & Robins, 1973; Clayton, Halikas, & Maurice, 1972; Glick, Weiss, & Parkes, 1974; Parkes, 1970, 1975a, 1975b). A study by Briscoe and Smith (1975) compared individuals who

were hospitalized for depression with bereaved and divorced individuals who were diagnosed as depressed. The bereaved and divorced were also compared with each other. In this study the divorced were seen as being more closely aligned to those who were hospitalized for depression than were the widowed.

Kessler (1975) defined depression as "a sibling of anger . . . both involve blame — one inward and the other outward. In depression the person, instead of blaming another, blames himself or herself" (p. 39). For the bereaved there is usually no clear object to which the individual can direct his/her anger (Glick et al., 1974). Switzer (1970) suggested that the stronger the reaction of depression is in bereavement, "the more one would suspect a strong ambivalent conflict and a high degree of guilt" (p. 138).

It was speculated that those who are in a depressed state have not fully mourned their loss; that those who bring their mourning to completion are able to admit to feelings of guilt in relation to the lost object (Smith, 1975). Waller (1938/1951) suggested that within a few months following the loss of a spouse, the beginning processes of reorganization are noticeable for both the widowed and the divorced. The widowed, however, continue to mourn, while the divorced allow little time for mourning. Waller further suggested that "because completion of the work of

mourning is essential to reconstruction, we have here a suggestion as to the reason for better recovery of the widowed from what is, after all, probably the greater shock" (p. 556).

CHAPTER II

PURPOSE OF THE STUDY

The main objective of this investigation was to further the understanding of the process of grief subsequent to the loss of a spouse. Grief is an emotional state that occurs when a person feels a loss. Typically, the more the individual depended upon the object or person, the more the loss is felt. According to Reed (1974), grief work involves "the inner process of working through, managing, coming to terms with, developing and growing through, acknowledging, making peace with" the loss (p. 347).

Parkes (1972) suggested that research in one area of loss can be of help in the understanding of other types of loss. It was his contention that attempts to compare the reactions to different types of loss have been sorely lacking. Only through such investigations can similarities associated with different kinds of loss, as well as unique aspects of a type of loss, be delineated (Parkes, 1972).

In the current study, the divorced and widowed were assessed utilizing three measurements believed to be indicative of the adjustment process; namely, measurement of overall anxiety, depression, and adjustment to social changes. The term adjustment, as measured by the above three variables, was used here in a rather loose manner.

Adjustment following the loss of a spouse was believed to be a process in which the difficulties resulting from the loss i.e. psychological, economic, et cetera, are gradually assimilated into a new pattern of living. Hodge (1972) stated that anxiety and depression are "the two most important symptoms of psychiatric distress . . . found in grief reactions" (p. 229). Social adjustment may be effected, in part, by the amount of anxiety and depression experienced by the individual following the loss. In the current study, it was presumed that those who were less anxious and depressed, and indicated better social adjustment, were moving in the direction of the establishment of a new identity.

The adjustment process was assessed at two time periods; for less than 13 months, and for greater than 12 months but not exceeding 36 months following the loss of a spouse. These time intervals were chosen for investigation in that previous evidence suggests one year as a particularly difficult period in the adjustment process (Hetherington, et al., Note 1, Olsen & Barge, Note 2). Hetherington et al. also suggest that emotional adjustments and self-concepts began improving after one year and marked improvement was noted by the end of two years.

It was predicted that the divorced in this study would be significantly less socially adjusted at both time periods than would the widowed. It was predicted that the divorced

would be significantly more anxious and depressed at both time intervals than would the widowed.

These predictions suggested, overall, that the divorced would experience a significantly more difficult adjustment than the widowed. One basis of this hypothesis rested in the notion that divorce was believed to be less final, the spouse "remains actually or potentially present to refresh the trauma" (Eliot, 1948, p. 665).

In addition, the insensitivity of our society to the grief experienced by the divorced can stifle the process of mourning. In that society has always been forced to deal with death, some social expectations are prescribed for the bereaved. This at least provides them with a role model (Peretz, 1970). Still, changes in social circles can be pronounced for the widow, particularly if most of her relationships were defined by being a wife (Lopata, 1973). The widowed, however, typically do not meet with rejection of family and friends as can occur with those who divorce. Waller (1938/1951) suggested that although the widow must make certain social changes, she "is under a less powerful imperative to do this than the divorced person" (p. 557). In addition, the divorced are not provided with a "conventional period of protection and recovery," as are the widowed (Eliot, 1948, p. 665). Indeed, they are not expected to mourn. Society expects the divorced to feel "a sense of

relief which they seldom feel" (Eliot, 1948, p. 665). Deutsch (1937) suggested the importance of completing the mourning process; "the process of mourning as reaction to the real loss of a loved person must be carried to completion the attachments are unresolved as long as the affective process of mourning has not been accomplished" (p. 21).

It was further predicted that those who experience anticipation or forewarning of the loss of the spouse would be significantly less anxious and depressed, and significantly better adjusted socially. Carey (1977) found that a certain amount of time must pass before an individual can be considered forewarned of the impending loss. He indicated that "the critical amount of time needed was a minimum of 2 weeks" (p. 128). Therefore, sudden loss was defined as having 2 weeks or less forewarning of the impending loss. For the divorced, a self-description of the type of loss, i.e. sudden or anticipated, was also utilized to determine the type of loss experienced by an individual.

As suggested by previous research, the age of the divorced or widowed individual was also expected to play a role in the adjustment process. It was hypothesized that those bereaved at a young age, defined as less than 46 years of age, would have a significantly more difficult adjustment as reflected in the amount of depression, anxiety,

and adverse social adjustment of this group, compared with those bereaved after age 45. It was hypothesized that the older divorced would be significantly more depressed and anxious, as well as less socially adjusted than the younger divorced.

Hopefully through investigations as the one attempted here, those within the helping professions will become better informed of the specific needs of those who are divorced and widowed. Through such understanding, the professional helper will be better prepared to assist an individual throughout the process of grief.

However, of equal importance is that society as a whole become more attuned to the specific needs of those who grieve. Pincus (1974) stated that the most therapeutic task of our society is to "give sanction to mourning" (p. 254). She was speaking here to widowhood, but it is believed that those who divorce are also in need of this sanction from society. Hopefully as society begins to better recognize and understand the pain associated with various types of loss, it will become more supportive of those who grieve.

CHAPTER III

METHOD

Selection Procedure

Two methods were utilized in contacting potential participants. One method consisted of randomly selecting names of potential participants, and the other method involved voluntary participation of individuals from organized groups.

With the divorced sample, using the first method, names of potential participants were randomly selected from the population of individuals named in petitions for dissolution of marriage filed in Dallas, Denton, and Tarrant counties. In order for an individual to be considered as a potential participant, the divorce petition must have ended with a divorce decree. Only one of the individuals named in a petition was contacted.

The names of potential participants for the widowed sample were randomly selected from the obituary section of the major newspapers from the above three areas. This procedure was necessitated by the fact that death records are closed to the public in the state of Texas. In that not everyone utilizes the obituaries as a means of public notice of death, the potential bias of this sampling procedure was recognized. However, since the records are closed, there ap-

peared no other alternative for sampling this population.

In all, 322 individuals were contacted using the first method. A letter was sent to each potential participant explaining the investigation and inviting the individual's participation in the study. Consent forms and a request of the results following completion of the investigation were included (see Appendix B). A self-addressed stamped envelope was also included to facilitate the return of the consent form if the individual decided to participate in the study. Fourteen per cent of those contacted responded.

A packet containing the survey and scales was then forwarded to each respondent (See Appendices C - F). Of the total sample, 60 per cent were recruited using this method.

A variety of sources were utilized in securing participants from organized groups. Three singles groups affiliated with religious organizations served as a source of potential participants. A group from the Catholic Services organization in Dallas provided ten per cent of the divorced sample. Seven per cent of the divorced sample were from a Methodist church group and a Baptist church group. In addition, a Creative Divorce group from Fort Worth served as the source of 34 per cent of the divorced sample.

Seventeen per cent of the widowed sample originated from a group for widowed individuals meeting in Fort Worth.

The Methodist church group mentioned previously provided six per cent of this sample, while a Displaced Homemakers group from Dallas provided three per cent of the widowed group.

Participants

The study included 77 individuals, with 36 in the widowed group and 41 making up the divorced group. An additional ten surveys were eliminated from the sample for various reasons, e.g. the non-completion of an entire scale, the dates of the death of the spouse or the filing for divorce exceeding the three year time limit.

The majority of the participants were female; 81 per cent of the widowed group and 76 per cent of the divorced group. The mean age of the younger widowed was 36.71 (S.D. = 5.91), and the mean age of the older widowed was 57.16 (S.D. = 8.31). For the younger divorced the mean age was 34.42 (S.D. = 5.96), and for the older divorced the mean age was 53.54 (S.D. = 5.40).

The number of years married were less for the divorced than for the widowed. For those widowed for one year or less, the average years married were 25.60 (S.D. = 11.92), compared with a mean of 16.11 (S.D. = 9.54) for those who had filed for divorce within this time frame. Those widowed for over one year were married an average of 20.44 years (S.D. = 14.23), compared with 15.87 years (S.D. = 7.88) for

those who had filed for divorce between one and three years.

Sudden loss was experienced by 44 per cent of the widowed and 34 per cent of the divorced, while 56 per cent of the widowed and 66 per cent of the divorced anticipated the loss. In addition, with the divorced group, 44 per cent had filed for divorce one year or less prior to being contacted, while 56 per cent had filed a petition for divorce more than one year prior to being contacted. Fifty-six per cent of the widowed group had been widowed for one year or less, while 44 per cent had been widowed for more than one year.

Covariates

There were three dependent variables in this study; namely, anxiety, depression, and social adjustment. The four independent variables were cause of loss (divorced, widowed), time since loss (one year or less, more than one year), forewarning (two weeks or less, more than two weeks), age (under 46, over 45). In addition, a number of covariates were utilized to control statistically any differences in the divorced and widowed that might confound the differences in adjustment between them. The covariates consisted of the following: sex (male, female), socio-economic status (high, middle, low, retired), change in socio-economic status (higher, lower, no change), change in financial status (increase, decrease, no change), religion (Catholic, Jewish, Protestant, other), race (Black-American, Caucasian, Hispanic,

other), education (primary or less, some secondary, graduated secondary, some college, college graduate or more), overall marriage rating (happy, above average, average, below average, unhappy), previous experience of loss (yes, no), children (12 or under, over 12, combination of each, grown, none), children living with you (yes, no), thoughts of spouse (become upset, no longer upsetting), health (better, worse, no change), nervous (prior, at present, neither, both), counseling (prior, at present, neither, both), remarried (yes, no), desire to remarry (yes, no, uncertain), dating (regularly with one individual, regularly with several, occasionally, not at all), change in friends (yes, no), opportunity to meet people (yes, no), self-adjustment rating (excellent, good, fair, poor).

Socio-economic status was determined by means of the Otis Dudley Duncan (1967) scale which rates, according to status, all occupations listed in the 1960 census on a scale of 0 to 100. Those occupations rated at 70 or above were considered high socio-economic status, and those rated at 29 or below were considered low socio-economic status. The husband's occupation was used to determine the status of the couple prior to the death or divorce.

Instruments

Beck's Depression Inventory (BDI). Depression was measured by the BDI (see Appendix C), developed in 1961

(Beck, Ward, Mendelson, Mock, & Erbaugh). This inventory was developed in order to standardize the measurement of depression, its manifestation and intensity. The inventory is made up of 84 items within 21 categories. Each of the 21 categories have shown a significant relationship to the total score of the inventory, as determined by the Kruskal-Wallis Analysis of Variance by Ranks. Split-half reliabilities have ranged from .65 to .67 for clinicians ratings, .66 for the Lubin Depression Adjective Check List, and .75 for the MMPI D-Scale (Beck, 1967).

Depression has been defined by Beck as "an abnormal state of the organism manifested by signs and symptoms such as low subjective mood, pessimistic and nihilistic attitudes, loss of spontaneity and specific vegetative signs" (1967, pp. 201-202). That the BDI measures the construct of depression as defined has been supported in numerous investigations (Beck, 1961; Beck, Sethi, & Tuthill, 1963; Beck & Ward, 1961; Bumberry, Oliver, & McClure, 1978; Gottschalk, Gleser, & Springer, 1963; Loeb, Feshback, Beck, & Wolf, 1964; Shaw, Steer, Beck, & Schut, 1979).

Manifest Anxiety Scale (MAS). Taylor developed the MAS (1951, 1953) to assist in the selection of subjects for research in motivation and drive (see Appendix D). The scale is comprised of 50 MAS items and items from the MMPI K and L scales, a total of 90 items in all.

A split-half reliability coefficient of .92 has been reported (Hilgard, Jones, & Kaplan, 1951). A Kuder-Richardson 21 value of .92 establishing internal consistency of the scale has also been found by Gocka (cited in Graham, 1977). In addition, Taylor (1953) found test-retest reliability coefficients ranging from .81 to .89 over periods of three weeks to 19 months.

MAS scores have been found to be positively correlated with other anxiety scale scores i.e. test anxiety, separation anxiety, et cetera. Those who score high on the MAS are typically rated high on manifest anxiety by observers (Byrne, 1974). The MAS is purported to differentiate between those who tend to experience great emotional discomfort and those who remain relatively unchanged in stressful situations.

Social Avoidance and Distress Scale (SAD). The SAD was developed by Watson and Friend (1969). It is a scale with 28 items, constructed to measure distress, discomfort, anxiety, et cetera, and avoidance of social situations (see Appendix E). The SAD has been found to be homogeneous, with reliability coefficients ranging from .77 to .94. Test-retest reliability has been found to range from .68 to .79 for the SAD. Construct validity has been more difficult to assess in that there are few scales that measure this construct. The SAD was correlated with several other measures

e.g. Taylor's Manifest Anxiety scale (1951, 1953), Endler-Hunt S-R Inventory of Anxiousness (1966), and Alpert and Haber's Achievement Anxiety scale (1960). The coefficients from these correlations, .54, .45, and .76 respectively, lend support to the validity of the test.

Survey of Personal Attitudes and Data. A three page questionnaire was given to each participant (see Appendix F). The information from this survey provided the data for the independent and covariate variables.

CHAPTER IV

RESULTS

A step-wise regression was performed for each dependent variable on all covariates. A summary of the analyses is provided in Tables 1 through 3. These analyses were

TABLE 1
SIGNIFICANT COVARIATES IN THE PREDICTION OF DEPRESSION

Covariate	B	Beta (Wgted)	Std. error B	F
66	-4.251	-0.55215	0.62317	45.536
50	5.843	0.31980	1.48992	15.379
29	-3.667	-0.26643	1.12364	10.652
12	-3.312	-0.21526	1.25321	6.983
Intercept	21.612			

Steps	Multiple R	R square	R sq. change	F
1	0.61498	0.37820	0.37820	45.009
2	0.68010	0.46254	0.08434	31.412
3	0.71684	0.51485	0.05132	25.368
4	0.75734	0.55736	0.04353	22.353

performed to determine which of the covariates were significant for each dependent variable.

Analysis of significant covariates was made possible by a procedure in which dummy variables were formed, utilizing a series of zeros and ones. An exception to this procedure was with the self-adjustment rating covariate, in which the individual rated his or her adjustment on a scale of one to four. A four was assigned to the self-adjustment rating of excellent.

TABLE 2
SIGNIFICANT COVARIATES IN THE PREDICTION OF ANXIETY

Covariate	B	Beta (Wgted)	Std. error B	F
66	-5.843	-0.61688	0.86861	45.261
51	-4.144	-0.24166	1.56596	7.004
Intercept	35.930			

Steps	Multiple R	R square	R sq. change	F
1	0.58330	0.34024	0.34024	38.161
2	0.63087	0.39799	0.05776	24.131

Four covariates were found to be significant for the variable of depression; including, covariate 66 (self-adjust-

ment rating), covariate 50 (received counseling since the loss), covariate 29 (education including some college), and covariate 12 (no change in financial status). For the variable of anxiety, two covariates were found to be significant; covariate 66 (self-adjustment rating) and covariate 51 (received counseling neither before or after the loss). Four

TABLE 3
SIGNIFICANT COVARIATES IN THE PREDICTION
OF SOCIAL ADJUSTMENT

Covariate	B	Beta (Wgtd)	Std. error B	F
47	1.849	0.21669	0.92217	4.021
61	-2.804	-0.30720	0.95124	8.691
50	-2.609	-0.23424	1.21458	4.613
19	5.503	0.21005	2.68376	4.204
Intercept	14.975			
Steps	Multiple R	R square	R sq. change	F
1	0.31956	0.10212	0.10212	8.416
2	0.40600	0.16484	0.06272	7.204
3	0.46718	0.21826	0.05342	6.701
4	0.51182	0.26196	0.04370	6.300

covariates were also found to be significant in predicting the variable of social adjustment. These included covariate 47 (nervous neither before or after the loss), covariate 61 (uncertain about desire to remarry), covariate 50 (received counseling since the loss), and covariate 19 (Jewish religion).

The results of the regression analyses for depression, anxiety, and social adjustment were statistically significant ($F(4,71) = 22.353, p < .01$; $F(2,73) = 24.131, p < .01$; $F(4,71) = 6.300, p < .01$, respectively). The significant covariates were used in subsequent analyses of variance, and the remaining covariates were discarded from further analysis.

A four-way analysis of variance was performed on each dependent variable. A statistically significant interaction was found between the type of loss, age, and forewarning factors on the variable of depression ($F(1,57) = 7.67; p < .01$). On the variables of anxiety and social adjustment, a statistically significant interaction was found between the factors of type of loss, time since loss, and age ($F(1,59) = 5.03; p < .05$ and $F(1,57) = 3.89; p < .05$, respectively). See Table 4 for a description of all of the results for the three four-way analyses of variance.

TABLE 4
ANALYSIS OF VARIANCE FOR DEPRESSION, ANXIETY, AND
SOCIAL ADJUSTMENT IN THE DIVORCED AND WIDOWED

Source	Depression			Anxiety			Social Adjustment		
	df	MS	F	df	MS	F	df	MS	F
A = Type	1	25.43	1.19	1	19.48	0.44	1	9.16	0.64
B = Time	1	3.15	0.15	1	79.13	1.79	1	3.54	0.25
C = Age	1	22.19	1.04	1	0.37	0.01	1	1.47	0.10
D = Fore- warning	1	0.01	0.00	1	0.92	0.02	1	0.01	0.00
AB	1	14.28	0.67	1	5.32	0.12	1	6.46	0.45
AC	1	0.17	0.01	1	16.77	0.38	1	0.67	0.05
BC	1	25.21	1.18	1	21.30	0.48	1	3.19	0.22
AD	1	1.20	0.06	1	6.29	0.14	1	0.96	0.07
BD	1	5.92	0.28	1	173.42	3.92	1	6.40	0.45
CD	1	0.16	0.01	1	93.61	2.12	1	13.03	0.91
ABC	1	3.44	0.16	1	222.56	5.03*	1	55.77	3.89*
ABD	1	10.48	0.49	1	34.32	0.78	1	0.05	0.00
ACD	1	163.52	7.67**	1	18.69	0.42	1	12.52	0.87
BCD	1	41.88	1.97	1	26.92	0.61	1	1.39	0.10
ABCD	1	25.74	1.21	1	12.01	0.27	1	31.27	2.18
Within	57	21.32		59	44.21		57	14.33	

* $p < .05$

** $p < .01$

Simple effect analyses were performed on each significant three-way interaction. For the factor concerning the type of loss, a statistically significant simple effect between the divorced and widowed was found for the younger individuals who experienced sudden loss on the depression variable ($F(1,12) = 7.667; p < .05$). The widowed were found to be significantly more depressed than the divorced. In addition, a statistically significant difference was found between the divorced and widowed who were older and had anticipated the loss on the variable of depression ($F(1,18) = 6.902; p < .05$). Here again, the widowed were significantly more depressed than the divorced. The adjusted mean cell scores used to compute this analysis are presented in Table 5.

TABLE 5
ADJUSTED MEAN SCORES TESTING SIMPLE EFFECTS OF
TYPE OF LOSS ON THE DEPRESSION VARIABLE

Group	Sudden Loss		Anticipated Loss	
	Divorced	Widowed	Divorced	Widowed
46 years	4.342	8.992	7.553	5.517
45 years	9.022	6.641	5.181	10.619

For the variable of depression, statistically significant simple effects were found on the factor concerning the amount of forewarning of the impending loss ($F(1,18) = 5.021$; $p < .05$). Adjusted mean cell scores used in this analysis are presented in Table 6. It was found that with

TABLE 6

ADJUSTED MEAN SCORES TESTING SIMPLE EFFECTS OF AMOUNT OF FOREWARNING ON THE DEPRESSION VARIABLE

Group	<46 years		>45 years	
	Sudden	Anticipated	Sudden	Anticipated
Divorced	4.342	7.553	9.022	5.181
Widowed	8.992	5.517	6.641	10.629

the younger divorced, those who anticipated the loss were significantly more depressed than those who experienced sudden loss.

Statistically significant simple effects were found for the age factor on all three variables. For depression, a significant difference was found between the younger and older divorced who had anticipated their loss ($F(1,21) = 5.369$; $p < .05$). The younger divorced were found to be more depressed than the older divorced in this instance.

In Table 7 the adjusted mean cell scores used in this analysis are given.

TABLE 7
ADJUSTED MEAN SCORES TESTING SIMPLE EFFECTS OF AGE
ON THE DEPRESSION VARIABLE

Group	Sudden		Anticipated	
	<46	>45	<46	>45
Divorced	4.342	9.022	7.553	5.181
Widowed	8.992	6.641	5.517	10.629

On the variable of anxiety, a significant difference was found between the younger and older widowed who experienced the death of the spouse more than 12 months prior to the study ($F(1,12) = 4.949$; $p < .05$). In this situation, the younger widowed were found to be more anxious than the older widowed. Table 8 presents the adjusted mean cell scores used in this analysis.

In addition, a significant difference was found between the younger and older divorced for this same time period on the variable of social adjustment ($F(1,17) = 5.201$; $p < .05$). Here the younger divorced were found to be less adjusted socially than the older divorced. The ad-

justed cell means used in this analysis are presented in Table 9.

TABLE 8
ADJUSTED MEAN SCORES TESTING SIMPLE EFFECTS OF
TIME ON THE ANXIETY VARIABLE

Group	<13 months		>12 months	
	<46	>45	<46	>45
Divorced	19.575	15.871	13.848	15.718
Widowed	15.168	21.618	18.656	14.656

TABLE 9
ADJUSTED MEAN SCORES TESTING SIMPLE EFFECTS OF
TIME ON THE SOCIAL ADJUSTMENT VARIABLE

Group	<13 months		>12 months	
	<46	>45	<46	>45
Divorced	14.009	16.390	15.325	12.727
Widowed	16.325	14.318	15.016	15.937

The factor of time since the loss was found to be a statistically significant component of interactions for the

anxiety and social adjustment variables. Significant simple effects between those whose loss was incurred less than 13 months prior to the study, and those who experienced the loss of a spouse more than 12 months prior to the study were found on the anxiety variable for the older widowed ($F(1,15) = 5.903; p < .05$). For the widowed over the age of 45, significantly more anxiety was noted with those who experienced the death of a spouse at the earlier time period than at the later time period. Table 10 displays the adjusted mean cell scores used in this analysis.

TABLE 10
ADJUSTED MEAN SCORES TESTING SIMPLE EFFECTS OF
AGE ON THE ANXIETY VARIABLE

Group	<46 years		>45 years	
	<13 months	>12 months	<13 months	>12 months
Divorced	19.575	13.848	15.871	15.718
Widowed	15.168	18.656	21.628	14.656

With the social adjustment variable, those who were older and divorced were found to be significantly less socially adjusted when the divorce occurred less than 13 months prior to the study, than when it occurred more than

12 months prior to the study ($F(1,11) = 5.072; p < .05$). The adjusted mean cell scores used in this analysis are presented in Table 11.

TABLE 11
ADJUSTED MEAN SCORES TESTING SIMPLE EFFECTS OF
AGE ON THE SOCIAL ADJUSTMENT VARIABLE

Group	<46 years		>45 years	
	<13 months	>12 months	<13 months	>12 months
Divorced	14.009	15.325	16.390	12.727
Widowed	16.325	15.016	14.318	15.937

CHAPTER V

DISCUSSION

The prediction that the divorced would be more depressed than the widowed did not prove to be true in this study. Conversely, the widowed were significantly more depressed than the divorced in certain instances. It is important to note that these differences were seen without a significant involvement of the time factor. For those individuals who were younger and who experienced the sudden loss of their spouse, and with those who were older and experienced the anticipated loss of their spouse, the widowed were significantly more depressed than the divorced.

Previous research (Bornstein, Clayton, Halikas, Maurice, & Robins, 1973; Clayton, Halikas, & Maurice, 1971, 1972) found that when the widowed are depressed, they tend to admit to more feelings of guilt. The types of guilt that they noted were not related to the relationship they had experienced with the spouse, but rather the guilt related to the death itself. In other words, the widowed individual was expressing "should haves" with regard to the death e.g. "I should have been there," "If only I had gone with him/her," et cetera.

Under certain circumstances, the divorced also exper-

perienced depression. When the divorced and widowed groups were compared separately, the younger divorced who had anticipated the dissolution of the marriage were significantly more depressed than those who experienced a sudden divorce. This finding did not support the prediction that anticipated loss would facilitate adjustment. In addition, the age factor comparison indicated that of those who anticipated the divorce, the younger individuals were significantly more depressed than those who were older.

It would appear that further investigation is warranted with respect to the role played by young children in these findings. Possibly those who reported anticipation of divorce for a period of time were attempting to hold the marriage together, in part, because of young, dependent children within the family. If this speculation were true, it would follow that those who are younger and divorce suddenly, as well as those who are older and anticipate the divorce, tend to be childless or have children who are older more often than the younger individual who experiences anticipation of the divorce. The feelings of guilt as a precursor to depression should also be investigated for the divorced.

The prediction that the younger widowed and older divorced would be significantly less adjusted than the older widowed and younger divorced, respectively, was supported

at certain time periods. However, the older widowed and the younger divorced were also experiencing significant problems in adjustment. Those who experienced loss at a younger age, widowed or divorced, were found to be significantly more anxious or less socially adjusted in specific instances. The younger widowed were found to be more anxious than the older widowed when the death occurred more than 12 months prior to the study. The younger divorced were found to be less socially adjusted than the older divorced at this same time period.

A longitudinal study by Parkes (1970) indicated that only three out of 22 widows had satisfied the criteria that suggested a good adjustment to widowhood after 13 months. Anxiety about the future was expressed by many, and on the whole, these widows tended to "view the world as an insecure and potentially hostile place" (p. 463).

Blanchard et al. (1976) studied the young widow, defined as less than 45 years of age, and found that at one year, "feelings of hopelessness and worthlessness seem to surface as the widow turns her attention and efforts from the initial coping needs to looking and planning toward the future" (p. 398).

In a study of divorced parents, Hetherington et al. (Note 1) found that at the end of the first year following the divorce, not only had feelings of competency declined,

but there were also changes in patterns of appearance and an increased involvement in programs of self-improvement. Hetherington et al. saw these changes as "an attempt to resolve some of the identity and loss of self-esteem problems experienced by the divorced parents" (p. 16).

The results of this study appear to support these findings. At least for the younger individual, certain aspects of the grief process do not appear to be finished after one year.

When the time factor was analyzed, it was found that the older widowed were more anxious, while the older divorced were less socially adjusted when the loss occurred less than 13 months prior to the study. Could it be that the older individual works through the grief process more quickly than the younger individual, thereby displaying difficulties in adjustment earlier? This study seems to suggest that possibility. Additional investigation of the time sequences in the adjustment process for various age groups is needed to better understand this interaction.

It was noted that the younger widowed at the later time interval and the older widowed at the earlier time interval were more anxious, while the younger divorced and the older divorced were less socially adjusted at the later and earlier time intervals, respectively. Could it be that the differences in the circumstances of loss, plus

the expectations placed upon the individual by society, lead each group to express adjustment difficulties in particular ways? This too is a question that must be investigated further, for the answers to such a question could have far reaching effects in the understanding of the divorced and widowed.

In conclusion, this study has suggested that the process of adjustment following the loss of a spouse is much more complex than was predicted. It appears that adjustment difficulties are expressed differently by the divorced and widowed, at least with regard to anxiety and social adjustment as measured in this study. The circumstances of the divorce or death, the age of the survivor, and the amount of time that has passed since the loss all play an important role in the symptom noted.

Both the widowed and divorced indicate being depressed in certain instances. Additional study will be necessary to better understand the role of depression throughout the process of adjustment for the widowed and divorced. In particular, how does the factor of guilt relate to the depression experienced by the divorced, if at all?

In addition, a clearer understanding of how society contributes to the depression experienced in the widowed and divorced is greatly needed. Such knowledge would be helpful in the attempt to facilitate change of attitudes

within our society toward the divorced and widowed.

It was obvious from this study that both the divorced and widowed require a period of adjustment following the loss of the spouse. Too often the pain associated with divorce is not recognized. Hopefully through continued research, the grief experienced by both the widowed and the divorced will be communicated to those in the helping professions. But equally important, the need to grieve must be communicated to all the millions of individuals who will at one time or another be a part of the support system of someone experiencing grief through loss.

APPENDIX A
COMPARISON OF DIVORCE PROCESS MODELS

Counseling	Kessler	Bonannan	Wiseman	Froiland/ Hozman	Levy/Joffe	Waller	Weiss
Direction	1975	1970	1975	1977	1977	1938/51	1976
Improvement of Couple Interaction	Stage I: Disillu- sionment	Station I: Emotional Divorce	Stage I: Denial	Phase I: Denial			
Evaluation of Alternatives	Stage III: Detachment		Stage II: Loss and Depression	Phase II: Anger Phase III: Bargaining			
Coping with Crisis and Change	Stage IV: Physical Separation	Station II: Legal Divorce Station III: Economic Divorce Station IV: Co-Parental Divorce	Stage III: Anger and Ambiv- alence	Phase IV: Depression	Phase I: Separation	Stage I: Breaking Old Habits Stage II: Beginnings of Recon- struction of Life	Phase I: Transition
Promoting Self Understanding and Personal Growth	Stage VI: Second Adolescence	Station V: Community Divorce	Stage IV: Reorienta- tion of Life Style & Identity	Phase V: Acceptance	Phase II: Individua- tion	Stage III: Seeking New Love Objects	
	Stage VII: Hard Work	Station VI: Psychic Divorce	Stage V: Acceptance & New Level of Func- tioning		Phase III: Re-connec- tion	Stage IV: Readjust- ment Completed	Phase II: Recovery

Salts, C. J. Divorce process: Integration of theory. Journal of Divorce, 1979, 2, 233-240.
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APPENDIX B

LETTER, CONSENT FORM, AND REQUEST OF RESULTS

TEXAS WOMAN'S UNIVERSITY
DENTON, TEXAS 76204

DEPARTMENT OF PSYCHOLOGY
AND PHILOSOPHY
CFO BLDG., 7TH FLOOR

817/382-5460
817/387-1656

We are asking your assistance in research now being conducted to examine the effects of divorce and death of a spouse, within six months to two years subsequent to the filing for divorce or death of the spouse. We want to assure you that no names will be used, and that all information will be treated as highly confidential.

Response to this survey is voluntary. If you choose to participate, please sign the consent forms with your signature witnessed. Return one form in the stamped envelope provided. A second copy of the consent form is for your own personal records. If you would like to receive a description of the results of the study when it is completed, please fill out the form included for this purpose and return it as well.

We are hopeful that the results of this study will facilitate others in the future toward a better understanding of the feelings and needs of the divorced and widowed. If you should have any questions regarding this survey, you may contact Radine Barge at the number listed below. We thank you for your consideration.

Sincerely, .

Radine E. Barge, B.A.
(214) 436-0777

Iris Amos, Ph.D.

Consent Form

Texas Woman's University

I, the undersigned, do hereby consent to being a participant in the following investigation: The Comparison of Anxiety, Depression, and Social Adjustment in the Divorced and Widowed. I understand that I will receive a packet containing the following:

Survey of Personal Attitudes and Data
 Beck's Depression Inventory
 Taylor's Manifest Anxiety Scale
 Social Distress and Avoidance Scale

I agree to return this packet of scales to Radine Barge in the self-addressed stamped envelope provided me, even if I should subsequently decide not to participate.

The investigation described above has been explained to me in a letter dated An offer has been made to me to answer any questions about the study. I understand that the investigation described above might involve the risk of bringing to mind some painful memories, as well as arousing some strong feelings I have in association with these memories. I understand that my name will not be used in any release of the data and that I am free to withdraw from the study at any time. I further understand that no medical service or compensation is provided to participants by the university or individual investigators as a result of injury or stress from participation in research.

Signature _____ Date _____

Witness _____ Date _____

Request of Results

I would like a copy of the results of this research:

Name _____

Address _____

APPENDIX C
BECK'S DEPRESSION INVENTORY

BECK INVENTORY

On this questionnaire are groups of statements. Please read each group of statements carefully. Then pick out the one statement in each group which best describes the way you have been feeling the PAST WEEK, INCLUDING TODAY! Circle the number beside the statement you picked. If several statements in the group seem to apply equally well, circle each one. Be sure to read all the statements in each group before making your choice.

- 1 0 I do not feel sad.
1 I feel sad.
2 I am sad all the time and I can't snap out of it.
3 I am so sad or unhappy that I can't stand it.
- 2 0 I am not particularly discouraged about the future.
1 I feel discouraged about the future.
2 I feel I have nothing to look forward to.
3 I feel that the future is hopeless and that things cannot improve.
- 3 0 I do not feel like a failure.
1 I feel I have failed more than the average person.
2 As I look back on my life, all I can see is a lot of failure.
3 I feel I am a complete failure as a person.
- 4 0 I get as much satisfaction out of things as I used to.
1 I don't enjoy things the way I used to.
2 I don't get real satisfaction out of anything anymore.
3 I am dissatisfied or bored with everything.
- 5 0 I don't feel particularly guilty.
1 I feel guilty a good part of the time.
2 I feel quite guilty most of the time.
3 I feel guilty all of the time.
- 6 0 I don't feel I am being punished.
1 I feel I may be punished.
2 I expect to be punished.
3 I feel I am being punished.
- 7 0 I don't feel disappointed in myself.
1 I am disappointed in myself.
2 I am disgusted with myself.
3 I hate myself.
- 8 0 I don't feel I am any worse than anybody else.
1 I am critical of myself for my weaknesses or mistakes.
2 I blame myself all the time for my faults.
3 I blame myself for everything bad that happens.
- 9 0 I don't have any thoughts of killing myself.
1 I have thoughts of killing myself, but I would not carry them out.
2 I would like to kill myself.
3 I would kill myself if I had the chance.
- 10 0 I don't cry anymore than usual.
1 I cry more now than I used to.
2 I cry all the time now.
3 I used to be able to cry, but now I can't cry even though I want to.

- 11 0 I am no more irritated now than I ever am.
 1 I get annoyed or irritated more easily than I used to.
 2 I feel irritated all the time now;
 3 I don't get irritated at all by the things that used to irritate me.
- 12 0 I have not lost interest in other people.
 1 I am less interested in other people than I used to be.
 2 I have lost most of my interest in other people.
 3 I have lost all of my interest in other people.
- 13 0 I make decisions about as well as I ever could.
 1 I put off making decisions more than I used to.
 2 I have greater difficulty in making decisions than before.
 3 I can't make decisions at all anymore.
- 14 0 I don't feel I look any worse than I used to.
 1 I am worried that I am looking old or unattractive.
 2 I feel that there are permanent changes in my appearance that make me look unattractive.
 3 I believe that I look ugly.
- 15 0 I can work about as well as before.
 1 It takes an extra effort to get started at doing something.
 2 I have to push myself very hard to do anything.
 3 I can't do any work at all.
- 16 0 I can sleep as well as usual.
 1 I don't sleep as well as I used to.
 2 I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
 3 I wake up several hours earlier than I used to and cannot get back to sleep.
- 17 0 I don't get more tired than usual.
 1 I get tired more easily than I used to.
 2 I get tired from doing almost anything.
 3 I am too tired to do anything.
- 18 0 My appetite is no worse than usual.
 1 My appetite is not as good as it used to be.
 2 My appetite is much worse now.
 3 I have no appetite at all anymore.
- 19 0 I haven't lost much weight, if any, lately.
 1 I have lost more than 5 pounds. I am purposely trying to lose weight
 2 I have lost more than 10 pounds. by eating less. Yes _____ No _____
 3 I have lost more than 15 pounds.
- 20 0 I am no more worried about my health than usual.
 1 I am worried about physical problems such as aches and pains; or upset stomach; or constipation.
 2 I am very worried about physical problems and it's hard to think of much else.
 3 I am so worried about my physical problems, that I cannot think about anything else.
- 21 0 I have not noticed any recent change in my interest in sex.
 1 I am less interested in sex than I used to be.
 2 I am much less interested in sex now.
 3 I have lost interest in sex completely.

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APPENDIX D

TAYLOR'S MANIFEST ANXIETY SCALE

TAYLOR'S MANIFEST ANXIETY SCALE

The following statements represent experiences, ways of doing things, or beliefs or preferences that are true of some people but are not true of others. Read each statement and decide whether or not it is true with respect to yourself. If it is true or mostly true, write T in the blank before the statement. If the statement is not usually true or is not true at all, write F in the blank before the statement. Answer the statement as carefully and honestly as you can. There are no correct or wrong answers. We are interested in the way you work and in the things you believe.

- | | |
|---|--|
| ___ 1. I am often sick to my stomach. | ___ 19. I have nightmares every few nights. |
| ___ 2. I think a great many people exaggerate their misfortunes in order to gain the sympathy and help of others. | ___ 20. People often disappoint me. |
| ___ 3. I do not tire quickly. | ___ 21. I worry quite a bit over possible troubles. |
| ___ 4. I have had very few quarrels with members of my family. | ___ 22. It makes me impatient to have people ask my advice or otherwise interrupt me when I am working on something important. |
| ___ 5. I am about as nervous as other people. | ___ 23. I practically never blush. |
| ___ 6. I would rather win than lose in a game. | ___ 24. I like to know some important people because it makes me feel important. |
| ___ 7. I have very few headaches. | ___ 25. I am often afraid that I am going to blush. |
| ___ 8. I worry over money and business. | ___ 26. It takes a lot of argument to convince most people of the truth. |
| ___ 9. I work under a great deal of strain. | ___ 27. My hands and feet are usually warm enough. |
| ___ 10. I think nearly anyone would tell a lie to keep out of trouble. | ___ 28. I often find myself worrying about something. |
| ___ 11. I cannot keep my mind on one thing. | ___ 29. I sweat very easily even on cool days. |
| ___ 12. I do not like everyone I know. | ___ 30. My table manners are not quite as good at home as when I am out in company. |
| ___ 13. I have diarrhea ("the runs") once a month or more. | ___ 31. When embarrassed I often break out in a sweat which is very annoying. |
| ___ 14. I am against giving money to beggars. | ___ 32. I find it hard to set aside a task that I have undertaken, even for a short time. |
| ___ 15. I frequently notice my hand shakes when I try to do something. | ___ 33. I do not often notice my heart pounding and I am seldom short of breath. |
| ___ 16. I find it hard to make talk when I meet new people. | |
| ___ 17. I blush as often as others. | |
| ___ 18. Once in a while I put off until tomorrow what I ought to do today. | |

- ___ 34. It makes me uncomfortable to put on a stunt at a party even when others are doing the same sort of thing.
- ___ 35. I feel hungry almost all the time.
- ___ 36. If I could get into a movie without paying and be sure I was not seen I would probably do it.
- ___ 37. Often my bowels don't move for several days at a time.
- ___ 38. At times I feel like swearing.
- ___ 39. I have a great deal of stomach trouble.
- ___ 40. At times I am full of energy.
- ___ 41. At times I lose sleep over worry.
- ___ 42. I do not read every editorial in the newspaper every day.
- ___ 43. My sleep is restless and disturbed.
- ___ 44. Criticism or scolding hurts me terribly.
- ___ 45. I often dream about things I don't like to tell other people.
- ___ 46. I have often felt that I faced so many difficulties I could not overcome them.
- ___ 47. I am easily embarrassed.
- ___ 48. Sometimes when I am not feeling well I am cross.
- ___ 49. My feelings are hurt easier than most people.
- ___ 50. I often think "I wish I were a child again."
- ___ 51. I wish I could be as happy as others.
- ___ 52. Often I can't understand why I have been so cross and grouchy.
- ___ 53. I am usually calm and not easily upset.
- ___ 54. I am very confident of myself.
- ___ 55. I cry easily.
- ___ 56. I certainly feel useless at times.
- ___ 57. I feel anxious about something or someone almost all of the time.
- ___ 58. At times I feel like smashing things.
- ___ 59. I am happy most of the time.
- ___ 60. Once in a while I laugh at a dirty joke.
- ___ 61. It makes me nervous to have to wait.
- ___ 62. At periods my mind seems to work more slowly than usual.
- ___ 63. At times I am so restless that I cannot sit in a chair for very long.
- ___ 64. Most people will use somewhat unfair means to gain profit or an advantage rather than to lose.
- ___ 65. Sometimes I become so excited that I find it hard to get to sleep.
- ___ 66. I do not always tell the truth.
- ___ 67. At times I have been worried beyond reason about something that really did not matter.
- ___ 68. I have often met people who were supposed to be experts who were no better than I.
- ___ 69. I do not have as many fears as my friends.
- ___ 70. What others think of me does not bother me.
- ___ 71. I have been afraid of things or people that I knew could not hurt me.
- ___ 72. I get angry sometimes.
- ___ 73. I find it hard to keep my mind on a task or job.

- ___ 74. I have never felt better in my life than I do now.
- ___ 75. I am more self-conscious than most people.
- ___ 76. I like to let people know where I stand on things.
- ___ 77. I am the kind of person who takes things hard.
- ___ 78. I gossip a little at times.
- ___ 79. I am a very nervous person.
- ___ 80. When in a group of people I have trouble thinking of the right things to talk about.
- ___ 81. Life is often a strain for me.
- ___ 82. I get mad easily and get over it soon.
- ___ 83. At times I think I am no good at all.
- ___ 84. Once in a while I think of things too bad to talk about.
- ___ 85. I am not at all confident of myself.
- ___ 86. I have periods in which I feel unusually cheerful without any special reason.
- ___ 87. At times I feel that I am going to crack up.
- ___ 88. At times my thoughts have raced ahead faster than I could speak them.
- ___ 89. I don't like to face a difficulty or make an important decision.
- ___ 90. Sometimes at elections I vote for men about whom I know very little.

APPENDIX E
SOCIAL AVOIDANCE AND DISTRESS SCALE

SOCIAL AVOIDANCE AND DISTRESS SCALE

Please mark the following statements as they apply to you. Write T in the blank if the statement is true or mostly true for you. Write F in the blank if the statement is not usually true or is not true for you.

- | | |
|---|--|
| <input type="checkbox"/> 1. I feel relaxed even in unfamiliar social situations. | <input type="checkbox"/> 19. When my superiors want to talk with me, I talk willingly. |
| <input type="checkbox"/> 2. I try to avoid situations which force me to be very sociable. | <input type="checkbox"/> 20. I often feel on edge when I am with a group of people. |
| <input type="checkbox"/> 3. It is easy for me to relax when I am with strangers. | <input type="checkbox"/> 21. I tend to withdraw from people. |
| <input type="checkbox"/> 4. I have no particular desire to avoid people. | <input type="checkbox"/> 22. I don't mind talking to people at parties or social gatherings. |
| <input type="checkbox"/> 5. I often find social occasions upsetting. | <input type="checkbox"/> 23. I am seldom at ease in a large group of people. |
| <input type="checkbox"/> 6. I usually feel calm and comfortable at social occasions. | <input type="checkbox"/> 24. I often think up excuses in order to avoid social engagements. |
| <input type="checkbox"/> 7. I am usually at ease when talking to someone of the opposite sex. | <input type="checkbox"/> 25. I sometimes take the responsibility for introducing people to each other. |
| <input type="checkbox"/> 8. I try to avoid talking to people unless I know them well. | <input type="checkbox"/> 26. I try to avoid formal social occasions. |
| <input type="checkbox"/> 9. If the chance comes to meet new people, I often take it. | <input type="checkbox"/> 27. I usually go to whatever social engagements I have. |
| <input type="checkbox"/> 10. I often feel nervous or tense in casual get-togethers in which both sexes are present. | <input type="checkbox"/> 28. I find it easy to relax with other people. |
| <input type="checkbox"/> 11. I am usually nervous with people unless I know them well. | |
| <input type="checkbox"/> 12. I usually feel relaxed when I am with a group of people. | |
| <input type="checkbox"/> 13. I often want to get away from people. | |
| <input type="checkbox"/> 14. I usually feel uncomfortable when I am in a group of people I don't know. | |
| <input type="checkbox"/> 15. I usually feel relaxed when I meet someone for the first time. | |
| <input type="checkbox"/> 16. Being introduced to people makes me tense and nervous. | |
| <input type="checkbox"/> 17. Even though a room is full of strangers, I may enter it anyway. | |
| <input type="checkbox"/> 18. I would avoid walking up and joining a large group of people. | |

Watson, D., & Friend, R. Measurement of social-evaluative anxiety. *Journal of Consulting and Clinical Psychology*, 1969, 33, 448-457. Copyright © 1969 by the American Psychological Association. Reprinted by permission.

APPENDIX F
SURVEY OF PERSONAL ATTITUDES AND DATA

SURVEY OF PERSONAL ATTITUDES AND DATA

(Divorced Version)

This survey has been designed to evaluate feelings, responses, and experiences of individuals who have divorced. Please answer all items below. This entire questionnaire will be kept in strict confidence.

Your age at the time of the divorce: _____ Your sex: Male _____, Female _____

Age of your spouse at the time of the divorce: _____

Number of years you were married to your spouse: _____

Your occupation prior to the divorce: _____

Your occupation at the present time: _____

Occupation of your former spouse: _____

Your family's estimated income prior to the separation and divorce:

Your estimated income at present:	Under \$4,999 _____	Under \$4,999 _____
	\$5,000-9,999 _____	\$5,000-9,999 _____
	\$10,000-14,999 _____	\$10,000-14,999 _____
	\$15,000-19,999 _____	\$15,000-19,999 _____
	\$20,000-24,999 _____	\$20,000-24,999 _____
	Over \$24,999 _____	Over \$24,999 _____

Have you had financial worries since the divorce? Yes _____, No _____

Overall, how would you rate your marriage? Happy _____

Above-Average _____

Average _____

Below Average _____

Unhappy _____

Your religion: Catholic _____

Jewish _____

Protestant _____

Other (please specify) _____

Your race: Black-American _____

Caucasian _____

Hispanic _____

Other (please specify) _____

Your highest level of formal education: Grade school or less _____

Some high school _____

High school graduate _____

Some college _____

College graduate or more _____

When did you file for divorce? (month and year) _____

How much time passed between your actual separation and the filing for divorce? (express in hours, days, weeks, months, or years) _____

How long has it been since your divorce became final? _____

Type of decision: (please make only one choice)

Sudden decision: My decision _____

Spouse's decision _____

Mutual decision _____

Decision made over a long period of time: My decision _____

Spouse's decision _____

Mutual decision _____

Please indicate the main cause of the divorce: _____

Which period of time was the most difficult (emotionally) for you?

Prior to the separation _____

After the separation _____

After the filing for divorce _____

Following the finalization of the divorce _____

Other (please specify) _____

Before your divorce had you ever experienced the death of a best friend or a close relative? Yes _____, No _____

When I talk or think about my former spouse I:

become upset (often feel hurt and/or pain) _____

no longer feel upset _____

Children from your marriage:

Number of sons _____ Present ages _____

Number of daughters _____ Present ages _____

Children from previous marriages:

Number of sons _____ Present ages _____

Number of daughters _____ Present ages _____

List by age the children that are living with you: _____

Your health before the divorce: Excellent _____

Good _____

Fair _____

Poor, on regular medication _____

Did you see a doctor at least once a month? Yes _____, No _____

Were you nervous? Yes _____, No _____

Did you see a counselor or psychiatrist within three years prior to the divorce? Yes _____, No _____

Your health since the divorce: Excellent _____

Good _____

Fair _____

Poor, on regular medication _____

Do you see a doctor at least once a month? Yes ____, No ____

Are you nervous? Yes ____, No ____

Have you seen a counselor or psychiatrist since the divorce? Yes ____, No ____

Since the divorce I have spent some time in the hospital: Yes ____, No ____

(please explain if the answer is yes) _____

Has your circle of friends changed since the divorce? Yes ____, No ____

If yes, please indicate the reason for this change:

I moved away _____

Rejection by them _____

Rejection on my part _____

Mutual drifting apart _____

Other _____

How do you feel about your opportunity to meet new people?

I have the opportunity _____

I do not have the opportunity _____

Have you ever felt that you were expected to play a particular kind of role since the divorce? Yes ____, No ____ If yes, please explain _____

Have you remarried? Yes ____, No ____

If yes, how long ago? _____

If no, do you have any desire to ever remarry? Yes ____, No ____,

Uncertain _____

Are you dating? Date one individual on a regular basis _____

Dating regularly with a number of individuals _____

Date occasionally _____

Do not date _____

Please state below the most difficult adjustment you have had to make since your divorce?

How would you rate your own adjustment to the divorce? Excellent _____

Good _____

Fair _____

Poor _____

Comments:

SURVEY OF PERSONAL ATTITUDES AND DATA

(Widowed Version)

This survey has been designed to evaluate feelings, responses, and experiences of individuals who have lost a husband or wife (spouse) through death. Please answer all items below. This entire questionnaire will be kept in strict confidence.

Your age at the time of your spouse's death ____ Your sex: Male ____, Female ____

Age of your spouse at the time of his/her death: _____

Number of years you were married to your spouse: _____

Your occupation prior to the death: _____

Your occupation at the present time: _____

Occupation of your former spouse: _____

Your family's estimated income at the time of your spouses death:

Your estimated income at present:	Under \$4,999	_____	Under \$4,999	_____
	\$5,000-9,999	_____	\$5,000-9,999	_____
	\$10,000-14,999	_____	\$10,000-14,999	_____
	\$15,000-19,999	_____	\$15,000-19,999	_____
	\$20,000-24,999	_____	\$20,000-24,999	_____
	Over \$24,999	_____	Over \$24,999	_____

Have you had financial worries since the death? Yes ____, No ____

Overall, how would you rate your marriage? Happy _____
 Above Average _____
 Average _____
 Below Average _____
 Unhappy _____

Your religion: Catholic _____

Jewish _____

Protestant _____

Other (please specify) _____

Your race: Black-American _____

Caucasian _____

Hispanic _____

Other (please specify) _____

Your highest level of formal education: Grade school or less _____

Some high school _____

High school graduate _____

Some college _____

College graduate or more _____

How long has it been since your spouse's death? (express in months and years) _____

How long was your spouse's illness or disability before death? (express in hours, days, weeks, months, or years) _____

Type of death: Natural , Accident , Suicide

Please give the cause. For example, write "heart disease," "cancer," "gunshot," or whatever. _____

Were you with your spouse at the time of death? Yes , No

Did you observe the body before it was taken to the funeral home? Yes , No

Which period of time was the most difficult (emotionally) for you:

When I first realized that my spouse was going to die _____

Immediately before my spouse died _____

Immediately after my spouse died _____

Immediately following the funeral _____

Other (please specify) _____

Before your spouse's death had you experienced the death of a best friend or a close relative? Yes , No

When I talk or think about my former spouse I:

become upset (often feel hurt and/or pain) _____

no longer feel upset _____

Children from your marriage:

Number of sons _____ Present ages _____

Number of daughters _____ Present ages _____

Children from previous marriages:

Number of sons _____ Present ages _____

Number of daughters _____ Present ages _____

List by age the children that are living with you: _____

Your health before the death: Excellent _____

Good _____

Fair _____

Poor, on regular medication _____

Did you see a doctor at least once a month? Yes , No

Were you nervous? Yes , No

Did you see a counselor or psychiatrist within three years prior to the death? Yes , No

Your health since the death: Excellent _____

Good _____

Fair _____

Poor, on regular medication _____

Do you see a doctor at least once a month? Yes , No

Are you nervous? Yes ____, No ____

Have you seen a counselor or psychiatrist since the death? Yes ____, No ____

Since the death I have spent some time in the hospital: Yes ____, No ____

(please explain if the answer is yes) _____

Has your circle of friends changed since the death? Yes ____, No ____

If yes, please indicate the reason for this change:

I moved away _____

Rejection by them _____

Rejection on my part _____

Mutual drifting apart _____

Other _____

How do you feel about your opportunity to meet new people?

I have the opportunity _____

I do not have the opportunity _____

Have you ever felt that you were expected to play a particular kind of role since the death of your spouse? Yes ____, No ____ If yes, please explain

Have you remarried? Yes ____, No ____

If yes, how long ago? _____

If no, do you have any desire to ever remarry? Yes ____, No ____,

Uncertain _____

Are you dating? Date one individual on a regular basis _____

Dating regularly with a number of individuals _____

Date occasionally _____

Do not date _____

Please state below the most difficult adjustment you have had to make since the death:

How would you rate your own adjustment to the death? Excellent _____

Good _____

Fair _____

Poor _____

Comments:

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