

**Mediating Role of Self-silencing and Depression in relationship between
Attachment Styles and Marital Adjustment**

By

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ABSTRACT

Attachment style is an important phenomenon which affects interpersonal relationship. The aim of the present study is to explore the mediating role of Self-silencing and Depression in relationship between Attachment Styles and Marital Adjustment. The variables were measured through instruments Silencing the Self Scale (Naheed & Ghayas, 2014), Experience in Close Relationship (Iqbal, 2007), Dyadic Adjustment Scale (Naseer, 2000) and Siddique Shah Depression Scale SSDS (1992) was used in this study. The study was divided into three phases. Phase I (N=10) was the try out. Phase II (N=60) aimed at establishing the psychometric properties of the instruments. Phase III was the main study which included structural validation of the instrument and hypothesis testing. The main study was carried out on (N=441) married individuals from Islamabad and Rawalpindi. The finding indicated that resulting behaviors of attachment related avoidance is negatively and significantly related to marital adjustment but on the other hand resulting behaviors of anxious attachment style was not found to be significant. Resulting behaviors of Attachment Styles and Self-silencing is positively and significantly related. There is a positive and significant relationship between Resulting behaviors of Attachment Styles and Depression and also pointed out that depression and marital adjustment is negatively and significantly related. The finding suggested that Individuals having avoidance attachment style have scored low on marital adjustment. Findings of the study also revealed that there is no significant relationship between Self-silencing and Marital Adjustment. The mediating role of self-silencing was not found. It was revealed that depression mediated the relationship between resuting behaviors of attachment styles and marital adjustment. It was indicated that women have a high score on Self-silencing as compare to men and men were high on Marital Adjustment than women. The results of the study were discussed in the light of relevant literature.

INTRODUCTION

Chapter 1

INTRODUCTION

In interpersonal interaction, attachment is an important phenomenon. It is a passionate relationship between a child and his or her parental figure, for the most part mother, which is a first attachment bond a child is likely to form in this world. As the child develops with the progression of time this obligation of attachment may exchange from mother or guardian to other individuals around a child i.e. family, friends and society. Adult attachment influences different relationships mostly marital relations: e.g., insecure attachment with the partner leads to disappointment in a married life.

Marital adjustment is the state of having feelings of happiness and pleasure in a married couple with each other (Hashmi, Khurshid & Hassan, 2007). In marital relationships women more often consider their relationship than their personal self and therefore they would choose to suppress their feelings, actions and thoughts in order to maintain the relationship. Risk of depression increases due to suppression of feelings and thoughts which can be a base for dissolution in any relation (Jack, 1991).

Marital Adjustment

“Marital Adjustment is the quality of relationship between husband and wife itself” (Martin, 2007). Landis (1975) ‘Marriage as a social institution constitutes the key and fundamental group of humanity. Two people varying in sex are commonly pulled in by a strange power of intuition and love and submit openly and thoroughly to each other to form an inventive element unit; a micro community called family’. Landis also listed six areas of marital adjustment which include religion, sex, social life, in-laws, mutual friends and money.

In marriage understanding, the individual attribute of the spouse is a continuous procedure on the grounds that there is a chance that individual change within the life cycle, regardless of the possibility that two people know each other before or at the season of marriage. To comprehend and acknowledge the advancement and development in the life partner development is Marital Adjustment. Death in the marital relationship

can occur, in the event that this development is not experienced and acknowledged completely. (Lasswell, 1982)

The literature on marital adjustment suggested that numerous variables affect the quality of adjustment. A study by Singh, Thind, and Jaswal (2006) based on educational level and employment level found that education employment status does not affect sexual relationship. Those women whose education is more than their husbands were more socially adjusted. On the other hand, women who are illiterate or having education up to matric are more depended on husbands.

Personality attributes including extraversion, neuroticism, openness, conscientiousness and agreeableness affects marital adjustment. The results of a study show that those women who were having a high score on openness and agreeableness were better adjusted which in turn affects husband's adjustment level. Men scoring high on openness affected their wives' adjustment positively (Bouchard, Sabourin, & Lussier, 1999). Individual protective factors such as agreeableness and expressiveness also increase marital adjustment (Bradbury, Campbell, & Fincham, 1995). The marital adjustment is affected by physical abuse, inconsiderateness, emotional instability and disagreeableness (Botwin, Buss, & Shackelford, 1997); neuroticism (Karney & Bradbury, 1997); tension, suspicion, worry and anxiety (Criag & Oslon, 1995).

Marital satisfaction can also be affected by the communication among married couples. Bolte (1975) found that communication has an important role in marital adjustment. Tannen (1990) revealed that communication styles in a marital relationship are different for both gender, husbands have a tendency to be more dominating and wives being more submissive. These communication styles also affect marital adjustment. Sommers (2004) conducted a study that revealed the quality and quantity time spend on relational satisfaction affected marital satisfaction differently. Quality time" means continuous time spend with spouses, companions, children and significant others. Whereas, quantity time is the rate of contact or interaction among couples. In the same

study relationship satisfaction was predicted by the quality of communication but relationship satisfaction is not predicted by the quantity of communication.

Sharing and trust also affect marital adjustment. The marital relationship can be made stronger by trust, sharing and helping each other. The finding suggested that sharing and trust make relations stronger (Finkenauer, Kerkhof, Righetti, & Branje, 2009). Trust is the most significant element of loving relationship (Regan, Kocan & Whitlock, 1998). A study was conducted on a selected sample of teachers from Sargodha, Pakistan that explored the role of trust and marital satisfaction among dual and single career couples. The results showed that trust was the forecaster of marital satisfaction among both dual and single career couples (Adil, Atta, Shujja & Shakir, 2013).

Marital satisfaction and marital conflict are also related to economic status and income. Mostly the higher income leads to marital satisfaction and vice versa. Marital satisfaction is negatively affected by emotional stress (Johnson & Booth, 2000). The financial strain is directly proportional to the partner's disagreement which directly affects marital adjustment (Kinnunen & Feldt, 2004). Another study by Diener and Diener (2002) surveyed that many outcomes in life are related to wealth. Gudmunson, et al, (2007) study revealed that lower marital satisfaction among married couples is due to financial problems. Blekesaune's (2008) also found the support that economic distress increase marital distress.

The relationship between life satisfaction and marital adjustment among late and early marriages was investigated by Arshad, Mohsin and Mahmood (2014). The dyadic adjustment scale and satisfaction with life scale were carried out on a sample of married individuals. From Punjab both early married and late married were selected and the results show that there is a significant difference with marital adjustment in early and late marriages.

To find the mediating relationship between marital satisfaction and depression married individuals who were honest or dishonest was studied by German (2008). Both

trust and depression predicted marital satisfaction among couples who experienced betrayal. For women who experienced betrayal, trust mediated the association between marital satisfaction and depression. Betrayal did not mediate the relationship for men sample, trust predicted marital satisfaction but not depression.

Literature revealed that every society has different norms for both genders and these gender-related norms play important role in achieving marital satisfaction or divorce for married couples. Gender differences were found with reference to marital satisfaction. Mix findings have been found with reference to gender in the research literature. Nema (2013) found that there was a clear difference between both the genders in marital adjustment, where the high level of marital adjustment was found in men and low level of marital adjustment in women. Another study showed that marital satisfaction can also be influenced by gender factor (Kareny & Bradbury, 1995). On the other hand, wives were found to be more satisfied with marriage as compared to husbands (Clements, Cordova, Markman & Laurenceau, 1997).

A study disclosed that as compare to female, males have a more sexual motivation (Vohs, Catanese & Baumeister, 2004). The relationship breakup for women is negatively predicted in marital satisfaction (but not sexual satisfaction). While on the other hand sexual satisfaction (but no relationship satisfaction) negatively predicted the probability of relationship dissolution for men but not for females. So, for men relationship satisfaction can decrease due to decreased sexual satisfaction although for women it is opposite (Sprecher, 2002).

A single best predictor of marital satisfaction is age, Bumpass and Sweet (1972) and most recent results of a study by Lee (1997) show that younger married people have more likelihood of divorce. Individuals married later have more marital satisfaction as compared to those who have married at the younger age (Jose & Alfons 2007). Heaton (2002) indicated that marital satisfaction in women is linked to high education level. Sexual adjustments problems enhance with an increase in the education level (Jose & Alfons, 2007).

The length of marriage is another variable which is linked with marital satisfaction. Dush, Taylor and Kroger (2008) suggested marital satisfaction is positively correlated with length of marriage. Hansen (2006) found the greater level of satisfaction for those who dated longer before marriage. On the other hand, the study conducted by Ghoroghi, Hassan and Baba (2015) on the relationship between marital adjustment and marriage duration. The study was conducted on married Iranian students and found that there is no relationship between duration of the marriage and marital adjustment. Moreover; marital adjustment is firm after time.

Another study explored age, educational level and length of courtship (explained into pre and post engagement period) as independent variables and marital satisfaction as dependent variable using Dyadic adjustment scale. The results show that there is no correlation was found between age, educational level, marital satisfaction and length of courtship. The results showed that post-courtship and marital satisfaction were negatively correlated meaning that marital adjustment decrease as the period of engagement increase (Alder, 2010)

In Pakistan, Zadeh (2003) concluded that educated and persons belonging to a low socioeconomic background having love married reported low marital satisfaction as compare to those people who were married through arranged and partially arranged marriage. Another study by Ashraf (2001) marital adjustment among arrange marriage couples and love marriage couples. The finding revealed that marital adjustment is higher among arrange marriage as compare to love marriage. A research conducted in Pakistan by (Farooqii & Dawood, 2000) to investigate how marital adjustment influence female's education found that highly educated women were more adjusted than less educated females.

Kaslow and Robinson (1996) found that an important factor of marital satisfaction was shared an interest in leisureliness and children. Other components of long-term

marital satisfaction are the philosophy of life, religious beliefs and cognitive process. (Bradbury, Fincham & Beach, 2000)

Ebenuwa-okoh (2008) conducted a study on personality related factors such as Communication flows; emotional expression, work involvement and financial management affect marital adjustment. The result indicated that all of these personality related factors are the predictor and significantly correlate to marital adjustment.

In North West Ethiopia the marital adjustment among early- age appropriate love and arranged matched married couples were explored. The researchers concluded that there was the high difference among marital adjustment on four dimensions of affection, consensus, satisfaction and cohesion. Early age married men have higher marital adjustment than women on the proportions of affection and satisfaction. At age of marriage, marital adjustment was significantly and positively related but not significantly and indirectly linked to the number of children and span of marriage (Yizengaw, Gebersulis & Sawasew, 2014).

A study was conducted on life satisfaction and marital adjustment by Arshad (2014) on late and early marriages. Dyadic adjustment scale Urdu and life satisfaction scales were checked on the sample comprises of 80 early husbands and wife and 80 late married husband and wife from Punjab Pakistan. Results showed there was a substantial difference between late and early married individuals on marital adjustment and also on life satisfaction. The study indicated that high marital adjustment and life satisfaction were found among late married individuals.

The emotional intelligence as the predictor was examined (Batool & Khalid, 2012) in Pakistani married couples. Finding of the study revealed that substantial positive relationship exists between marital adjustment, conflict resolution and emotional intelligence. Kubra (2006) conducted a study on working and nonworking women and pointed out that housewives show better marital adjustment as compared to working

women. Furthermore, the findings of the family system revealed that nuclear family system women show more marital adjustment.

In close relationships we need to belong if the relation is not adequate other problems may occur. The need of belongings can be satisfied through marriage. Lack of Belongings is linked to different negative effects on health, adjustment and well-being (Baumeister & Leary, 1995). Attachment security influences marital adjustment. Cobb, Davila and Bradbury (2001) surveyed 172 couples; couples were surveyed within six months and again studied after one year. Marital satisfaction and partner's security was measured by attachment security questionnaires. Positive perception of partner's security as supportive behavior was associated which increased marital satisfaction.

Adult Attachment Styles

An affectionate bond between individuals and their significant others, binding them together in space having an enduring status over the period of time is being recognized as the attachment (Ainsworth, Bell & Stayton, 1972). It is being perceived as the peculiar characteristic of some species; including human beings have an awful response at the time of separation from the individuals with whom they belong to, the similar ones or the significant ones. An impressive example could be considered in the form of a little human baby who uses to exhibit the expressions of sadness or cry aloud when get separated from the social beings particularly the absence of a caregiver is being found to be an aversive situation for a child making them feel anxious or irritated.

An important and effectual stance to this construct is being provided in the work of Hazan and shaver (1987) with respect to the chief facet of attachment, called romantic attachment as the component of all intimate interpersonal relationships. It is being found that there are three types of romantic attachment named as anxious-ambivalent, avoidant and secure attachment style.

Additionally, Hazan and Shaver (1987) indicated that in adult's mental representations of romantic love, attachment styles are being reflected as having the

major distinction. Dating, co-habiting, securely attached married, divorced and widows value their love experiences as trusting and happy, and emphasize being helpful along with an acceptance for their partners. On the other hand, avoidant attached adults describe their love as fear of intimacy and uncertainly attached adult characterize their love experience as having an extreme sexual attraction to their partners along with obsessive jealousy.

Bowlby (1977) stated 'Attachment behavior is a characteristic feature of the human being from birth to death and attachment behavior proceeds during the course of the life, particularly when upset' (p. 201). According to Bowlby (1980), beliefs and expectations are usually formed from early communications with significant others that guide behavior and social perception of individuals about the relationships and the role of individuals as intimate partners in adulthood. One major constituent of internal working models was established on such beliefs, including "if-then" propositions that specify the predictable actions and behavior of attachment figures in respective situations (e.g., I can count on my partner for support, if I am distressed). Many researches have pointed the numerous courses in which information processing is linked with working models in case of close relationships. They showed that working models have an influence upon certain elements including, how and whether individuals selectively perceive and serve their marital spouses, how they especially recall certain practices behaviors enacted by their marital spouses and how they make judgments and inferences about their partner's actions when regulating their actions or feelings (Collins & Allard, 2001).

Depression is being found as an interpersonal problem which is related to the nature of attachment patterns in the particular form of relationships and has both positive as well as negative influences on personal experiences of individuals affecting essential interactions for human development (Bowlby, 1980; Laurent & Powers, 2007).

Bernnan, Clerk and Shaver (1998) suggested two important parameters with respect to the adult attachment patterns including Attachment Related Avoidance and Attachment Anxiety. Individuals were having the high level of Attachment Anxiety begin

to worry whether their partner is accessible or not, and is responsive or giving attention and many other parameters. People who rank lower end of this variable tend to have secure attachment style.

The highly anxious individuals worry about being abandoned as compared to less anxious individuals. Hazan and Shaver (1994) maintained that they require reassurance, desire emotional support and closeness from their romantic partners (Collins & Read, 2004). Highly anxious persons having such doubts and needs which inspire them to have an eye over their spouses and relationships swings closely for sign of lacking an emotional proximity or physical waning. (Cassidy & Shaver, 1999)

The attachment figures that are having high anxious attachment styles are found to be more chronically accessible as compare to other individuals. For example, when presented with taking decision tasks, as compared to other attachment figures, highly anxious individuals replied faster, no matter they have been aware of nonthreatening versus threatening words (Mikulincer, Gillath, & Shaver, 2002). Individuals having high anxious style stated that their worries related to attachment and thoughts are chronically activated, although the stimulus is showing less danger and across different prime conditions, they followed proximity-related words more quickly than others. (Mikulincer, Birnbaum, Woddis, & Nachmias, 2000)

(Hazan & Shaver, 1994) people with high Attachment related avoidance does not prefer to open up to others or depend on others. Individuals on the lower end are more secure, more contented and are being loved with others. A prototypical secure adult will be low on both of these attachment styles. The avoidance attachment style shows the emotional closeness in the relationships is related to the extent to which people feel comfortable. People who are high on attachment avoidance will be psychologically and emotionally independent and attempt to show less interest in their relationships. Attachment theory states that, “The individuals with attachment anxiety have a trend to fear abandonment in relationships and hold negative working models of others. It is

possible that they may depreciate their needs and place other's needs first to preserve relationships and avoid rejection to ensure others responsiveness and availability”.

The profound reflection of the literature suggested that the attachment avoidance may hold in individuals with a different underlying motive for self-silencing. Individuals with attachment avoidance are likely to hold a negative internal working model of others. In addition, they can use in activating affect regulating strategies e.g., actively repress negative emotions or conscious awareness of desires (Lopez, 2001; Pietromonaco & Barrett, 2000).

It is proposed that specifically in a highly stressful situation the attachment related avoidance behavior has to be determined (Fraley & Shaver, 2000). Highly avoidant individuals' when their attachment system is activated, use distracting techniques or they get negative affect by either breaking or ignoring the importance of attachment issues (Mikulincer & Florian, 1998). The working models of Crittenden & Ainsworth, (1989) presented the defensive nature, along with their trend to resort an avoidant coping when attachment-relevant issues are being activated (Mikulincer & Florian, 1998), in relationships highly avoidant individuals were not found to perceive greater or prolonged conflicts. Moreover, because such individuals gave more importance to their personal well-being than any relationships (Crittenden & Ainsworth, 1989), future or present decisions of such individuals are not found to be based on daily relationship events. Due to these reasons, the considerable prediction seems difficult to be established for the avoidance attachment dimension.

Bartholomew and Horowitz (1991) Presented four category model of adult attachment patterns which is established on an individual's level of anxiety and avoidance. Attachment is defined by them as two dimensional models, which gives an interpretation about the view of self and others. The Self-model is the portrayal of oneself and is also linked with the level of anxiety and dependence, which comes through other close relationships. This model explains an individual's external and internal capacities. The Others-model is the representation of others as expected to be reliable and

determined then unavailable and insensitive. There are four categories of adult's attachment based on these two kinds of working model known as styles of attachment.

1. *Secure attachment style* is a value with a perception that others are generally friendly and accepting. The low avoidance and low anxiety are found to be the traits of secure persons, which suggest independence, ease in affairs and relationship satisfaction on the whole as compared to insecure individuals (Steuber, 2005). In secure attachment style of interpersonal relationship, the individual has a positive view of self as well as others. Securely attached persons show close emotional trust, intimacy and mutual dependence in their relationships.

2. *Fearful attachment style* is a kind of having high anxiety and high avoidance; such persons have a negative view of the interpersonal relationship of self as well as others. This type of personalities has a feeling that they are restricted with the refusal of intimate figures which keep them away from significant others.

3. *Preoccupied attachment style* is a type of interpersonal relationship having a negative view about self, having the positive view about others along with high anxiety and low avoidance in their relationships. Preoccupied attached persons perceive as being contemptible of love. The self-worth of individuals is based upon other person's approval and dismissal.

4. *Dismissing attachment style* is a type of individuals having high avoidance and low anxiety, which is explained by a negative view of others in the mutual relationship but a positive view about self. These individuals are involved in self-love and having a negative view about trustworthiness and openness. They demonstrate a sense of independence with invulnerability; they attempt to escape close relationship and so they distant themselves from others to protect from unhappiness. Collectively the last three styles mentioned above are called insecure attachment styles.

Literature presented multiple explorations with gender differences in adult attachment (Feeney, 2002, Hazan & Shaver, 1987) having a consistent view that there is no gender difference on adult attachment as per the findings of self-report measures. Bartholomew and Horowitz (1991) noted that females were high on preoccupied attachment but male participants came up with avoidance attachment styles. Furthermore, it is being pointed that males are inclined to show less anxious and more dismissing attachment style than females (Feeney & Noller, 1990; Scharfe & Bartholomew, 1994).

Attachment and Marital Adjustment

Many studies exposed that secure attachment is found to be associated with marital satisfaction as compare to insecure attachment styles (Banse, 2004; Forness, 2003; Fuller & Fincham, 1995). The relationship between attachment styles and marital satisfaction among married couples selected from the university and religious settings were examined by Forness (2013). Based on self-reported attachment styles such as secure-secure, insecure-secure or insecure-insecure attachment styles. Dyadic configuration scale was also used. The study indicated that higher level of marital satisfaction was found between secure-secure dyadic configurations as compared to those having one partner with insecure attachment style.

Furthermore, the difference in the perceptual experience of romantic love, attachment styles has been related to male and female partner's marital satisfaction (Feeney, 1994, Feeny, Noller & Callan, 1994).

On adult attachment, a study was conducted on married couples to find the emotional control and marital satisfaction. The results indicated that insecure attachment was linked to control of emotions and also with intense negative emotions (Fenny, 1999).

Additionally, the attachment styles in married couples were inspected by Fuller & Fincham, (1995) having different issues as mental models of the spouse, satisfaction, association among attachment styles, and the stability of attachment styles. The results revealed that securely attached individuals were having a positive view about their

partner, and within stressful situation were less negative and more positive. Suggesting that securely attached individuals has high level of marital satisfaction than adults having ambivalently or avoidant attachment styles.

A study was conducted on adult attachment and marital satisfaction revealed that secure attachment was linked to marital satisfaction and lower level of marital satisfaction was associated with the insecure attachment style. The dyadic configuration scale was administered. Findings indicated that depending on the attachment of the partner negative effect of insecure attachment styles and positive effect of secure attachment style were either lessened or enlarged (Banse, 2004).

A study based on adults' attachment styles was conducted by Raeisipoor, Fallachai and Zarei (2013). The study was focusing on communication patterns and marital satisfaction on married couple's having inclusion criteria of at least six months living together. The findings of the study presented that significant positive relationship was found between attachment styles and marital satisfaction. There was a significant relationship between marital satisfaction and communication patterns.

(Aminpour, Mamsharifi, Bayazdi & Ahmadzadeh, 2016) investigated the link attachment styles and marital adjustment among married couples using multi-cluster sampling method. The finding revealed that secure attachment style and marital satisfaction have a direct relationship, whereas; avoidant attachment styles and marital satisfaction have a negative and reverse relationship.

Pollard, Riggs and Hook (2014) while exploring the relationship of romantic attachment (avoidance and anxiety), marital adjustment, the negative and positive religious coping among heterogeneous couples establish that less positive religious coping was linked with romantic attachment avoidance. On the other hand, negative religious coping was associated with romantic attachment anxiety. The positive religious coping protected the deleterious relationship between marital adjustment and attachment avoidance. Negative religious coping lessened the negative impact of the partner's

attachment anxiety on marital adjustment. Furthermore, the negative influence of attachment anxiety was not decreased due to positive religious coping on marital adjustment.

Bano, Ahmad, Khan, Iqbal and Aleem (2013) conducted a study on depression, attachment styles, emotional stability and marital satisfaction. The sample consists of married couples from New-Delhi uses the purposive sampling technique. The findings depicted that depression played a significant role in marital adjustment. However, attachment styles and emotions were not contributing significantly in marital satisfaction.

Another study was conducted for adjustment styles, life styles and marital satisfaction on married couples, which were selected from Iran. The finding shows that there was a negative relationship between insecure attachment avoidance and insecure attachment, anxious-ambivalent styles and marital satisfaction. There was no significant relationship between secure attachment styles and marital satisfaction (Mohammadi, Samavi & Ghazavi, 2016). Tucker and Anders (1999) person with insecure attachment style were less satisfied with intimate relationships.

Empirical findings of the research in Pakistan by Zahra (2012) on the relationship between marital satisfaction, love styles and self-silencing among Married couples concluded that marital satisfaction and self-silencing have a negative correlation.

Another study was conducted on Attachment styles and Marital Adjustment among married couples. Finding indicated secure attachment styles and marital adjustment is positively linked and significant negative correlation was found between anxious/avoidant styles and marital adjustment. Here finding revealed that there is non-significant gender difference exist for both attachment styles and marital adjustment. Furthermore, the findings showed that couples with high socioeconomic status had the higher marital adjustment as compared to couples belonging to lower socioeconomic background. (Zahid, 2012)

A study conducted in Pakistan by Iqbal (2013) was to investigate adult attachment and its link with marital satisfaction among couples. According to the findings of this study, it was indicated that less marital adjustment was shown by couples having anxious and avoidance attachment style. Shah (2004) conducted a study in Pakistan, on marital satisfaction in young and old women. The finding showed young married couples show less marital satisfaction.

Self-Silencing

Jack (1991) the Self-silencing is the ability to control the emotions of oneself in the case of any conflict. It is being recognized that women tend to suffer twice from depression as compare to men (Nolen-Hoeksema, 1987; Weissman & Klerman, 1977). When it comes to females, if they attempt to silent their emotions the situation is much different than it takes a surprising physical toll. While men have the natural tendency to some extent composed down their feelings and become quiet at the end (Jack, 1987). Simply the tendency to bottle up emotions during a fight is called Self-silencing (pope, 2007). Women learn that their expression of anger is judged by others to be incompatible and tend to push others away this theory was proposed by (Lerner, Hertzog & Hooker, 1988) which states that Self-silencing is in the form of internalized anger.

Women's depressive experiences within close relationships can be understood according to the self-silencing theory which states that some women believe that self-expression may result in the loss of their close relationship and marital companion so they put down their opinions and thoughts. Thus, in this way self-silencing helps to maintain the relationship. To maintain relationship self-silencing individuals, put down their private opinions and voice. Hindrance of self-expression fundamentally prompts the individual's "loss of self" inside the relationship. Low self-esteem, depression and the loss of voice is caused due to constant suppression of views and feelings, especially in close relationships (Jack, 1991). According to Uebelacker, Courtnage, & Whisman, (2003) Self-Silencing is playing a mediating role in the relationship between depression and marital dissatisfaction among women.

The issues of order and control are mainly accountable for understanding the logic of men being self-silent. Gratch, Bassett and Sharon (1995) stated that men with a specific goal to keep up power in their relationship either effectively suppress their feelings and views or they have a lack of vocabulary to convey their feelings. Resenfeld (1979) concluded that from early research findings the causes of self-silencing in both genders was found that males did so to maintain control in a two-way relationship as explored, whereas women tend to follow this practice to avoid hurting others.

Loss of one's unique sense of self accords with Self-silencing, silencing the self is used to become more culturally and socially adequate (i.e. respectful partner), the absence of trust is considered as exact accurate Jack and Dill (1992) obviously label self-silencing is not a personality trait but as a particular cognitive schema. Within close in relationship, Self-silencing theory mainly focuses on social development and philosophical experiences which are not the consistent and common trait of personality model.

Self-silencing is different from willingness (Van Lange, Rusbult, Drigotas, Arriaga, Witcher & Cox, 1997) and sacrifices of accommodation (Rusbult, Verette, Whitney, Slovik, & Lipkus, 1991) these practices are considered to be a predictable method for connecting with the close companion in the self-silencing. Self-silencing can be helpful in one situation but in the longer run this continuous suppression of feelings may result in damaging reactions in the form of individual's passivity or inhibition of self or withdrawal in other relationship (Jack,1991).

Silencing The Self Theory (STST) (Jack, 1991) is recognized as the self-in-Relation-Model (Chodorow, 1978) which stated that "Within relational context female development occurs". This model assumes that for women's placement of relationship is an important component for female individuality and emotional actions (Jack, 1991); henceforth women's depression is linked with experience in close relationships.

According to Jack, women are under strong pressure to adapt to societal norms and feminine ideals, especially promoting female's relationship roles.

To perform these roles, women actively inhibit their own thoughts and feelings if these are in a clash with their partners and life partner to approve an approach of agreement and compliance. Women use to be engaged in self-silencing to have feelings of connectedness and to avoid abandonment. This process involves inhibition of one's own feelings, which will lead to loss of self and low self-esteem (Jack & Dill, 1992), which heightens women's vulnerability to depression.

Four attributes which lead to depression in women especially in romantic relationships were identified by silencing the self-model. These attributes are (1) externalized self-perception that is tendency to judge or evaluate the self by external standards, (2) care as self- sacrifice, in order to secure relational attachments putting the needs of close ones first, (3) silencing the self, is an act to prevent any clash or to save any relationship (4) the divided self which refers to presenting an outer compliant self while the inner self experiences of anger or hostility (Jack & Dill, 1992). Self-silencing discourages some attachment behaviors and arises from attachment, and also found to be associated with cognitive and relational theories of depression (Jack & Ali, 2010).

Self-silencing has been connected to the impression of one's life partner as basic or prejudiced and poor conjugal conformity was observed to be connected with this build. Self-silencing has been connected with impression of one's life partner as critical or intolerant and poor marital adjustment was found to be linked with Self-silencing (Thompson, 1995; Thompson, Whiffen, & Aube, 2001). Also, the study was conducted on college students indicated that self-silencing was negatively related with relationship satisfaction (Remen, 2000). Furthermore, Self-silencing mediated the relationship between marital dissatisfaction and depression among women (Uebelacker, Courtnage, & Whisman, 2003).

According to Haemmerlie, Montgomery, Williams, and Winborn, (2001) the Self-silencing behaviors among adults have been connected with the decrease in physical functioning (Kayser, Sormanti, & Strainchamps, 1999) and intellectual, psychological (Duarte & Thompson, 1999; Jack, 1991). Among teenagers, self-inhibition in relationships has been related to eating disorder symptomatology (Zaitsoff, Geller, & Srikameswaran, 2002), body image concerns (Mcconnell, 2001) and continued involvement in violent relationships (Craver, 2000).

On gender roles and self-silencing among adolescence and adults many researches have been conducted, where men score higher than women in some studies (Duarte & Tompson, 1999) no gender difference was found in other studies (Spratt, Sherman & Gilroy, 1998). The reason for men scoring high according to certain researches may be is because Men tend to withdraw during relationship conflict (Gottman, 1994; Heavey, Layne & Christensen, 1993). In order to control the relationship men, avoid self-disclosure. On the other hand, women usually avoid self-disclosure to avoid conflict in relations or to inhibit personal hurt.

Attachment and Self-silencing

According to Harter, Bresnick, Bouchey and Whitesell, (1997) early attachment relationship determines the origin of early self-behavior which may include false self-behavior like self-Silencing). They suggest that parents help children to build a narrative of the child's internal experience. Thus, if parents show to their children that certain experience should be forgotten these distortions may lead to false self-behavior.

The meditating and moderating role of self-silencing was studied in relation to adult attachment styles and eating disorder in a study which was conducted on female participants taken from Midwestern University. The meditational results showed that self-silencing completely mediate the relation between attachment avoidance and eating disordered behavior. Furthermore, self-silencing partially mediates the relationship anxiety attachment and eating disordered behavior. Moreover, the results do not control

the association between attachment styles (anxiety/ avoidance) and eating disordered behavior (Young, 2006).

Remen, Chambless and Rodebaugh (2002) concluded that attachment anxiety is more related to self-silencing for college students, though they concluded that attachment avoidance is significantly related to self-silencing for male students only. Another study conducted on self-silencing (anger suppression), attachment anxiety and avoidance by Waller, Milligan, Meyer, Ohanian and Leung (2002) find that attachment avoidance leads to silent their self to prevent interpersonal hurt. So, they suppress their feelings to save the relationship.

Self-silencing and Marital Adjustment

A study conducted by (Uebelacker, Courtnage, & Whisman, 2003) showed that Self-silencing plays a mediating role for females in the relationship between depressive symptoms and marital dissatisfaction. Thus, marriage women may result in dissatisfaction in order to maintain any relationship. Self-silencing seems to be associated with depressive symptoms. For men, Self-silencing was not significantly linked to their marital satisfaction so the mediating role could not be tested.

Uebelacker, Courtnage and Whisman (2003) measured marital dissatisfaction. However, in the model the finding revealed that Self-silencing is not a reaction to overall marital dissatisfaction but Self-silencing is an attempt to minimize the marital conflict (Jack, 1991). Husband wife can be unhappy without explicit conflict. The marital discord model of depression by Beach and Cassidy (1991) proposed that marital interaction characteristics of both physical and verbal honesty are principally important in the maintenance of depressive symptoms.

A study was conducted on love styles and self-silencing in the romantic relationship, where the sample was comprised of 826 male and female students. Findings revealed that sociocultural circumstances and gender difference in love styles are associated with self-silencing. (Collins, Cramer & Jackson, 2005)

Depression

Depression is a specific alteration in mood, apathy, loneliness, sadness, a regression, a negative self-concept linked with self-approaches, self-blaming, self-punitive wishes, desire to escape hide or die vegetative changes anorexia insomnia, changes in activity level retardation or agitation, loss of libido (Beck, 1998).

Jack (1991) explained the development of depression in women who presented an effectual explanation as the self-silencing theory. Taking into account the interviews with depressed females, it was concluded that the gender norms increase the susceptibility to depression. It is being stated that socially approved collection of relationship behaviors 'compliant connectedness' (p. 40). This is qualified by urgent caretaking, satisfying the other, and restraining self-expression.

For continuation of relationship Silencing the self is the tendency to inhibit self-expression. Jack maintained that silencing contributes to heightened vulnerability to depression, low self-esteem and decreased intimacy. Although some degree of silencing is normal among females because of female gender role which is assigned to women, social or relationship context theoretically affect the degree to which female silence themselves (Jack, 1991).

Jack, (1991) proposed the depression model for silencing the self, indicated that women are at more risk for depression, when women suppress their true opinions and emotions to avoid conflict than women are at more risk for depression. (Whiffen, Valeriee & Foot, 2007) revealed that the relationship between depressive symptoms and marital conflict can be mediated by self-silencing. Finding of the study showed that both male and female, if they tend to perceive marriage is conflicted, they tend to hide their anger and on the basis of external standards they start pretending to go along with their partner's desires and/or thoughts. Marital conflict and depressive symptoms can be mediated by Self-silencing. In conflicted marriages, the silencing model may be refined

by focusing on how individuals deal with anger in intimate relationships and describe who depression develops among both genders.

To predict depressive symptomatology Harper, Welsh, Grello, and Dickson (2002) conducted a study that revealed self-silencing was found in romantic relationships among only adolescent girls involved in a romantic relationship. Harper and Welsh (2007) examined the connection among self-silencing, individual and relational functioning in case of young couples. The study revealed that higher silencing attitude during clashes among spouse incline to have tendency develop more depression than the other one.

Another study that finds the link between rejection sensitivity by Melinda, Joseph, and Deborah (2006), they also focus on depressive symptomatology and self-silencing behaviors among adolescent dating couples. Self-silencing mediated the link relationship of rejection sensitivity and depressive symptoms. The outcomes exhibited that dating adolescents who were sensitive to rejection to rejection indicated more depressive symptomatology and also higher levels of self-silencing behaviors.

Gratch Bassett, Margaret and Attra (2006) conducted a study based on Silencing the Self Scale (STSS; Jack, 1991) on the more diverse nonclinical sample. Including both men and women, who were Asian, Caucasian, Hispanic and African American. It was assumed that there would be cultural differences and women would be more self-silencing than men. There were three principal findings; firstly, on the STSS men were more self-silencing as compare to women; secondly, ethnicity mainly showed an effect on the STSS, higher level of Self-silencing was expressed by; and thirdly, for all ethnic/gender groups, there was a positive correlation between self-silencing and depression.

A study conducted to explore the prevalence of depression among university students. The sample was taken from the University of Karachi, Pakistan. It was pointed out that as compared to women, men were more depressed. Furthermore, students

belonging to higher socioeconomic status were having the higher level of depression (Bukhari & Khanam, 2015). Another study conducted in Pakistan showed that females are at more risk of depression as compare to men. People belonging to low socioeconomic status have more risk of depression (Javed, 2014).

Attachment Styles and Depression

The relationship between insecure Attachment (Avoidance/ Anxiety) and Depression was explored by Devito (2014). In this study conflict interaction was taken as a mediator between attachment and depression. The findings showed that anxiously attached individual's absence of support and response from the spouse leads toward depression. Whereas avoidant individual's having absence of support and response from the companion is positively related to hostile behavior in relationship to attachment and depression.

A study was conducted on adult attachment styles and vulnerabilities to depression, to differentiate depressed and non-depressed college students. The result indicated that a key factor of depression is negative self-representation. Self-criticism which is a component of fearful and preoccupied attachment styles is associated with stronger depression vulnerabilities. (Murphy & Bates, 1997)

Ghasempour and Aghdam (2015) conducted a study in Iran on the role of attachment styles and depression in predicting cell phone addiction. According to the findings, the depressive symptoms and avoidant attachment styles lead to cell phone addiction. Another study conducted to find out the link between attachment styles and depression. The findings show that there is a substantial positive correlation between depression and insecure (Anxious-ambivalence) attachment styles. Moreover, secure attachment style was negatively related to depression. (Hasanvand, Merati, Khaledian & Hasan, 2014)

Salzam, (1996) studied personality characteristics with attachment (secure, ambivalent and avoidant) among adolescence. They suggested that ambivalent females were more depressed. Another study was conducted on attachment styles, depression and spirituality (Diaz, Horton & Malloy, 2014). The sample was comprised of individuals attending substance abuse treatment. Results indicated that secure attachment styles and having meaning of life showed a low level of depression.

Marital Adjustment and Depression

A study was conducted to study the relationship between marital satisfaction and depression. It was showed that causal path emerged from depression and marital satisfaction for men. However, for women causal path was from marital satisfaction toward depression. (Fincham, Beach, Harold & Osbor, 1997)

Heene, Buysee and Oost, (2005) studied indirect pathway with the role of conflict communication, Attachment styles between depressive symptoms and marital distress. Results indicated that females on avoidance secure, avoidant and ambivalent attachment mediated the relationship between marital adjustment and depressive symptoms, on men's sample constructive communication mediate the relation to depression and marital adjustment. Moreover, secure attachment and avoidance moderated between depressive symptoms and marital adjustment in female sample.

A longitudinal study (Fincham & Bradbury, 1993) was conducted on marital satisfaction, Attribution and Depression. Finding showed that spouse who made attributions for negative partner behavior; have low marital satisfaction year later. Longitudinal research had shown that marital distress is significantly related to depression. (Whisman & Bruce, 1999)

Herr, Hammen and Brenan (2007) linked the rate of depression between men and women and regardless of gender who were depressed concluded significantly low on marital satisfaction. In another study by (Gotlib & whiffen, 1989) indicated that couples

whose wife is depressed showed that both men and women reported a higher level of marital dissatisfaction.

Halgin & Lovejoy (1991) revealed that there is a give and take relationship between maladjustment in the marriage and depression for a spouse. The depressed partners may have slight social relationships among couples thus causing nondepressed spouse to feel more loneliness and this can cause further deterioration in the marriage.

On married couples another study was conducted by Peterson-Post, Rhoades, Stanley and Markman (2014), the study was conducted on married couples were taken from the community and the finding showed that at all follow-ups significant depressive was predicted at initial marital adjustment among both genders

In the light of this profound and inculcating stance of literature, the present study is being conducted to explore the role of self-silencing and depression as a mediator in the connection between Attachment Anxiety/Avoidance and marital adjustment among married individuals.

Rationale of the study

Attachment theory and literature point out that adult attachment develops as a result of the early interaction of a child with attachment figures. This process of attachment continues over the lifetime, although can be modified with the passage of time. In adulthood, this attachment is expressed in marital relationships. Marital adjustment is the quality of marital relationship itself (Martin, 2007). Marital adjustment is an apparent indicator of secure attachment.

Literature revealed that there is a well-developed relationship between marital adjustment and adult attachment style. It is proposed that secure attachment styles may lead to marital adjustment than insecure attachment (Banse, 2004; Forness, 2003; Fuller & Fincham, 1995). The aim of the present research is to examine the dimensions of

attachment (anxious/avoidance) styles and marital adjustment among married individuals in Pakistan.

The current study also tends to explore mediating role of Self-silencing and depression in relationship between attachment style and marital adjustment. The research literature points out that in collectivistic culture attachment styles is the predictor of depressive symptoms. Literature shows that insecure attachment is positively and significantly related to depression. Depression and marital adjustment have a negative and significant relationship.

In addition to attachment several other variables can influence the degree of marital adjustment. In order to maintain any relationship, the person especially women inhibit their self-expression to avoid conflicts. The suppression of feelings, thoughts and action to maintain any relation is Silencing the Self. The interpersonal relationship is heavily influenced by the perceptions of culture. Culture guides individuals that how they act in a relationship and the method by which we judge the value of a relationship (Triandis, 1989). Jack and Dill (1992) stated that Self-silencing is a cognitive schema, Self-silencing is not as a personality but derived from culture.

Every nation is influenced by culture and religious values. Pakistan is located in south Asia so its cultural and religious beliefs influence marital relations of married individuals. The main goal of the present study is to extend the literature by determining its findings from western culture to nonwestern culture. This research may contribute to better understand, maintain and enhance marital relationship among Pakistani married individuals. It may provide help for those married individuals who experience marital dissatisfaction.

As Self-silencing is influenced by the culture it is necessary to investigate whether married individuals hide their emotions, feeling and thought in order to maintain the relationship. The researcher is curious to identify the impact of self-silencing on Pakistani population because the factors like the family system, number of children, type of

marriage and Socioeconomic status are uniquely linked to marital life. Therefore, it is important to study these factors in the Pakistani context. More research is necessary to study the direct link between adult attachment and Self-silencing among married individuals. To create awareness about Self-silencing in Pakistan is essential especially among married individuals.

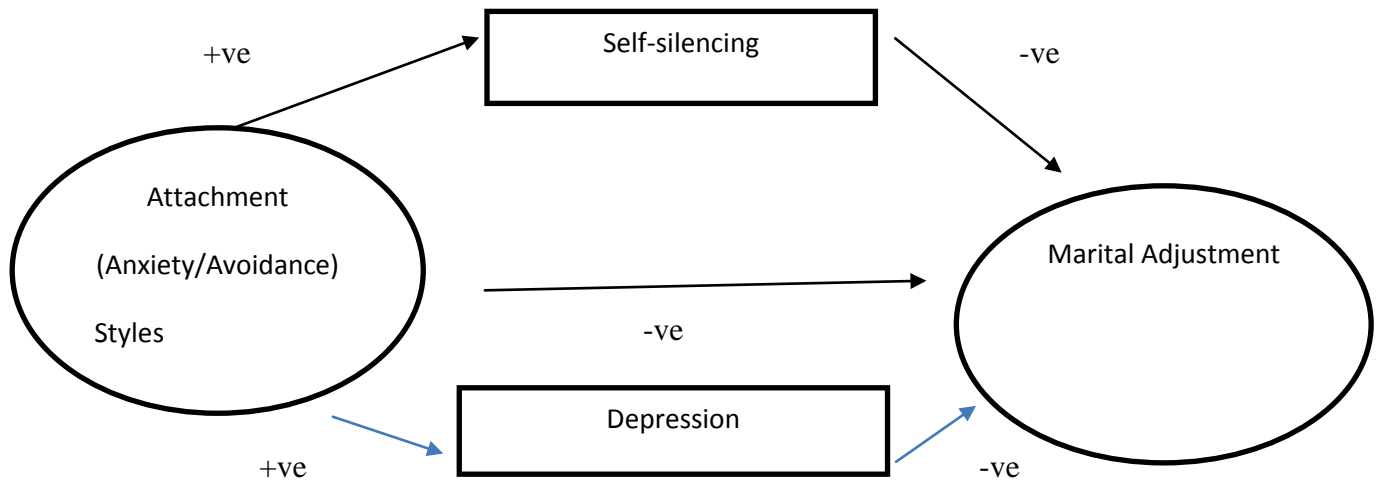


Figure 1: Conceptual Framework for Present Research

METHOD

Chapter 2

METHOD

The main aim of the present research is to explore the mediating role of Self-silencing and Depression in relationship between Attachment Styles and Marital Adjustment. Following objectives were formed in this regard.

Objectives

1. To find out the relationship between the resulting behaviors of Attachment styles (Anxiety or Avoidance), Self-Silencing, Depression and Marital Adjustment.
2. To investigate the mediating role of Self Silencing and Depression in resulting behavior of Attachment styles (Anxiety or Avoidance) and Marital Adjustment.
3. To find out Gender related differences in resulting behaviors of Attachment Styles (Avoidance or Anxiety), Marital Adjustment, Depression, and Self Silencing.
4. To find out role of demographics variables (i.e. age, education, participants job, family structure, duration of marriage, number of children, type of marriage and family monthly income) difference among participants.

Hypotheses

1. There will be negative relationship between resulting behaviors of Attachment styles (Anxiety / Avoidance) and Marital Adjustment.
2. Resulting behaviors of Attachment styles (Anxiety / Avoidance) will be positively related to Self-Silencing and Depression.
3. There will be negative relationship between Self-silencing and Marital Adjustment.
4. Depression will be negatively related to Marital Adjustment.

5. Self-Silencing will mediate positive relation between resulting behaviors of Attachment Styles (Anxiety /Avoidance) and Marital Adjustment.
6. Depression will mediate negative relation between resulting behaviors of Attachment Styles (Anxiety /Avoidance) and Marital Adjustment.
7. The Married individuals having resulting behavior of Avoidance Attachment styles will score low on Marital Adjustment than individuals having resulting behavior of anxious attachment.
8. Women will score high on Self Silencing as compare to men.
9. Men will score higher on Marital Adjustment than women.

Conceptual and Operational Definition of variables

Self-silencing. Jack (1991) described Self- silencing is described as a process in which the person inhibits one's self-expression and actions to avoid conflicts and possible loss of relationship. Jack has developed a questionnaire Silencing the self (STTS) which focused on Inhibition of self-expression, denying of one's own needs while preferring the needs of others, accepting other's definition and evaluation criterion to oneself and suppressing anger and hostile feelings by hiding them. In the current study the composite scores of STSS indicated higher score means more self-silencing behavior among married individual's and vice versa.

Marital Adjustment. Spanier (1976) defined Marital Adjustment as a process rather than a state. The process consists of those events, circumstances and interactions, which move a couple back and forth along a continuum of adjustment. Spanier used the term dyadic adjustment to represent "movement along continuum which can be evaluated in terms of proximity to good or poor adjustment". In the present study Dyadic Adjustment scale (DAS) adapted by (Nasser, 2000) is used to measure marital adjustment among married individuals. High scores on DAS show higher marital adjustment and vice versa.

Attachment Styles. Fraley, Waller and Brennan (2000) defined attachment styles as:

Attachment Related Anxiety it reflects the extent to which people are insecure about their partner's availability and responsiveness.

Attachment related Avoidance it reflects the extent to which people are uncomfortable being close to and feel secure depending on their partner.

Higher scores on Attachment (Anxiety/Avoidance) would indicate that the person is having an insecure attachment style but low scores is an indication of a secure Attachment (Anxiety/Avoidance) style.

Depression. Depression can be characterized by sad feelings which are accompanied by persistent problems in other areas of life –problems such as an appetite change (an increase or a decrease) altered sleep patterns (more or less sleep than usual); loss of interest or pleasure in usual activities, including sex; loss of energy; diminished ability to think or concentrate; feeling of worthlessness or self-reproach; or suicidal thoughts or acts (Comer, 1992).

In the present study Siddiqui Shah Depression Scale (SDSS) (1992) was used to measure depression among married individuals. High score shows higher level of depression among married individuals.

Instruments

i. Silencing the Self scale (STSS).

Jack and Dill (1992) developed Silencing the self scale which consists of 31 items having four aspects. This scale is five-point rating scale ranging from “strongly disagree” to “strongly agree” the anchors are 1=strongly to 5= strongly agree. High internal consistency of the scale is from .78-.85. High construct validity was reported as .91 with a cronbach's coefficient (Thompson, 1995). Alpha reliability of Urdu version .80 (Naheed & Ghayas, 2014)

Self-Silencing score range is from 31 to 155 (Jack, 1992). Four factors of the scale are (a) Externalized Self Perception which is judging the external standards (item no 6,7,23,27,28,31), (B) Care as self-Sacrifice which is measure of securing attachments by putting the needs of others before the self (item no.1,3,4,9,10,11,12,22,29), (c) Silencing the Self which is inhibiting one's self-expression and actions to avoid conflicts and possible loss of relationship (2,8,14,15,20,24,26,30), (d) The Divided Self which is the experience of presenting an outer compliant self while inner self grows angry and hostile (item no 5,13,16,17,19,21,25). The composite score was used to measure self-silencing of married individuals in the current study. High score shows high self-silencing in individuals. (See Appendix J)

ii. Dyadic Adjustment Scale

The Dyadic Adjustment Scale (DAS) which was developed by Spanier (1976), is a self-report questionnaire providing global indexed of marital distress. scale consist of 32 items having four factors (a) Dyadic satisfaction (item no.14, 15, 16, 17, 18,19,20 and 27) (b) Dyadic Cohesion (item no 21,22,23,24 and 25) (c) Dyadic consensus (1,3,5,6,7,8,9,10,11,12,13) (d) affection expression (2, 4 and 26). .89 is the alpha reliability of the Urdu version (Naseer, 2000). The total score ranges from 1 to 131. High score indicates high marital adjustment and low score indicates low marital adjustment. The questionnaire is six-point rating scale from 0-5 item number 1-20 and 22-25. Item number 26 was dichotomous. (See Appendix H)

iii. The Experience in close Relationship Revised (ECR-R) Questionnaire

The experience in Close Relationship- Revised (ECR-R) (Fraley, Waller & Brennan, 2000) is a revised version of Brennan, Clark and Shaver's (1998) original Scale. It consists of 36 Likert self-report measures consisting of two subscales Anxiety scale and Avoidance scale. ECR-R is 7 point likert scale. The item

4,5,9,11,12,17,18,19,26,27,29,33 and 36 are reverse items (i.e. 7= Strongly Disagree to 1+ strongly agree). The maximum score on the scale is 252 and minimum score is 36. The maximum score for subscales is 126 and minimum is 18. High scores on anxiety and avoidance would indicate that the person has an insecure attachment Style. low score on these subscales is an indication of secure attachment. Alpha reliability of Urdu version is .90 (Iqbal, 2013). (See Appendix I)

iv. Siddiqui Shah Depression Scale (SSDS)

This scale is used for measurement of depression among terminally ill patients and normal individuals by Siddiqui (1992). It was developed to measure depression for both clinical and non-clinical population. It is having split half reliability of .79 for clinical group and .89 for non-clinical group. The scale showed over all internal consistency of .91 for clinical group and .89 for non-clinical group. Alpha reliability of the scale is .93 (Sarwar, 2009) (See Appendix G)

Research Design

In the current research correlational survey research design was used. Self-report measures were used in the study. Scales are administered to collect data. The study was conducted in following phases.

Phase I.

Permission was taken from relevant authors for the instruments (See Appendix A) particularly to be used in this research. Translated version of Silencing the Self Scale (STSS, Jack & Dill, 1992), Experience in Close Relationship Scale (ECR-R, Fraley, Waller & Brennan, 2000), Dyadic adjustment Scale (DAS, Spainer, 1976) and Siddique Shah Depression Scale (SSDS, 1992) was used in this study.

Additionally, along with instruments the demographic information was also obtained including various factors i.e. age, gender, education, profession, monthly income, year of marriage, family system, number of children and type of marriage.

The informed consent, demographic sheets were given to 10 married individuals to give feedback on the language difficulty, comprehension, cultural relevance and statement clarity of the instruments.

The suggestion given by married individuals in try out were incorporated in the study. Instead of the “Jewen Sathi” word was used in Silencing the Self Scale. The suggested word was “Sharek-e-Hayat”.

Phase II:

After selection of instruments along with finalization of demographic sheet, the instruments were administered in the form of booklet (see Appendix B). The sample of pilot study comprised of 60 married individuals and other details like age, gender, education, profession, monthly income, year of marriage, family system, number of children and type of marriage was also taken. The purpose was to establish the psychometric properties of the instrument and see the general trends of the data.

Phase III:

The purpose of main study included structural validation of the instrument and hypothesis testing. Structural validation was done through confirmatory factor analysis. So, it was to assure that scale measured the construct in a provided framework and also assure that scales measured the construct exactly the way they were designed to measure and translation or adaption did not change the structure of the construct.

Phase II: PILOT STUDY

To establish the psychometric properties of the research pilot study was conducted, to identify problems and issues which can arise in the main study.

Objectives

The objectives of the pilot study were.

1. To establish the psychometric properties of the instrument.
2. To conduct the preliminary analysis on the study variables to see the general trends of the data.

Instruments

1. Urdu translated version of Silencing the Self scale by Naheed and Ghayas (2014).
2. Urdu translated version of Experience in Close Relationship- Revised (ECR-R) by Iqbal (2007)
3. Urdu translated version of Dyadic Adjustment Scale (DAS) by Naseer (2000).
4. Siddiqui Shah Depression Scale (1992) which was developed by Siddiqui (1992) was administered.

Note: The details of the instrument are described earlier in the previous section.

(See Page No. 29).

Sample

A sample of 60 married individuals was included in the pilot study from Islamabad, Rawalpindi through purposive convenient sampling. The inclusion criteria were married individuals with minimum of one year of marriage and having at least one child. Before participating in research informed consent was obtained from participants.

Procedure

The participants were approached individually and after gaining informed consent participants filled the demographic sheet and scales. The participants were requested that if they have any suggestion or comments regarding understanding of the scales, they can write at the end of the scale it will help to improve the instruments. After data collection for pilot study, data was entered in SPSS version 21. It took 30-45 minutes to administer the instrument depending upon the understanding level of the participants.

Results

Data of pilot study was analyzed to establish the psychometric properties of the instruments checked the overall strengths of the instrument with respect to the targeted sample of the present study. Cronbach's alpha is used to measure the internal consistency of the test. Mean, Standard deviation, Skewness and Kurtosis is used to check the distribution of scores.

Table 1*Psychometric properties of the pilot study variables (N=60)*

	Items	α	M	SD	Range		Skewness	Kurtosis
					potential	Actual		
DAS	26	.77	81.18	16.00	0-130	35-112	-.74	.75
AE	2	.50	8.03	1.91	0-10	2-10	-1.16	1.6
DC	11	.79	40.55	9.28	0-55	11-55	-.962	.92
DST	8	.60	21.55	7.17	0-40	6-40	.575	.016
DCOH	5	.69	11.05	5.59	0-25	0-20	-.030	-.86
ECR-R	36	.84	125.15	27.68	36-252	62-190	-1.94	.35
AVD	18	.87	49.85	18.90	18-126	19-96	.49	-.20
ANX	18	.80	75.30	17.52	18-126	33-100	-.99	.36
STSS	31	.86	94.30	20.61	31-155	46-131	-.355	-2.44
DS	7	.56	20.48	5.34	7-35	10-32	.142	-.672
CSS	9	.74	28.48	7.91	9-45	10-41	-.439	-.501
ESP	6	.51	16.95	4.75	6-30	6-27	.077	-.328
STS	9	.65	28.38	6.98	9-40	12-41	-.287	-.395
SDSS	36	.84	65.25	13.07	36-144	41-94	.287	-.875

Note. DAS= Dyadic Adjustment Scale, AE= Affection Expression, DC= Dyadic consensus, DST=Dyadic Satisfaction, DCOH= Dyadic Consensus, ECR-R=Experience in Close Relationship Scale, AVD=Avoidance, ANX= Anxiety, STSS= Silencing the self Scale, DS= Divided Self, CSS=Care as self-sacrifice, ESP=Externalized Self-perception, STS=silencing the Self, SDSS= Siddiqui Shah Depression Scale

In the above table 1 shows the psychometric properties of the instruments used in pilot study. Internal consistency of the scale was measured through alpha reliabilities. Mean, Standard deviation, skewness and kurtosis are within range which showed data is normally distributed. The data showed high internal consistency in the total sample for Dyadic Adjustment and its subscales Affection Expression, Dyadic consensus, Dyadic

satisfaction, Dyadic consensus, Experience in Close Relationship-Revise Avoidance and Anxiety subscales, Silencing the self scale and its subscales Divided self, Care as self-sacrifice, Externalized self-Perception, silencing the self and Siddiqui Shah Depression Scale. The reliability ranges from .87 to .51 for all the scales. However, reliabilities that were decided to check again in main study.

Table 2

Correlation Matrix of Self Silencing, Marital Adjustment, Attachment Styles and Depression (N=60)

Scales	1	2	3	4	5	6	7	8	9	10	11	12	13	14
1.ECR-R	1	.95**	.95**	.15	-.19	-.12	-.24	-.25	.02	.48**	.35**	.45**	.34**	.46**
2. AVD		1	.82**	.12	-.20	-.11	-.29*	-.27*	.08	.52**	.31*	.49**	.37**	.51**
3.AX			1	.17	-.17	-.11	-.16	-.20	-.04	.41**	.35**	.37**	.27*	.37**
4.SSDS				1	-.49**	-.58**	.00	-.23	-.38**	-.14	.08	-.12	-.35**	.02
5.DAS					1	.87**	.54**	.47**	.58**	.09	-.04	.03	.22	.03
6.DC						1	.17	.52**	.44**	.07	-.11	.05	.19	.04
7.DST							1	.10	-.07	-.11	.00	-.15	-.09	-.09
8.AE								1	.04	-.21	-.26*	-.29*	.02	-.19
9.DCOH									1	.34**	.17	.27*	.42**	.19
10.STSS										1	.75**	.87**	.83**	.81**
11.ESP											1	.50**	.55**	.56**
12.CSS												1	.61**	.63**
13.STS													1	.51**
14.DS														1

Note. ECR-R=Experience in Close Relationship Scale, AVD=Avoidance, ANX= Anxiety, SDSS= Siddiqui Shah Depression Scale, DAS= Dyadic Adjustment Scale, AE= Affection Expression, DC= Dyadic consensus, DST=Dyadic Satisfaction, DCOH= Dyadic Consensus, STSS= Silencing the self Scale, DS= Divided Self, CSS=Care as self-sacrifice, ESP=Externalized Self-perception, STS=silencing the Self,

**p<.01, *p<.05;

Table 2 shows coefficient of correlation among translated version of Silencing the Self Scale (STSS, Jack & Dill, 1992), Experience in Close Relationship Scale (ECR-R, Fraley, Waller & Brennan, 2000), Dyadic adjustment Scale (DAS, Spainer, 1976) and Siddique Shah Depression Scale (SSDS, 1992). The table indicated that Attachment styles are correlated with Self-silencing whereas it has no significant correlation between Marital Adjustment and Attachment styles. Self-silencing and Marital Adjustment are having no significant relationship. Depression is negatively and significantly related to Marital Adjustment.

Discussion

The purpose of the pilot study was to identify problematic issues related to the content and reliabilities of the instrument administration and data collection. Psychometric properties were established and instruments were found to be reliable and internally consistent. 60 married individuals including both ($n=29$) men and women ($n=31$).

The Cronbach alpha is mainly the index of reliability which is associated with variability due to the actual scores of underlying construct, which is actually the hypothetical variables being measured (Santos, 1999). The criteria for acceptable range for the value of coefficient of alpha reliability is .60, although the most widely accepted threshold criteria for Cronbach's alpha reliability is .7 (Nunnally, 1978; Nunnally & Bernstein, 1984). Low alpha reliabilities ($\alpha < .60$) of scales and subscales were assumed to increase as the sample size will increase. Skewness and kurtosis were computed to test married individual's normality of the scale. On the subscale of Marital Adjustment, Affection Expression Alpha reliability is low .50 and on the subscale of Silencing the self, Alpha reliability of Divided self is .56 and Externalized self-perception is .51 and that it was decided to check reliabilities again in larger sample.

Pilot study revealed no problematic issue regarding skewness of the data either calculated in total sample ($N=60$). Skewness and Kurtosis value for all scales in the present study were less than 2 showing that the data is symmetrical and data is normally distributed (Muthen & Kaplan, 1992). To check the possibility of mediating relationship of variables, correlation between supposed variables and outcome were analyzed as all variables were related.

Conclusion

Pilot study exhibited that instrument used are culturally suitable, psychometrically reliable and also have face validity. Adaptive and translated version of scales was appropriate for the targeted population. The results of pilot study showed that trends of relationships are of some direction as hypothesized for the main study. Minor issues detected were assumed to reduce as the sample size will increase.

After completion of pilot study, next step was data collection for the main study using the sample of married individual's. For the main study data of 441 married individuals was collected. Generally, the purpose of Pilot study was to establish the psychometric properties of the scales and conducting the earliest analysis to find the silent trends of the data. Through different statistical analysis it is revealed that the variables are reliable and valid to measure the underlying construct. The preliminary analysis provides a basis for further analysis in the main study. Overall results of the pilot study provided adequate evidence for carrying out main study for hypotheses formulation and testing.

Phase: III MAIN STUDY

The main study was conducted to test formulated hypotheses.

Objectives

Major objectives of the present research are:

1. To confirm the factor structure of the scales through confirmatory factor analysis using AMOS 21.
2. To test the hypotheses formulated on the basis of the objective of the study.

Instruments

1. Urdu translated version of Silencing the Self scale by Naheed and Ghayas (2014).
2. Urdu translated version of Experience in Close Relationship- Revised (ECR-R) by Iqbal (2007)
3. Urdu translated version of Dyadic Adjustment Scale (DAS) by Naseer (2000).
4. Siddiqui Shah Depression Scale (1992) which was developed by Siddiqui (1992) was administered.

Note: The details of the instrument are described earlier in the previous section.

(See Page No. 29).

Sample

A sample of 441 married individuals was included in the main study. Purposive and convenient sampling technique was used to approach the sample from Islamabad and Rawalpindi. Both Men ($n=194$, 44%) and women ($n=247$, 60.8%) were included in the study. The inclusion criteria were married individuals with minimum one year of marriage and at least having one child.

Table 3Sample Characteristics for Main Study ($N=441$)

Sample Characteristics	<i>M</i>	<i>SD</i>	<i>f</i>	%
Gender				
Men			194	44
Women			247	56
Family Structure				
Nuclear family system			173	39.2
Joint family system			268	60.8
Education				
Primary			11	2.5
Matric			89	20.2
Bachelors			213	48.3
Masters -Ph.D.			128	29
Family Monthly Income				
2500-20000			34	8.6
20001-50000			257	58.3
500001-120000			150	34
Type of Marriage				
Love Marriage			72	16.3
Arrange Marriage			326	73.9

Number of children		
1-2	203	46
3-4	167	37.9
More than 4	71	16.1
Age	39.25	11.54
Participants job	1.68	.47
Spouse job	1.70	.46

Note, f=frequency, %=percentage, M=Mean, SD=Standard Deviation.

Table 3 shows the frequencies and percentages of the demographic variables. There were 194 men and 247 women out of total 441 participants. A percentage of the family structure shows that more participants belong to Joint family system (60.8%). It is shown in the table that education of the participants ranges from on education level of Bachelors (48.3%). Majority participants on Family monthly income participants range 2001-5000 sowed (58.3%), as shown in the table. On types of marriage table is showing more participants belong to arrange marriage group with (73.9%). Three groups were made on number of children. First group comprises of 1-2 children, second group is having 3-4 children and third group have more than 4 children. More participants belong to three or four children (37.9%). Table is showing duration of marriage which ranges from 1-15 years, 16-25 years and 26-50 years. Majority of participants belong from 1-15 years of marriage. Tale shows the average age of participants which is 39.25 and SD=11.54. Mean of participant's job is 1.68 and standard Deviation of .47. Whereas, Spouse job is shown through average is 1.70 and Standard Deviation is .46.

Procedure

The Married individuals were approached through purposive convenient sampling technique. Only those married individuals were selected who was married for minimum one year and had at least one child. The participants were

approached individually. After obtaining informed consent, participants were given brief overview about the nature of the study. They were also assured that the information obtained from them will only be used for research purpose and will be kept confidential. Before the administration of the instruments clear verbal instructions were given to the participants. The booklet comprising of questionnaires was given to the participants. All of them were requested they should not leave any question unanswered. Lastly, they were thanked for the support and cooperation.

RESULTS

Chapter 3

RESULTS

Phase III was conducted in two steps. Initially Confirmatory Factor Analysis was conducted on Urdu version of the scales Silencing the Self Scale (STSS, Jack & Dill, 1992), Experience in Close Relationship Scale (ECR-R, Fraley, Waller & Brennan, 2000), Dyadic adjustment Scale (DAS, Spanier, 1976) and Siddique Shah Depression Scale (SSDS, 1992). Then, Correlation, Standardized Multiple Analysis, Process macro Regression, t-test, ANOVA were applied to test the hypotheses. Cronbach's alpha reliability, Mean, Standard deviation, potential and actual ranges, skewness and kurtosis were calculated before hypotheses testing.

Table 4

Cronbach Alpha Reliability and Descriptive Statistics of Attachment styles, Depression, Marital adjustment and Self-silencing (N=441)

Variable	Items	α	M	SD	Range		Skewness	Kurtosis
					potential	Actual		
DAS	26	.82	90.17	15.39	0-130	25-123	-.79	1.18
AE	2	.70	8.40	1.93	0-10	0-10	-1.4	1.94
DC	11	.89	44.57	9.0	0-55	5-55	-1.3	1.45
DST	8	.81	23.97	6.84	0-40	5-41	.28	-.55
DCOH	5	.67	13.22	4.39	0-25	0-21	-.67	.24
ECR-R	31	.85	126.79	26.54	31-217	42-209	-.28	.491
AVD	16	.88	55.13	19.04	16-112	18-111	.16	-.67
ANX	13	.76	72.52	15.17	13-91	17-89	.86	1.42
STSS	30	.90	98.25	21.27	30-150	31-152	-.20	.47
DS	6	.61	21748	5.35	6-30	7-35	-.20	-.199
CSS	9	.75	29.56	7.32	9-40	9-45	-.28	-.019
ESP	6	.70	17.63	5.05	6-30	6-30	-.20	-.073
STS	9	.70	29.58	6.86	9-45	9-45	-.16	.10
SSDS	35	.93	57.5	15.21	35-140	138	1.34	2.15

Note. DAS= Dyadic Adjustment Scale, AE= Affection Expression, DC= Dyadic consensus, DST=Dyadic Satisfaction, DCOH= Dyadic Consensus, ECR-R=Experience in Close Relationship Scale, AVD= Avoidance, ANX= Anxiety, STSS= Silencing the Self Scale, DS= Divided Self, CSS=Care as self-sacrifice, ESP=Externalized Self-perception, STS=silencing the Self, SSDS= Siddiqui Shah Depression Scale.

Table 4 shows that Cronbach's alpha reliabilities of Silencing the Self Scale (STSS, Jack & Dill, 1992), Experience in Close Relationship Scale (ECR-R, Fraley, Waller & Brennan, 2000), Dyadic adjustment Scale (DAS, Spanier, 1976) and Siddique Shah Depression Scale (SSDS, 1992) are in the acceptable range of .93-.61. The criteria for acceptable range for the value of coefficient of alpha reliability is .60 (Nunnally and Berstein, 1994). The range of skewness according to criteria should be 0-1 (Bulmer, 1979). The value of skewness shows normality of the data as it lies within the criteria range.

Step 1: Structural Validation of Instruments

Confirmatory Factor Analysis (CFA) was used to establish the construct validity of the instruments with maximum likelihood estimates in Amos 21. The data with no missing value was retained for CFA. CFA was carried out for the study instrument on Silencing the Self Scale (STSS, Jack & Dill, 1992), Experience in Close Relationship Scale (ECR-R, Fraley, Waller & Brennan, 2000), Dyadic adjustment Scale (DAS, Spanier, 1976) and Siddique Shah Depression Scale (SSDS, 1992).

In order to evaluate goodness of fit for model, several analyses were examined including chi-square (χ^2), relative/normed chi-square (χ^2/df), root mean squared error of approximation (RMSEA), goodness of fit index (GFI), incremental fit index (IFI) and comparative fit OF Index (CFI). The chi-square assesses whether the model exactly holds in population (Brown, 2006) and insignificant result at .05 threshold suggests a good model fit while evaluating the χ^2 statistics (Barrett, 2007).

Table 5

Confirmatory Factor Analysis (Indices of model fit) for Urdu Version of Dyadic Adjustment Scale (N=309)

Model	$\chi^2(df)$	χ^2/df	GFI	IFI	CFI	RMSEA	SRMR
M1	1194.3(293)	4.07	.79	.76	.76	.09	.11
	P=.00						
M2	802.99(224)	3.58	.836	.83	.83	.08	.06
	P=.00						
M3	465.28(213)	2.18	.90	.92	.92	.05	.05
	P=.00						

Note. GFI=Goodness of Fit Index, IFI= Incremental Fit index, CFI= Comparative Fit Index, RMSEA= Root Mean square of error Approximation, SRMR=Standardized Root Square Residual.

M1= Default Model of CFA for (MSCS).

M2= M1 after deleting items.16, 17, 21, 26 and 27

M3=M2 after adding error covariance

Table 5 depicts the fit indices for Urdu version of Dyadic Adjustment Scale (N=309). Model 1 In the total sample, the chi-square goodness of fit was statistically significant: $\chi^2(293) = 1194.3, p < .05$. As χ^2 is not sole index of model fit, therefore other fit indices were considered. All fit indices were not in acceptable range as $\chi^2/df = .79$, $GFI = .79$, $IFI = .76$, $CFI = .76$, $RMSEA = .09$ and the value of $SRMR = .11$. Model 2 shows the values after deleting consistently proven problematic items from the scale. There is evidence of change in the values after deleting those items. Finally, to further improve the model fit covariance were added between the errors according to the rule. Model 3 shows a good fit do the data with $\chi^2 465.28 (df = 213)$, $GFI = .90$, $IFI = .92$, $CFI = .92$, $RMSEA = .05$ and $SRMR = .05$.

Table 6*Factor Loading for CFA for Urdu Version of Dyadic Adjustment Scale*

Item Number	Loadings	Item Number	Loadings
1	.55	15	.66
2	.76	16	-.47
3	.62	17	-.23
4	.68	18	.81
5	.67	19	.48
6	.66	20	.69
7	.66	21	.20
8	.66	22	.64
9	.66	23	.70
10	.65	24	.78
11	.59	25	.63
12	.63	26	-.39
13	.57	27	-.27
14	.67		

Table 6 shows that the factor loadings of all items are above .30 so all the items are retained for further testing and they validate the existing factor structure of Dyadic Adjustment Scale. Item number 16, 17, 21, 26 and 27 were having poor and negative factor loadings. These items were deleted.

Table 7

Confirmatory Factor Analysis (Indices of model fit) for Urdu Version of Experience in Close Relationship Revise Scale (N=309)

Model	$\chi^2(df)$	χ^2/df	GFI	IFI	CFI	RMSEA	SRMR
M1	3231.75(593)	5.45	.64	.57	.57	.10	.14
	P=.00						
M2	1883.85(376)	5.01	.72	.69	.69	.09	.08
	P=.00						
M3	638.406(336)	1.90	.90	.94	.94	.04	.06
	P=.00						

Note. GFI=Goodness of Fit Index, IFI= Incremental Fit index, CFI= Comparative Fit Index, RMSEA= Root Mean square of error Approximation, SRMR=Standardized Root Square Residual.

M1= Default Model of CFA for (MSCS).

M2= M1 after deleting items. 6,10,20, 21,22, 23 and 30.

M3=M2 after adding error covariance

Table 7 shows that CFA was conducted on the Urdu version of Experience in Close Relationship Scale. Model 1 shows the value of χ^2 3231.75 ($df=593$), $\chi^2/df=5.45$, $GFI=.64$, $IFI=.57$, $CFI=.57$, $RMSEA=.10$, $SRMR=.14$. Model 2 depicts after deleting item number 10, 20, 21, 22, 23, 28 and 30 which were having low factor loading. Model 3 shows after adding error covariance the value of $\chi^2(df)=638.40(336)$, $\chi^2/df=.90$, $GFI=.90$, $IFI=.94$, $CFI=.94$, $RMSEA=.04$ and $SRMR=.06$ shows that all the fitness indices GFI, IFI, CFI, RMSEA and SRMR are fulfilling the criteria of Model fit

Table 8*Factor loading for Urdu Version of Experience in Close Relationship Revise Scale*

Item No.	Loadings	Item No.	Loadings
1	.49	19	.51
2	.49	20	.23
3	.51	21	.21
4	.44	22	.27
5	.52	23	.28
6	.20	24	.61
7	.68	25	.46
8	.39	26	.56
9	.52	27	.37
10	.27	28	.10
11	.54	29	.60
12	.58	30	.23
13	.66	31	.60
14	.73	32	.40
15	.61	33	.65
16	.57	34	.56
17	.68	35	.56
18	.64	36	.58

Table 8 shows Factor Loading for Experience in Close Relationship Revise Scale. Item number 6,10,20,21,22,23,30 were having poor factor loadings, thus the items were deleted. All other items are having factor loadings above .30.

Table 9

Confirmatory Factor Analysis (Indices of model fit) for Urdu Version of Silencing the Self Scale (N=309)

Model	χ^2 (df)	χ^2/df	GFI	IFI	CFI	RMSEA	SRMR
M1	1480.76(428)	3.46	.77	.67	.66	.08	.08
M2	1389.80(399)	3.48	.77	.68	.67	.08	.07
M2	658.38(354)	1.86	.89	.90	.90	.04	.05

Note. GFI=Goodness of Fit Index, IFI= Incremental Fit index, CFI= Comparative Fit Index, RMSEA= Root Mean square of error Approximation, SRMR=Standardized Root Square Residual

M1= Default Model of CFA for (MSCS).

M2= M1 after deleting items.19

M3=M2 after adding error covariance

Table 9 shows the fit indices GFI, IFI and CFI and the value of χ^2 , χ^2/df , *RMSEA* is in acceptable range so indicating good model fit. CFAs were used to assess the convergent and discriminant validity of the Silencing the Self scale Urdu version. Model 1 indicates default model with the value of $\chi^2/df=3.46$, *GFI*=.77, *IFI*=.67, *CFI*=.66, *RMSEA*=.08 and *SRMR*=.08. Model 2 shows deletion of item number 19 which is a problematic item in the scale. Model 3 shows after adding error covariance's all the fit indices were in acceptable range $\chi^2/df=2.04$, *GFI*=.89, *IFI*=.90, *CFI*=.90, *RMSEA*=.05 and *SRMR*=.05.

Table 10*Factor Loadings for Urdu Version of Silencing the Self Scale*

Item No	Loadings	Item No	Loadings
1	.41	17	.31
2	.49	18	.46
3	.63	19	.13
4	.52	20	.48
5	.49	21	.46
6	.57	22	.54
7	.44	23	.55
8	.48	24	.46
9	.54	25	.33
10	.57	26	.38
11	.60	27	.52
12	.30	28	.58
13	.46	29	.40
14	.54	30	.52
15	.36		
16	.39		

Table 10 indicates loading of items. Factor loading of item 19 was poor. So, it was deleted. All other items of Self-silencing scale are having Factor loading greater than 0.30.

Table 11

Confirmatory Factor Analysis (Indices of model fit) for Siddiqui Shah Depression Scale (N=309)

Model	$\chi^2(df)$	χ^2/df	GFI	IFI	CFI	RMSEA	SRMR
M1	1914.19(594)	3.22	.78	.75	.75	.07	.06
M2	1826.12(560)	3.26	.79	.76	.76	.07	.05
M3	103.31(520)	1.99	.87	.90	.90	.04	.04

Note. GFI=Goodness of Fit Index, IFI= Incremental Fit index, CFI= Comparative Fit Index, RMSEA= Root Mean square of error Approximation, SRMR=Standardized Root Square Residual

M1= Default Model of CFA for (MSCS).

M2= M1 after deleting items. 34

M3=M2 after adding error covariance

Table 11 indicates fit statistics for Siddiqui Shah Depression Scale. In Model 1 depicts that $\chi^2/df=3.22$, $GFI=.78$, $IFI=.75$, $CFI=.75$, $RMSEA=.07$, $SRMR=.06$. Model 2 shows after deleting item number 34 which was having low factor loading. Model 3 shows best model fit with $\chi^2/df=1.99$, $GFI=.87$, $IFI=.90$, $CFI=.90$, $RMSEA=.04$ and $SRMR=.04$.

Table 12*Factor Loadings for Siddiqui Shah Depression Scale*

Item No	Loadings	Item No	Loadings
1	.46	19	.59
2	.55	20	.60
3	.55	21	.55
4	.58	22	.51
5	.52	23	.60
6	.58	24	.50
7	.56	25	.61
8	.63	26	.59
9	.53	27	.62
10	.55	28	.63
11	.49	29	.65
12	.33	30	.39
13	.35	31	.48
14	.54	32	.54
15	.62	33	.43
16	.61	34	.18
17	.62	35	.36
18	.49	36	.46

Table 12 indicates Factor loadings for Siddiqui Shah Depression Scale, On the scale of Siddiqui Shah Depression item number all the items are showing factor loadings greater than .030 except item number 34 is showing poor factor loading. Item number 34 was deleted on the basis of poor factor loading.

Pearson's Product Moment Correlation.

Pearson's Product Moment Correlation was applied to explore the relationship between Silencing the Self Scale (STSS, Jack & Dill, 1992), Experience in Close Relationship Scale (ECR-R, Fraley, Waller & Brennan, 2000), Dyadic adjustment Scale (DAS, Spanier, 1976) and Siddique Shah Depression Scale (SSDS, 1992)

Table 13

Pearson Product Moment Correlation among Self-silencing, Depression, Attachment Styles and Marital Adjustment (N=441)

Measures	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. Duration of Marriage	1	.50	.10*	-.06	.01	.00	-.03	-.08	.10*	-.04	-.07	-.04	-.10*	-.04	-.04
2. ECR-R		1	.81**	.65**	.23**	-.17**	-.18**	-.23**	-.06	-.02	.36**	.37**	.26**	.29**	.35**
3.AVD			1	.11*	.38**	-.23**	-.33	-.36	.18**	-.25**	-.16**	.23**	.06	.06	.24**
4.ANX				1	-.11*	.02	.11*	.06	-.34**	.28**	.42**	.33**	.38**	.42**	.29**
5. SSDS					1	-.52**	-.51**	-.45**	-.10*	-.40*	-.02	.02	-.04	-.05	.02
6. DAS						1	.86**	.68**	.52**	.61**	.04	.07	.00	.01	.09*
7.DC							1	.70**	.11*	.48**	.07	.07	.05	.69	.08
8.AE								1	.07	.38**	.04	.02	.02	.02	.08
9.DST									1	-.00	-.12**	-.03	-.17**	-.17**	.00
10.DCOH										1	.18**	.16**	.16**	.16**	.15**
11. STSS											1	.81**	.87**	.88**	.87**
12.ESP												1	.60**	.61**	.69**
13.CSS													1	.68**	.65**
14.STS														1	.71**
15.DS															1

Note. ECR-R=Experience in Close Relationship Scale, AVD=Avoidance, ANX= Anxiety, SSDS= Siddiqui Shah Depression Scale, DAS= Dyadic Adjustment Scale, DC= Dyadic consensus, AE= Affection Expression, DST=Dyadic Satisfaction, DCOH= Dyadic Consensus, STSS= Silencing the Self Scale, CSS=Care as self-sacrifice, ESP=Externalized Self-perception, STS=silencing the Self, DS= Divided Self,

**p<.01, *p<.05;

Table 13 shows Attachment styles measured by Experience in Close Relationship (ECR-R, Fraley, Waller & Brennan, 2000), are positively and significantly related to depression measured by Siddique Shah Depression Scale (SSDS, 1992). Attachment Styles measured by Experience in Close Relationship (ECR-R, Farley, Waller & Brennan, 2000) are negatively and significantly related to Marital Adjustment measured by Dyadic Adjustment Scale (DAS, Spanier, 1976). There is positive and significant relationship between Attachment styles measured by Experience in Close Relationship Scale (ECR-R, Fraley, Waller & Brennan, 2000) and Self-silencing (measured by STSS, Jack & Dill, 1992). Though, the relationship between Self-silencing and marital adjustment was not significant. There is non-significant relationship between Self-silencing and depression.

Regression Analysis. The following table shows the predictors of Marital Adjustment among married individuals. Multiple Regression was used to find to predictive relationship among variables.

Table 14

Regression Analysis predicting Marital Adjustment from Depression and Attachment Avoidance

Predictors	Model 1 B	B	95%	
			LL	UL
Constant			105.99	120.79
Gender	-.09**	-.07	-4.37	.27
Avoidance		-.09**	-2.2	.02
SSDS		-.50***	-5.4	.39
R ²	.01		.26	
Δ R ²			.25	
F	4.07**	72.35***		
ΔF			68.28	

Note***p<.001, B=unstandardized coefficient, CI= confidence Interval.

Table 14 indicates significant negative relationship between Attachment Avoidance and Depression. The table shows that Attachment Avoidance, Depression is the significant negative predictors of Marital Adjustment. The model is accounting for 25% variance (F=68.28, p<.001) in the outcome variable Marital Adjustment.

Mediating Role of Depression in relationship between Attachment Avoidance and Marital Adjustment.

The mediating role of Depression was explored in relationship between Attachment styles and Marital Adjustment. Macro SPSS was used to explore mediating effect of mediators on the relationship between Attachment Avoidance style and Marital Adjustment.

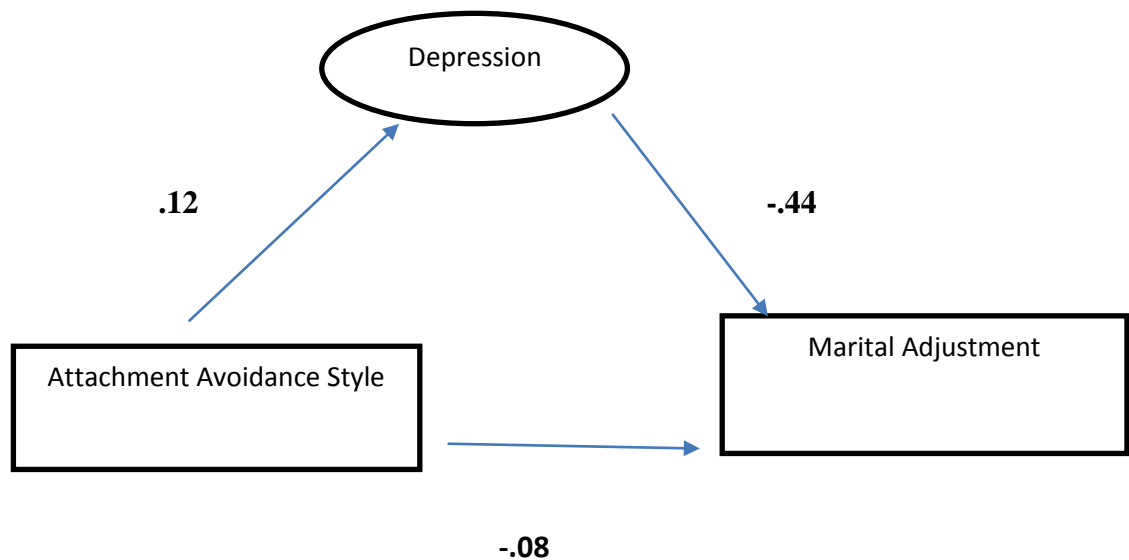


Figure 2: Mediating Role of Depression in Attachment Avoidance and Marital Adjustment

Table 15

Mediating Role of Depression in Attachment Avoidance and Marital Adjustment

Predictors	Marital Adjustment			
	Model 1 B	B	LB	UB
Constants	68.15***	110.95***	104.07	117.82
Avoidance	-.24***	-.47***	-.54	-.39
Depression		-.13*	-.23	-.02
R ²	.03	.25		
ΔR ²	24.97			
F	15.46	73.21		
ΔF	57.75			

Note. *** p<.001, *p<.05, CI=Confidence Interval

Table 15 represents the results of mediation analysis explaining that Depression has indirect effect on Marital Adjustment through Attachment Avoidance. About 25% variance is observed with additional effect. ΔF shows the relationship is mediated by depression. Kappa-Squared value is .01 which reflects that 1% indirect effect is present. This can validate by the results of Sobel test which has (Z=3.7, p=.00).

Group differences

Group difference was measured on all study variables. The purpose of exploring group difference on all study variables was to study sample in detail and exploring maximum possible factors which directly or indirectly effect the relationship between study variables.

Table 16

Mean, Standard Deviation and t Values for Gender differences on Experience in Close Relationship Scale and its subscales, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales, Silencing The Self Scale and its subscales (N=228)

Scales/Subscales	Men		Women		<i>t</i>	<i>p</i>	95% <i>CI</i>		<i>Cohn's d</i>
	<i>(n = 113)</i>		<i>(n = 115)</i>				<i>LL</i>	<i>UL</i>	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>					
ECR-R	108.51	26.35	134.30	25.08	-7.57	.000	-32.50	-19.07	1.00
AVD	42.0	17.83	51.69	19.13	-3.95	.000	-14.51	-4.86	-0.52
ANX	63.92	16.50	79.38	15.49	-7.19	.000	-19.70	-11.22	-0.96
SSDS	57.81	16.74	55.62	13.65	1.08	.278	-1.79	6.18	0.14
DAS	79.56	14.93	76.56	11.95	1.70	.040	-6.31	.45	0.22
DC	17.35	5.97	14.96	4.88	3.31	.001	-3.81	.97	0.43
AE	8.33	1.83	8.77	1.74	-1.84	.066	.016	-.90	-0.24
DST	12.13	7.50	10.05	6.75	2.20	.029	.21	3.94	0.29
DCOH	46.68	8.92	43.47	7.76	2.51	.012	-4.97	.60	0.33
STSS	71.91	13.39	124.23	10.59	-32.6	.000	-55.47	-49.17	-4.33
ESP	12.27	3.64	22.71	3.86	-21.0	.000	-11.42	-9.46	-2.78
CSS	21.78	6.063	37.13	4.25	-22.0	.000	-16.72	-13.98	-2.93
STS	22.30	5.61	37.17	3.98	-23.0	.000	-16.14	-13.60	-3.05
DS	15.58	3.74	27.23	2.91	-26.2	.000	-12.52	-10.77	-3.47

Note, ECR-R= Experience in Close Relationship Scale, AVD=Avoidance, ANX= Anxiety, SSDS= Siddiqui Shah Depression Scale, DAS= Dyadic Adjustment Scale, DC= Dyadic consensus, AE= Affection Expression, DST= Dyadic Satisfaction, DCOH= Dyadic Cohesion, STSS= Silencing The Self, ESP=Externalized Self-perception, CSS=Care as self-sacrifice, STS=Silencing the Self, DS= Divided Self, *M* = Mean; *SD* = Standard Deviation; *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Upper Limit.

Mean differences across participant's genders on Experience in Close Relationship Scale, and its subscales Avoidance and Anxiety, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales Dyadic consensus, Affection Expression, Dyadic Satisfaction and Dyadic Cohesion, Silencing the Self Scale and its subscales as Externalized Self-perception, Care as self-sacrifice, silencing the Self and Divided Self are shown after extreme groups analysis, in table 16. The table shows significant results for Avoidance ($p < .01$) and Anxiety ($p < .01$) subscales of Experience in Close Relationship Scale, where men are scoring comparatively high than women on Anxiety and women are scoring high on Avoidance reflecting their anxious and avoidance behavior in close relationships respectively. Then the significant results are found for Dyadic Adjustment Scale ($p < .05$) where men are reflecting more adjustment tendencies as compared to women and for its subscales including Dyadic Consensus ($p < .001$), Dyadic Satisfaction ($p < .05$), Dyadic Cohesion ($p < .05$) where again men are scoring comparatively high than women depicting a bit more satisfaction than females. Lastly, women scored significantly high on the self-silencing scale and across its all subscales with ($p < .001$) for Silencing the Self Scale, its subscales of Care as self-sacrifice, Silencing the Self and ($p < .01$) for Externalized Self-perception and Divided Self, where women are reflecting high tendency of self-silencing than men. For Silencing the Self Scale extreme group analysis was done. The table shows Mean difference across participant's genders on Silencing the Self Scale. The results were found women scored significantly high on silencing the self scale ($p < .001$) than men.

Table 17

Mean, Standard Deviation and t Values for Joint and Nuclear Family System on Experience in Close Relationship Scale and its subscales, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales, Silencing The Self Scale and its subscales (N=441)

Scales/Subscales	Joint (n =268)		Nuclear (n = 173)		t	95% CI			Cohn's d
	M	SD	M	SD		p	LL	UL	
	ECR-R	104.0	21.49	106.0		20.723	-.94	.34	
AVD	44.09	11.90	41.04	10.120	2.87	.004	.964	5.12	.276
ANX	45.35	19.03	50.68	17.221	-3.03	.003	-8.76	-1.87	.294
SSDS	57.04	15.66	58.27	14.491	-.829	.40	-4.14	1.68	.081
DAS	77.51	12.74	79.17	15.914	1.21	.34	-4.35	1.03	.115
DC	44.94	8.494	44.01	9.744	1.05	.30	-.801	2.65	.101
AE	8.57	1.741	8.14	2.176	2.21	.02	.049	.823	.218
DST	10.68	7.149	13.94	6.606	-4.88	.000	-4.56	-1.94	.474
DCOH	13.31	4.460	13.08	4.296	.542	.585	-.610	1.07	.052
STSS	97.22	22.613	90.76	16.314	3.47	.001	2.80	10.1	.327
ESP	18.15	5.489	16.83	4.181	2.85	.005	.411	2.22	.270
CSS	26.96	7.042	24.52	5.555	4.03	.000	1.25	3.62	.384
STS	30.26	7.381	28.54	5.840	2.71	.007	.476	2.96	.258
DS	21.86	5.730	20.88	4.675	1.97	.04	.003	1.96	.187

Note, ECR-R= Experience in Close Relationship Scale, AVD=Avoidance, ANX= Anxiety, SSDS= Siddiqui Shah Depression Scale, DAS= Dyadic Adjustment Scale, DC= Dyadic consensus, AE= Affection Expression, DST= Dyadic Satisfaction, DCOH= Dyadic Cohesion, STSS= Silencing The Self, ESP=Externalized Self-perception, CSS=Care as self-sacrifice, STS=silencing the Self, DS= Divided Self; M = Mean; SD = Standard Deviation; CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit.

Table 17 shows Mean differences between nuclear and joint family system on Experience in Close Relationship Scale, and its subscales Avoidance and

Anxiety, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales Dyadic consensus, Affection Expression, Dyadic Satisfaction and Dyadic Cohesion, Silencing the Self-Scale and its subscales as Externalized Self-perception, Care as self-sacrifice, silencing the Self and Divided Self are shown, in table 2. The table shows that the joint family system results depicted significantly high score on Avoidance subscale ($p < .01$) and nuclear family system is associated with significantly high results on Anxiety subscale ($p < .01$) of Experience in close relationship scale reflecting respective tendencies. Another set of significant findings is associated with the subscales of and on Dyadic Adjustment Scale where Affection Expression is significantly high among joint family system ($p < .05$) and Dyadic Satisfaction is significantly high among nuclear family setups ($p < .001$). Lastly, for joint family significantly high scores are available for Silencing the Self scale ($p < .01$) along with its all subscales reflecting the greater self-silencing being depicted among those who are living in joint systems as compared to nuclear ones.

Table 18

Mean, Standard Deviation and t Values for Love Marriage and Arrange Marriage on Experience in Close relationship Scale and its subscales, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales, Silencing The Self Scale and its subscales (N=441).

Scales/Subscales	Love Marriage (n =72)		Arrange Marriage (n = 326)		t	p	95% CI		Cohn's d
	M	SD	M	SD			LL	UL	
ECR-R	128.26	26.254	127.10	26.438	.33	.73	-5.6	7.9	.044
AVD	52.19	18.310	51.38	19.065	.32	.74	-4.0	5.6	.043
ANX	72.72	16.242	72.60	14.567	.06	.94	-3.6	3.9	.007
SSDS	55.38	13.154	57.80	15.661	-1.22	.22	-6.3	1.4	-.167
DAS	94.85	15.825	89.63	15.361	2.54	.01	1.1	9.2	.033
DC	45.65	9.014	44.43	9.037	1.03	.30	-1.0	3.5	.135
AE	8.81	1.580	8.33	1.982	2.19	.05	.04	.90	.267
DST	26.06	7.709	23.73	6.574	2.37	.00	.37	4.2	.325
DCOH	14.33	4.409	13.13	4.402	2.09	.03	.06	2.3	.272
STSS	100.76	23.338	98.39	20.653	.86	.39	-3.0	7.7	.107
ESP	18.11	4.938	17.70	5.093	.62	.53	-.88	1.7	.081
CSS	30.13	8.292	29.67	7.083	.48	.63	-1.4	2.3	.059
STS	29.94	7.176	29.63	6.732	.35	.72	-1.4	2.0	.044
DS	22.58	5.240	21.40	5.308	1.70	.08	-.17	2.5	.223

Note, ECR-R= Experience in Close relationship Scale, AVD=Avoidance , ANX= Anxiety, SSDS= Siddiqui Shah Depression Scale, DAS= Dyadic Adjustment Scale, DC= Dyadic consensus, AE= Affection Expression, DST= Dyadic Satisfaction, DCOH= Dyadic Cohesion, STSS= Silencing The Self, ESP=Externalized Self-perception, CSS=Care as self-sacrifice, STS=silencing the Self, DS= Divided Self.; M = Mean; SD = Standard Deviation; CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit.

Mean differences between love marriage and arrange married groups of participants on Experience in Close relationship Scale, and its subscales Avoidance and Anxiety, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales Dyadic consensus, Affection Expression, Dyadic Satisfaction and Dyadic Cohesion, Silencing the self-Scale and its subscales as Externalized Self-perception, Care as self-

sacrifice, silencing the Self and Divided Self are shown, in table 18. The table shows significant results for Dyadic Adjustment Scale ($p < .05$), Affection Expression ($P < .05$), Dyadic Satisfaction ($p < .01$), and Dyadic Cohesion ($p < .05$) among them all the participants in arrange marriage group are reflecting that they are experiencing low dyadic adjustment, affection expression, dyadic satisfaction and dyadic cohesion as compared to love marriage group members. Whereas, participants of love marriage group reflected significantly high results on Dyadic Adjustment Scale ($p < .05$), Affection Expression ($P < .05$), Dyadic Satisfaction ($p < .01$), and Dyadic Cohesion ($p < .05$) depicting that they are more satisfied as compared to other group.

Table 19

One way ANOVA to find Difference on Experience in Close relationship Scale and its subscales, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales, Silencing The Self Scale and its subscales across different Qualification groups (N=441).

Scales/Subscales	Till Matric (n=95)		Till Bachelor (n=220)		Masters and Above (n=126)		F	i-j	D(i-j)		
	M	SD	M	SD	M	SD			LL	UP	
ECR-R	99.15	24.31	90.88	26.861	93.60	20.876	.461	—	—	—	—
AVD	45.38	16.24	41.42	15.808	43.00	13.597	.277	—	—	—	—
ANX	38.92	15.99	36.67	14.379	36.90	13.601	.105	—	—	—	—
SSDS	65.62	25.56	58.46	14.197	60.60	14.714	.660	—	—	—	—
DAS	72.15	16.29	71.25	12.698	72.20	6.893	.030	—	—	—	—
DC	44.62	12.63	41.75	9.488	42.60	5.441	.359	—	—	—	—
AET	8.15	2.824	8.38	2.410	7.80	1.317	.212	—	—	—	—
DST	9.31	6.993	10.75	7.036	8.20	6.596	.524	—	—	—	—
DCOH	10.08	5.267	10.38	5.190	13.60	2.989	1.87	—	—	—	—
STSS	101.2	23.15	81.13	24.822	92.10	16.569	3.36*	1>2	20.10	.48	39.7
ESP	18.85	5.843	13.96	5.146	15.70	5.293	3.48*	1>2	4.88	.28	9.49
CSS	26.62	7.433	22.79	8.531	27.50	5.911	1.76	—	—	—	—
STS	32.15	7.658	27.21	7.751	29.60	4.142	2.05	—	—	—	—
DS	23.62	5.576	17.17	5.828	19.30	5.794	5.29**	1>2	6.44	1.52	11.3

Note ECR-R= Experience in Close Relationship Scale, AVD=Avoidance, ANX= Anxiety, SSDS= Siddiqui Shah Depression Scale, DAS= Dyadic Adjustment Scale, DC= Dyadic consensus, AET= Affection Expression, DST= Dyadic Satisfaction, DCOH= Dyadic Cohesion, STSS= Silencing The Self, ESP=Externalized Self-perception, CSS=Care as self-sacrifice, STS=silencing the Self, DS= Divided Self; *M* = Mean; *SD* = Standard Deviation; *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Upper Limit.

Mean difference between qualifications of the participants with respective influence on study variables, one-way ANOVA was computed. Table 19, shows mean differences between different qualification groups on Experience in Close Relationship Scale, and its subscales Avoidance and Anxiety, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales Dyadic consensus, Affection Expression, Dyadic Satisfaction and Dyadic Cohesion, Silencing the Self Scale and its subscales as Externalized Self-perception, Care as self-sacrifice, silencing the Self and Divided Self. Three groups were made. First group was comprised of Participants who possess educational qualification till matric, second group included who have education competencies till bachelors and third group incorporated those individuals who are having more than bachelors. The table shows that the only significant findings are associated with self-silencing scale ($p < .05$), and with its two subscales including Externalized Self-perception ($p < .05$) and Divided Self ($p < .01$) where group one is scoring significantly high than group two revealing that lower education qualification holders are having more self-silencing attitude. To ensure the nature of difference among groups, post hoc analysis was computed for significant results with specification of Bonferroni and again only the significant group differences were reported across respective scales.

Table 20

One way ANOVA to find Difference on Experience in Close relationship Scale and its subscales, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales, Silencing The Self Scale and its subscales across different Income groups (N=441)

Scales/Subscales	2500-20000 (N=34)		20001-50000 (N=257)		50000-200000 (N=150)		F	i-j	D(i-j)		
	M	SD	M	SD	M	SD			LL	UP	
ECR-R	102.9	23.52	103.9	20.19	106.5	19.825	1.041	—	—	—	—
AVD	42.70	12.52	42.92	10.94	42.94	10.804	.019	—	—	—	—
ANX	45.90	19.20	46.67	18.20	49.00	18.047	1.064	—	—	—	—
SSDS	58.07	15.93	59.25	14.44	55.55	15.543	2.214	—	—	—	—
DAS	76.76	12.94	77.80	12.79	79.45	15.794	1.322	—	—	—	—
DC	44.09	9.487	45.18	7.943	44.35	9.424	.590	—	—	—	—
AE	8.51	1.954	8.37	1.894	8.27	1.974	.541	—	—	—	—
DST	11.21	6.795	11.01	6.960	13.49	7.287	5.4**	3>1	2.28	.25	4.31
DCOH	12.95	4.645	13.24	4.065	13.34	4.485	.297	—	—	—	—
STSS	92.68	23.79	94.81	19.96	96.30	18.394	1.054	—	—	—	—
ESP	17.08	5.896	17.90	5.011	17.87	4.275	1.143	—	—	—	—
CSS	25.63	7.312	25.63	6.420	26.74	6.229	1.307	—	—	—	—
STS	29.08	7.625	29.73	6.867	29.86	6.255	.496	—	—	—	—
DS	20.89	6.225	21.56	5.052	21.84	4.879	1.120	—	—	—	—

Note, ECR-R= Experience in Close Relationship Scale, AVD=Avoidance, ANX= Anxiety, SSDS= Siddiqui Shah Depression Scale, DAS= Dyadic Adjustment Scale, DC= Dyadic consensus, AE= Affection Expression, DST= Dyadic Satisfaction, DCOH= Dyadic Cohesion, STSS= Silencing The Self, ESP=Externalized Self-perception, CSS=Care as self-sacrifice, STS=silencing the Self, DS= Divided Self; M = Mean; SD = Standard Deviation; CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit.

To find the mean difference between different family monthly income groups of the participants, one-way ANOVA was computed. Table 20, shows mean differences between different qualification groups on Experience in Close Relationship Scale, and its subscales Avoidance and Anxiety, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales Dyadic consensus, Affection Expression, Dyadic Satisfaction and Dyadic Cohesion, Silencing the self-Scale and its subscales as Externalized Self-

perception, Care as self-sacrifice, silencing the Self and Divided Self. Three groups were made. 1st group has participants who have 500-30000 income range, 2nd group has 30001-50000 income range, 3rd group has the income range comprised of 50001-120000. The table shows that there the only significant difference is found among three groups on the Dyadic Satisfaction subscale ($p < .01$) of Dyadic Adjustment Scale, with group three scores significantly high and group one score least among all indicating high and low satisfaction respectively. Furthermore, to ensure the nature of difference among groups, post hoc analysis was computed for significant results with specification of Bonferroni and again only the significant group differences were reported across respective scales.

Table 21

One way ANOVA to find Difference on Experience in Close relationship Scale and its subscales, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales, Silencing The Self Scale and its subscales across number of children groups (N=441).

Scales/Subscales	One or Two (n=203)		Three or Four (n=167)		More than (n=71)		F	i-j	D(i-j)		
	M	SD	M	SD	M	SD			LL	UP	
ECR-R	104.16	20.966	102.78	21.663	111.55	19.633	4.52*	3>1	7.39	.42	14.3
								3>2	8.77	1.61	15.9
AVD	44.37	12.151	40.83	10.653	43.52	9.719	4.69*	1>2	3.54	.72	6.36
ANX	45.06	18.586	47.74	18.454	53.55	17.161	5.6**	3>1	8.48	2.42	14.5
SSDS	56.08	14.673	58.33	15.552	59.76	15.711	1.92	—	—	—	—
DAS	78.41	13.634	77.38	14.726	79.27	13.858	.510	—	—	—	—
DC	45.05	9.123	43.87	8.719	44.87	9.349	.834	—	—	—	—
AE	8.53	1.852	8.26	2.001	8.37	2.002	.900	—	—	—	—
DST	11.21	7.286	12.67	6.961	12.42	6.851	2.11	—	—	—	—
DCOH	13.62	4.413	12.57	4.417	13.61	4.152	2.94	—	—	—	—
STSS	96.96	22.164	92.36	19.860	93.66	16.883	2.40	—	—	—	—
ESP	17.83	5.485	17.26	4.777	17.90	4.363	.704	—	—	—	—
CSS	27.14	7.008	25.12	6.278	24.82	5.625	5.76**	1>2	2.01	.38	3.66
								1>3	2.32	.16	4.48
STS	30.15	7.267	29.04	6.698	29.24	5.956	1.32	—	—	—	—
DS	21.84	5.380	20.94	5.616	21.70	4.578	1.36	—	—	—	—

Note, ECR-R= Experience in Close Relationship Scale, AVD=Avoidance, ANX= Anxiety, SSDS= Siddiqui Shah Depression Scale, DAS= Dyadic Adjustment Scale, DC= Dyadic consensus, AE= Affection Expression, DST= Dyadic Satisfaction, DC= Dyadic Conesus, STSS= Silencing The Self, ESP=Externalized Self-perception, CSS=Care as self-sacrifice, STS=silencing the Self, DS= Divided Self; M = Mean; SD = Standard Deviation; CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit.

To find the mean difference between numbers of children of the participants with respective influence on study variables, one-way ANOVA was computed. Table 21, shows mean differences between different groups on Experience in Close Relationship Scale, and its subscales Avoidance and Anxiety, Siddiqui Shah Depression Scale, Dyadic Adjustment Scale and its subscales Dyadic consensus, Affection Expression, Dyadic Satisfaction and Dyadic Cohesion, Silencing the self-Scale and its subscales as Externalized Self-perception, Care as self-sacrifice, silencing the Self and Divided Self. Three groups were made. First group was comprised of Participants who have one or two children, second groups included who have three or four children and third group incorporated those individuals who are having more than four children. The table shows that the only significant findings are associated with experience in close relationship scale ($p < .05$) and its avoidance subscale ($p < .05$) where the participants with one or two children are depicting high respective tendencies as compared to other two groups and for its anxiety subscale ($p < .01$) where participants with more than four children are scoring high than others groups depicting high level of anxiousness as compared to other groups. Furthermore, the only subscale of self-silencing scale measuring care as self-sacrifice is reflecting significant results ($p < .01$) for individuals having one or two children and the mean differences get decreased with the increase in the number of children as apparent in the table. To ensure the nature of difference among groups, post hoc analysis was computed for significant results with specification of Bonferroni and again only the significant group differences were reported across respective scales.

DISCUSSION

Chapter 4

DISCUSSION

The present study was conducted to investigate the role of Self-silencing and depression in a relationship between attachment styles and marital adjustment among married individuals. The results found a significant relationship between attachment styles and marital adjustment. These results were consistent with the Attachment theory whereby insecure attachment styles were related to marital dissatisfaction. There is a significant positive relationship between attachment styles and Self-silencing and also there is a significant positive relationship between Attachment styles and depression. There is a significant negative relationship between depression and marital adjustment. So mediating role of self-silencing in the relationship between attachment styles (Anxiety/Avoidance) and marital adjustment cannot be explored. Another mediating variable taken in current research was depression, it was purposed that depression will mediate the relationship between attachment styles and marital adjustment.

Psychometric properties of The Measures

Psychometric properties of the instruments were established during pilot study to see the stability and appropriateness of the measures. In the pilot study $N=60$, married individuals participated out of $n=29$ men and $n=31$ women. Alpha reliability was used to measure Internal consistency of scales and subscales of Silencing the Self Scale (STSS, Jack & Dill, 1992), Experience in Close Relationship Scale (ECR-R, Fraley, Waller & Brennan, 2000), Dyadic adjustment Scale (DAS, Spainer, 1976) and Siddique Shah Depression Scale (SSDS, 1992). Alpha reliability was in the acceptable range of ($\alpha=.51$ to $.87$). Low reliabilities were assumed to improve with an increase in sample size.

Descriptive Patterns of the main study

Data of the main study was comprised of $N=441$ married individuals with $n=194$ men and $n=247$ women. The main study showed that alpha reliability of scales and subscales was in acceptable rang ($\alpha=.67-.93$). The criteria for the acceptable range for the value of coefficient of alpha reliability is $.60$ (Nunnally & Berstein, 1994). The

alpha reliability of Dyadic Adjustment Scale =.82, Experience in Close Relationship=.85, Silencing The Self Scale=.90 and Siddique Shah Depression Scale=.93, met the criteria given.

Confirmatory Factor Analysis

After data collection for the main study, the main study was divided into two steps. The first step comprised of Confirmatory Factor Analysis of the scales was conducted. Step two comprised of psychometric properties along with hypothesis testing. Confirmatory Factor Analysis is used to establish construct validity of the instruments and is a form of measurement model of structure equation modeling using AMOS. CFA was conducted on all Scales of the present study, to confirm the factor structure of all the instruments.

CFA was conducted on the Urdu version of Dyadic Adjustment Scale (Naseer, 2000). It is a self-report questionnaire comprises of 27 items. It was revealed that standardized regression weights of the few items (16, 17, and 27) of the scale were showing negative and low factor loading. So the model fit is very poor. After deletion of these four items and adding co-variances in the errors model fit was attained. The model was improved after removing those items from the scale. Model fit was achieved by adding covariance between the errors. The final model comprises of 23 items with 11 items in Dyadic Consensus, 2 items in Affection Expression, 8 items in Dyadic Satisfaction and 5 items in Dyadic Cohesion was further used for hypothesis testing.

Factor loading of few items (16, 17, 21, 26, and 27) is low. So it is recommended that for future studies Exploratory Factor Analysis of the Dyadic Adjustment Scale among married individuals should be conducted.

CFA was conducted on the Urdu version of Experience in Close Relationship Revise scale (Nazia, 2007), consisting of 36 items. Few items (6, 10, 20, 21, 22, 30) were showing poor factor loadings which were deleted and after adding error co-variance between the errors good model fit was obtained. The final model contains 31 items and the subscale of Avoidance has 16 items and Anxiety subscale has 13 items.

Confirmatory Factor Analysis of the Scale Silencing the Self Urdu version by (Naheed & Ghayas, 2014). STSS contain 31 items. Regression weights of item 19 was showing poor factor loading, so this item was deleted. After adding co-variance good fit model was attained. The final model of STSS comprises of 30 items. The subscales of STSS including Externalized Self Perception contains 6 items, Care as Self Sacrifice have 9 items, Divided Self contains 6 items and Silencing the Self comprises of 9 items.

According to Schumacker and Lomax (2004) suggested criteria for goodness of fit on present data for all scales included χ^2 ratio 2-5, $GFI > .90$, $CFI > .90$, $RMSEA < 0.90$ indices were used to evaluate model fit along with reporting the value of χ^2 and df .

Relationship between Study Variables

The initial step for hypothesis testing is whether all variables were related to each other or not. Field (2013) indicated that to prove prediction or mediation among variables significant correlation was necessary. Table 13 indicated that distinct positive and negative correlations among all variables were shown by correlation matrix.

Hypothesis 1 states that resulting behaviors of Attachment (Avoidance/Anxiety) styles and marital adjustment is negatively and significantly related to Avoidant attachment styles and marital satisfaction has negative relationship (Aminpour, Mamsharifi, Bayazdi & Ahmadzadeh, 2016). Insecure attachment styles (Anxiety/Avoidance) is negatively related to marital adjustment (Basen, 2004). (Brennan & shaver; 1995, Feeney, 1994; Feeny, Noller & Callan, 1994; Lusseir, Sabourin & Turgeon, 1997) indicated that attachment styles are linked to marital satisfaction. Forness (2013) suggested that insecure attachment styles showed the low level of marital satisfaction. Pakistani study conducted by Zahid (2012) showed that marital adjustment is negatively and significantly related to attachment styles. Finding of the study revealed that there is a negative relationship between attachment avoidance and Marital

Adjustment but no significant relationship exists between attachment anxiety and marital adjustment.

According to Hypothesis 2 resulting behaviors of Attachment (Anxious/Avoidance) styles and Self-silencing is positively and significantly related. Remen, Chambless and Rodebaugh (2002) suggested that attachment anxiety is significantly related to Self-silencing for college students. Another study indicated that attachment avoidance predicts Self-silencing, which results in suppression of feeling to save the relationship (Waller, Milligan, Meyer, Ohanian & Leung, 2002). Resulting behaviors of Attachment (Anxious/Avoidance) Styles and depression are positively and significantly related as directed through literature, Hypothesis 2. Literature has also revealed the same finding (Bemporad & Romano, 1992; Rholes & Simpson, 2004). People having anxious attachment styles showed more depressive symptoms (Mickelson, Kessler & Shaver 1997). Highly anxious individuals do not perceive support that may actually be available leads toward depression (Collins & Feeney, 2004; Rholes, Simpson & Grich, 2001). Bano, Ahmad, Khan, Iqbal and Aleem (2013) showed that depression is playing significant role in attachment styles.

In total sample, all the variables are significantly related to each other except Self-silencing and Marital Adjustment. It was hypothesized that there is a negative relationship between Self-silencing and Marital Adjustment. Hypothesis 3. Finding of the study is consistent with Harper and Welsh (2007), which suggested that Self-silencing did not significantly predict relationship satisfaction among individuals or partners. Literature has revealed that Self-silencing is linked with gender differences as females are showing more self-silencing tendencies as compare to males. Females lose their sense to real self to safe relationship (Surrey,1991). (Gottman, Coan, Carrere, & Swanson, 1998) indicated that for men Silencing the self may have the different meaning.

Thus, Hypothesis 4 that depression and marital adjustment are negative and significantly related. (Bano, Ahmad, Khan, Iqbal & Aleem, 2013) indicated that depression is playing significant role in marital adjustment.

Individuals having avoidance attachment style will score low on marital adjustment hypothesis 7, there is a significant negative relationship between resulting behaviors of attachment styles and marital adjustment. Literature also supports this hypothesis as Fuller and Fincham, (1995) concluded that secure attachment styles result in high marital adjustment and avoidant attachment style results in low marital adjustment. Another study revealed that there is a negative relationship between attachment avoidance and marital adjustment. (Mohammadi, Samavi & Ghazavi, 2016)

The finding shows that there is no significant relationship between Self-silencing and depression. In this study, the mean scores of depression scale was not high. This may be due to the fact that data was collected from the non-clinical sample and it can be suggested clinical sample may render different results.

Predictors of Marital Adjustment

The Role of Attachment Avoidance and Depression was found to be a predictor of Marital Adjustment by taking gender as a constant variable. Standardized multiple regression analysis indicated that Attachment Avoidance and depression was significantly and negatively related to Marital Adjustment. Literature also showed that (Raeisipoor, Fallahchai, & Zarei, 2013) Attachment Avoidance styles is negative predictors of marital adjustment and also results indicated that overall attachment avoidance is a stronger predictor of marital satisfaction.

Mediating Role of Self-silencing and Depression

The Mediating role of Self-silencing in a relationship between Attachment styles and Marital Adjustment hypothesis 5, cannot be explored because there is no significant relationship found between Self-silencing and Marital Adjustment which is supported by literature Harper & Welsh (2007) found no significant relationship between individual or partner's satisfaction with Silencing the self.

Thus, hypothesis 6 states that depression will mediate the relationship between attachment (anxiety/avoidance) styles and marital adjustment. So, mediating role of Depression was explored in relationship between Attachment Avoidance and Marital Adjustment. Devito (2014) indicated that conflict interaction mediating between attachment styles and depression. Wei, Mallinckrodt and Zakalik (2005) suggested that attachment capability of self-reinforcement mediated the link between attachment avoidance and depression.

In Pakistani context, depression mediated the link between Attachment Avoidance and Marital Adjustment. For married individuals, the effect of marital adjustment was enhanced by adding depression as a mediator up to 25% on attachment avoidance.

Mean Differences

To find out gender differences and group difference mean difference are calculated on the basis of gender from where data was calculated showed in table 16. Extreme group analysis was conducted than independent sample t-test indicated that on the subscale of Attachment Avoidance women are scoring high and on Attachment Anxiety subscale of Experience in close Relationship Scale males are scoring comparatively high. Collins and Read (1990) showed that male partner is anxious about abandoned or unloved.

On Silencing The Self Scale and across all its subscales women scored significantly high as compared to men. This difference possibly is the product of our society, which socializes the two genders contrarily supported by previous literature Thompson and Hart (1996).

On the Scale of Dyadic Adjustment including its subscales Dyadic Consensus, Dyadic Satisfaction and Dyadic Cohesion males are reflecting more adjustment tendencies as compared to females, and on the subscales of Dyadic Adjustment, Hypothesis 9. Literature has also shown that men were more satisfied than females (kareny & Bradbury, 1995; Nema, 2013).

Table 16 shows On Silencing the Self Scale women scored significantly high as compared to men, Hypothesis 8. This difference possibly is the product of our society, which socializes the two genders contrarily supported by previous literature Thompson and Hart (1996).

The feeling of connectedness in the relationship plays important role in female development (Gilligan, 1982). Self-silencing behavior is developed and maintained through cultural values and traditions. Women evaluate themselves from external standards and develop their identities in term of relationships. She adheres to cultural stereotypes for maintaining relationships and significant others (Jack, 1991; Harter, 1999). Thus females are having high self-silencing behavior as compared to males in the Pakistani context. In Pakistani culture, females are taught to hide their feeling, emotions. They are taught to sacrifice their needs and give first priority to their family and relations.

Table 17 shows mean differences between nuclear and joint family system, independent t-test was used. On the subscales of Experience in close relationship Avoidance subscale joint family system depicted higher score, it may be due to the fact that in the joint family system avoidant individuals want independence and try to less involve in joint family system. On the other hand, an Attachment Anxiety subscale of Experience in close relationship higher tendency is reflected in the nuclear family system. In nuclear family there are mostly spouse and the partner is worried that either their partner is available and give attentive or not.

On the subscale, Affection Expression of Dyadic Adjustment significant finding is associated with the joint family system. People living in the joint family system can share quality time with their partner but elder's members of the family can also guide them. The major advantage living in the joint family system is getting experience in every field of life from each other. Dyadic satisfaction subscale of Dyadic Adjustment nuclear family setup reveals high score. Nuclear families have a good relationship as they share their thoughts and endure healthy marital relationship. It may be due to that the people living in Nuclear family system express more affection in a marital relationship and enjoy their sexual lives.

On all scale and subscales of silencing the Self joint family system shows greater self-silencing. Self-silencing behavior is developed and maintained through cultural values and traditions (Jack, 1991; Harter, 1999). Thus Joint family system is having high self-silencing behavior as compared to the nuclear family system in Pakistani context. In collectivistic culture, self-silencing attitudes are erudite in the society to maintain relationships and the joint family system plays important role in learning this attitude of self-silencing. Problems and difficulties are shared with each other in the joint family system. This interference causes supplementary problems (Fatima & Ajmal, 2012). In order to avoid this interference from other family members people tend to silence their self and in order to avoid any conflict married individuals hide their feelings.

Table 18 indicated Mean differences between love married and arrange married groups of participants on Dyadic Scale and its subscales. The table shows that participants of love marriage group reflected significantly high results on Dyadic Adjustment Scale, Affection Expression, Dyadic Satisfaction and Dyadic Cohesion depicting that they are more satisfied as compared to arrange marriage group. Literature also shows that marriage which is based on romantic criteria is considered good for satisfaction, adjustment and stability of the partner. It gives a motivating force that is required to establish a set of values, alternatives or complementary to the values and stability in happy marriage life. (Greenfield, 1965)

Table 19, One Way ANOVA to find difference across qualification groups on the subscale of Dyadic Cohesion subscale of Dyadic Adjustment group one education till metric is showing higher results. On the scale of silencing the Self and subscale including silencing the self, people having education till metric are scoring higher which show more self-silencing attitude. It may be due to the fact that lower education leads to suppressing the person's needs and desires to maintain any relationship. The results may be due to the level of awareness, educated people know their responsibilities and mostly argue on the basis of different daily issues. However, less educated people give more importance to their relationships and they follow societal expectations more that is the reason less educated people are more satisfied with their relation.

Table 20, One Way ANOVA across different Income groups. Dyadic Satisfaction subscale of Dyadic Adjustment shows group higher income class showed high satisfaction. This may be due to that higher middle class individuals are satisfied with their income and income is a factor which is related to marital satisfaction and vice versa. The Literature showed that financial problems contribute to lower marital satisfaction (Gudmunson, Beutler, Israelsen, Mccot & Hill, 2007). Economic distress increase marital distress (Blekesaune's, 2008).

Table 21, Showed One Way ANOVA across a number of children. On the Experience in Close Relationship Scale and its Subscale of Avoidance participants with one or two children are showing high tendencies and for its subscale anxiety with participants with four children are scoring higher than other groups. The literature guides that infertility has been the one factor which influence marital relations. (Lee, Sun & Chao, 2001) stated that infertility results in sexual and marital dissatisfaction.

In Pakistani culture, children are an essential component of happy marriage (Fatima & Ajmal, 2012). Couples without their own child are usually dissatisfied with their married life. Most such marriages end up with a divorce or second marriage of the husband. These factors result in grief and disappointment in life.

On one subscale of self-silencing subscale care as self-sacrifice showed higher result on one or two children. Care as self-sacrifice means putting the needs of others first which is one or two children leads to silencing the self. In Pakistani culture, especially mothers give first priority to their needs.

Conclusion

The primary aim of the study was to explore the mediating role of self-silencing and depression in relationship between attachment styles and marital adjustment. The finding suggested depression mediated the relation between attachment styles and marital adjustment. Secondly, it was hypothesized that Self-silencing will mediate the relationship between attachment styles and marital adjustment. No significant

relationship exists between Self-silencing and marital adjustment. So, mediating role of Self-silencing cannot be explored.

Limitation and suggestions

The study encompasses some limitations that should be considered while evaluating research findings. These limitations include.

The first limitation of the study concerns to sampling limitation. The sample of the study comprised of married individuals who consist of a group base on the similar attribute. There is a chance that these lacking attributes are also found in the whole population or there is a chance that some characteristics are lacking that a prevalent in the population. So, the findings of the study cannot be generalized to the whole population. It is suggested to conduct this study on the sample of married couples may render different results.

Secondly, replicating this study within clinical population sample may render different results as the data was collected from married individuals. Clinicians should be aware of a link between depression and self-silencing among married individuals.

Thirdly, there was no significant relationship found between self-silencing and marital adjustment. It is possible that to check the mediating relationship of self-silencing in relation between Attachment styles and marital adjustment within clinical population may render different results.

Fourthly, on the Urdu version of Dyadic Adjustment Scale by (Naseer, 2000) Exploratory Factor Analysis should be conducted. In order to get a meaningful pattern with minimum item deletion. EFA should be conducted on Dyadic Adjustment scale among married individuals in Pakistani culture.

Implication of the study

Self-silencing and Depression both are the phenomenon's which affects our day to day interaction with family, friends and others. On the other hand, from a professional point of view of teaching married individuals how to express their thoughts and feelings

is essential. Create awareness about self-silencing in educational, organizational, counseling and psychotherapeutic settings. In marital attachment issues should be paid attention by marriage and family counselors. Intervention plans should be developed which will help married individuals to enhance marital relationship. Couples having different attachment styles should be assisted by counselors educate them to achieve marital satisfaction.

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APPENDICES