

1. Why Intimate Relationships Are Important
 - a. Intimate relationships affect subjective well-being
 - i. Relationship status
 - ii. Relationship quality
 - iii. Associations with happiness
 1. Physical health
 2. Sexual intimacy
 3. Financial well-being
 - a. Relationship transitions
 - iv. Subjective happiness
 1. Selection effects
 2. Protection effects
 - b. Intimate relationships influence the well-being of children
 - i. Role of relationship status, relationship quality, and relationship transitions
 - ii. Longitudinal effects and genetic influence
 - c. Intimate relationships contribute to larger communities
 - i. Social control theory
 - d. Intimate relationships are universal
 - i. Pairbonds
 - ii. Cross-cultural research on Western and Eastern cultures (individualistic vs. collectivistic societies)
 1. Role of globalization
 - a. Arranged marriages
 - b. Westernized values in intimate relationships
 - e. Intimate relationships determine the survival of our species
 - i. Natural selection and fitness
 - ii. Oxytocin
2. What Makes a Relationship Intimate?
 - a. Interdependence
 - i. Mutual influence
 1. Between two individuals
 2. Bidirectional
 - ii. Extends over time
 - iii. Necessary for intimacy (you cannot have intimacy without) but not sufficient
 - b. Social Relationships that are Personal Relationships
 - i. Impersonal versus personal relationships
 - c. Personal Relationships that are Close Relationships
 - i. Closeness
 - d. Close Relationships that are Intimate Relationships
 - i. Sexual passion between partners that could be expressed and shared
3. Love and the Essential Mystery of Intimate Relationships
 - a. Seven attributes of love
 - b. Components of love
 - c. Types of love

MULTIPLE CHOICE

1. You are taking part in a study on relationships and pain. You are asked to place your hand in freezing-cold water for as long as you can. It becomes quite painful after a few minutes. Given what you know about the neurochemistry of close relationships, under what condition do you think you would subjectively experience the least pain?
 - a. when there is a stranger in the room with his or her hand on your shoulder
 - b. when your romantic partner is in the room with you with his or her hand on your shoulder
 - c. when you are alone in the room
 - d. when you are alone in the room but know your partner is in the room next door

ANS: B DIF: Difficult REF: Why Intimate Relationships Are Important
TOP: Why Intimate Relationships Are Important MSC: Applied

2. Married versus unmarried couples differ in terms of their well-being. Although it could be that being married provides benefits that lead to increases in well-being, it is also possible that this is a “selection effect.” A selection effect occurs when
 - a. groups of people differ not because of something special about their group but because they have chosen the group.
 - b. researchers do not randomly select the groups of people they are comparing, which results in group differences.
 - c. couples selected mates based on compatible personalities and “love” versus arranged marriages.
 - d. couples in one group are more satisfied because they are part of a select group of high-functioning couples.

ANS: A DIF: Medium
REF: Intimate Relationships Affect Our Happiness and Well-Being
TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being
MSC: Factual

3. Under what circumstances would something have a “protection effect”?
 - a. Something about a specific experience (e.g., being married) confers advantages or benefits.
 - b. Random changes in genes from one generation to the next result in increased fitness.
 - c. Love leads to a strong desire to protect the object of affection.
 - d. The family circumstances of children influence the way children will manage their own intimate relationships as adults.

ANS: A DIF: Easy
REF: Intimate Relationships Are Universal | Intimate Relationships Affect Our Happiness and Well-Being | Intimate Relationships Influence the Well-Being of Children
TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Relationship status | Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Relationship quality | Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Associations with happiness | Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Subjective happiness
MSC: Factual

4. According to your textbook, relationship quality
 - a. is influenced by a wide range of factors.
 - b. is a central focus in research on intimate relationships.
 - c. determines why some relationships last and some do not.
 - d. All of the answer options are correct.

ANS: D

DIF: Easy

REF: Intimate Relationships Affect Our Happiness and Well-Being

TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Relationship quality

MSC: Factual

5. Hari, Adam, and Neela went snowboarding and neglected to apply sunscreen. Now they all have blisters on their faces. Hari lives with his romantic partner and they have a good relationship, Adam is in a difficult relationship, and Neela has just broken up with her romantic partner. Given what you know about health and relationships, what can we say about their recovery?
- Neela will recover the quickest because she does not have to worry about taking care of another person.
 - Both Hari and Adam will recover more quickly than Neela because they are in relationships.
 - Hari will recover the quickest because Adam's relationship is difficult and Neela just broke off a relationship.
 - All of them are likely to recover equally as fast.

ANS: C

DIF: Medium

REF: Intimate Relationships Affect Our Happiness and Well-Being

TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Relationship quality | Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Associations with happiness

MSC: Applied

6. In close relationships, who is having the most sex?
- single men and women
 - married men and women
 - single men
 - dating couples

ANS: B

DIF: Easy

REF: Intimate Relationships Affect Our Happiness and Well-Being

TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Associations with happiness

MSC: Factual

7. Regarding the research on links between relationship status and mental and physical health, what can we conclude?
- There is no link between being married and feeling greater general well-being.
 - People who are single and people who live with a relationship partner have similar levels of personal well-being.
 - Even if the relationship is of poor quality, married people have greater well-being than single people.
 - People who live with a relationship partner are slightly happier than people who live alone.

ANS: D

DIF: Easy

REF: Intimate Relationships Affect Our Happiness and Well-Being

TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Associations with happiness

MSC: Factual

8. Tremayne and Jose have both been married to their partners for 30 years. Tremayne has continued to feel satisfied in his relationship with his wife; Jose, on the other hand, has found he has become less satisfied in his relationship over time. Both men suffer from congestive heart failure and are participating in a study of relationships and health. Based on material presented in the textbook, who would you expect to live longer?
- Jose, because congestive heart failure patients are more likely to die when in less satisfying intimate relationships.
 - Tremayne, because congestive heart failure patients are less likely to die when in more

satisfying intimate relationships.

- c. Tremayne, because relationship quality is associated with less activation of threat-related brain regions.
- d. Neither Tremayne nor Jose, because relationship quality is unrelated to patients' mortality rates.

ANS: B

DIF: Easy

REF: Why Intimate Relationships Are Important

TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well being:

Associations with happiness: Physical health

MSC: Applied

9. In a study of couples where one spouse had congestive heart failure, researchers evaluated relationship quality and whether it was related to mortality rates (death) in a 4-year period. What did the researchers find?
- a. Patients were less likely to die when in more satisfying intimate relationships.
 - b. Relationship quality was unrelated to patients' mortality rates.
 - c. Humans are biologically programmed to desire intimate relationships.
 - d. The partner without heart failure became increasingly unhappy in the relationship following the other partner's diagnosis.

ANS: A

DIF: Easy

REF: Why Intimate Relationships Are Important

TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well being:

Associations with happiness: Physical health

MSC: Factual

10. In a study of couples where one spouse had congestive heart failure, researchers found that patients in happier relationships were less likely to die in the 4 years following the study. What does this study illustrate?
- a. Relationship quality can have important consequences for personal outcomes.
 - b. Relationship quality declines as diseases, such as congestive heart failure, progress.
 - c. Having an important intimate relationship improves survival rates.
 - d. The physical proximity of an intimate partner reduces a person's assessment of danger and physical threat.

ANS: A

DIF: Medium

REF: Why Intimate Relationships Are Important

TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well being:

Associations with happiness: Physical health

MSC: Conceptual

11. A magnetic resonance imaging (MRI) study showed that threat-related brain structures are deactivated when women hold their husbands' hands, and, in another study, relationship communication predicted how long people may survive after a diagnosis of congestive heart failure. Why were the two different studies contrasted in the text?
- a. to show how men and women differ in relationships, with women focusing more on emotion in social relationships and men focusing more on the social hierarchy and stress
 - b. to show two different research methods—one focusing on biological measures and the other focusing on observational methods
 - c. to show two different research designs—one focusing on cross-sectional data collection and one focusing on longitudinal methods
 - d. to show two different kinds of reasons for studying relationships—one focusing on something special about relationships themselves (intrinsic reasons) and one focusing on the effects that relationships have on other important experiences (extrinsic reasons)

ANS: D

DIF: Difficult

REF: Why Intimate Relationships Are Important

TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well being:

Associations with happiness: Physical health

MSC: Conceptual

12. In an MRI study, women were told they would either have a 20 percent chance of electric shock after being shown a red X on a video monitor or no chance of electric shock after being shown a blue O while holding hands with an intimate partner, a stranger, or no one. What did the authors of the study find?
- a. Women were less likely to report feeling fear of the shock when holding hands with their partners compared to holding hands with a stranger or with no one.
 - b. Women were less likely to show activation of threat-related brain structures when holding hands with their partners or with a stranger as compared to not holding hands.
 - c. Women were less likely to show activation of threat-related brain structures when holding hands with their partners compared to holding hands with a stranger or with no one.
 - d. Women were less likely to show activation of threat-related brain structures when holding hands with their partners compared to holding hands with a stranger or with no one, but relationship quality was unrelated to the degree of activation.

ANS: C

DIF: Difficult

REF: Why Intimate Relationships Are Important

TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well being: Associations with happiness: Physical health

MSC: Factual

13. Diana, who is 4 years old, has been biting and scratching her playmates in preschool. What might you suspect as a possible cause of this behavior?
- a. Her parents may be experiencing a lot of conflict in their marital relationship.
 - b. Her parents' relationship is probably not related to her behavior.
 - c. Her parents probably also had such behavior problems when they were children.
 - d. Diana's parents probably are not getting enough sleep, and thus they are not giving her enough attention at home.

ANS: A

DIF: Easy

REF: Intimate Relationships Influence the Well-Being of Children

TOP: Why Intimate Relationships Are Important: Intimate relationships influence the well-being of children

MSC: Applied

14. In a study of 4,800 U.S. households (Rank & Hirschl, 1999), children with unmarried parents were more likely to experience severe poverty compared to black children or children with heads of household who completed less than 12 years of school. What can we conclude from this study?
- a. Being unmarried causes financial distress.
 - b. A majority of children in the United States live in poverty.
 - c. Being black and having less educated parents will protect children from poverty.
 - d. Race and education are less important in determining children's well-being than is the relationship status of the parents.

ANS: D

DIF: Medium

REF: Intimate Relationships Influence the Well-Being of Children

TOP: Why Intimate Relationships Are Important: Intimate relationships influence the well-being of children

MSC: Conceptual

15. Parents' relationships are associated with their children's behavior. Which of the following is NOT a difference between children of happy versus unhappy marriages?
- a. Children of parents with troubled marriages tend to complete fewer years of education.
 - b. Children of parents experiencing high levels of marital conflict tend to display more aggression toward peers.
 - c. Children of parents experiencing high levels of marital conflict tend to enter puberty later.
 - d. Children of parents with troubled marriages tend to have more marital problems.

ANS: C

DIF: Medium

REF: Intimate Relationships Influence the Well-Being of Children

TOP: Why Intimate Relationships Are Important: Intimate relationships influence the well-being of children
MSC: Factual

16. In a study of identical twins, where one twin was divorced and the other was not, the children of the divorced twin experienced more emotional difficulties compared to their cousins from the intact family of the other twin. Given the results of this study, we can conclude that the effects of divorce on children are
- largely attributable to genetic risk.
 - not exclusively attributable to genetic risk.
 - largely attributable to the age of the child.
 - largely offset by the presence of close relationships with the intact twin's family.

ANS: B DIF: Medium

REF: Intimate Relationships Influence the Well-Being of Children

TOP: Why Intimate Relationships Are Important: Intimate relationships influence the well-being of children
MSC: Conceptual

17. Parents' relationship conflicts are associated with which of the following in children?
- development of a secure attachment with the mother
 - development of emotional insecurity
 - increased sleep
 - decreased signs of aggression toward peers

ANS: B DIF: Easy

REF: Intimate Relationships Influence the Well-Being of Children

TOP: Why Intimate Relationships Are Important: Intimate relationships influence the well-being of children
MSC: Factual

18. According to the textbook, family disruptions cost the United Kingdom approximately \$58 billion per year in housing, social services, crime, and lost tax revenue. This is an example of
- how relationships can be considered universal.
 - social conformity.
 - social control theory.
 - how relationships contribute to the larger community.

ANS: D DIF: Medium

REF: Intimate Relationships Contribute to Larger Communities

TOP: Why Intimate Relationships Are Important: Intimate relationships contribute to larger communities
MSC: Applied

19. Evidence for the idea that relationships act as a form of social control was found in a study of cocaine use among men. In this study the only group of men that showed an increase in cocaine use was men who were _____ at baseline and were _____ two years later.
- single; engaged
 - engaged; married
 - married; divorced
 - divorced; married

ANS: C DIF: Easy

REF: Intimate Relationships Contribute to Larger Communities

TOP: Why Intimate Relationships Are Important: Intimate relationships contribute to larger communities: Social control theory | Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being: Relationship quality
MSC: Factual

20. In one study of how love is experienced and perceived in the United States and China, researchers compared the lyrics of popular love songs from each country. In another study of how love is experienced and perceived in the United States and China, researchers interviewed young adults about their views on love. What can be concluded from these two studies?
- There are sufficient differences in how love is viewed to support the notion that love is not a universal emotion.
 - In the United States, love is viewed as a more passionate experience but one that has the potential to lead to great sorrow in comparison to how it is viewed in China.
 - In China, love is viewed as perhaps a more enduring emotion but one that is associated with unrequited feelings (unfulfilled love) in comparison to how it is viewed in the United States.
 - In China, collective societal goals and obligations take precedence over individual goals, and thus love is viewed as irrelevant.

ANS: C

DIF: Difficult

REF: Intimate Relationships Are Universal

TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures

MSC: Factual

21. Results from cross-cultural studies of American and Chinese young adults show that
- young Americans are more likely to believe their love is destined by fate, whereas young Chinese are more likely to view love as a personal test they must pass.
 - young Chinese are more likely to believe their love is destined by fate, whereas young Americans are more likely to view love as a personal test they must pass.
 - young Americans are more likely to view love as intensely positive, whereas young Chinese are more likely to view love as negatively tinged.
 - young Chinese are more likely to view love as intensely positive, whereas young Americans are more likely to view love as negatively tinged.

ANS: C

DIF: Easy

REF: Intimate Relationships Are Universal

TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures

MSC: Factual

22. Huang, an 18-year-old Chinese student, and Jim, a 19-year-old American student, participate in a cross-cultural study about love. Huang's description of love is more likely to mention _____ than is Jim's description of love.
- disappointment
 - personal happiness
 - intense longing
 - continuing beyond death

ANS: A

DIF: Medium

REF: Intimate Relationships Are Universal

TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures

MSC: Applied

23. Based on research comparing China and the United States, the experience of romantic love is _____, and the expression of romantic love is _____.
- the same; also the same
 - the same; different
 - different; the same
 - different; also different

ANS: D

DIF: Easy

REF: Intimate Relationships Are Universal

TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures

MSC: Factual

24. What conclusions can we draw from interviews conducted with more than 10,000 Chinese couples on understanding associations between types of marriages and relationship satisfaction?
- Couples in arranged marriages were more maritally satisfied than couples in "love" marriages.

- b. Couples in “love” marriages were more maritally satisfied than couples in arranged marriages.
- c. There were no differences in marital satisfaction between couples in “love” marriages and couples in arranged marriages.
- d. Marriages arranged by friends were more satisfying than marriages arranged by family members.

ANS: B DIF: Easy REF: Intimate Relationships Are Universal
 TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures: Role of globalization: Arranged marriages
 MSC: Factual

25. Xiao Xu and Ming Ho are a young Chinese couple who married after falling in love while studying at university. They are friends with another young couple, On Ki and Seung Won, whose marriage was arranged by their parents. Based on research presented in the text, what would you predict about these couples’ marital satisfaction?
- a. Xiao Xu and Ming Ho will be more maritally satisfied than On Ki and Seung Won.
 - b. On Ki and Seung Won will be more maritally satisfied than Xiao Xu and Ming Ho.
 - c. There will be no differences in marital satisfaction between the two couples.
 - d. We cannot make predictions about the marital satisfaction of these couples because the research about marital satisfaction in arranged versus love marriages is inconclusive.

ANS: A DIF: Easy REF: Intimate Relationships Are Universal
 TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures: Role of globalization: Arranged marriages
 MSC: Applied

26. The nature of marriage and family has changed over the past few hundred years. Which of the following is NOT one of those changes?
- a. Cohabiting relationships are increasing.
 - b. The number of children born to unmarried parents is increasing.
 - c. Couples are becoming less likely to value and desire marriage.
 - d. The number of couples living together (cohabiting) that marry within 3 years has declined.

ANS: C DIF: Medium REF: Intimate Relationships Are Universal
 TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures: Role of globalization: Westernized values in intimate relationships
 MSC: Factual

27. Intimate relationships are implicated in the mechanisms of evolution because the ways in which individuals attract and select each other as mates appear to have direct or indirect consequences on
- a. happiness.
 - b. pairbonds.
 - c. natural selection.
 - d. fitness.

ANS: D DIF: Easy
 REF: Intimate Relationships Determine the Survival of Our Species
 TOP: Why Intimate Relationships Are Important: Intimate relationships determine the survival of our species
 MSC: Applied

28. You participate in a study where researchers scan your brain using MRI technology while you look at a picture of your intimate partner. Researchers should see increased activity in areas of your brain associated with
- a. positive emotions.
 - b. sympathy.
 - c. critical social judgments.
 - d. emotion dysregulation.

ANS: A DIF: Medium

REF: Intimate Relationships Determine the Survival of Our Species

TOP: Why Intimate Relationships Are Important: Intimate relationships determine the survival of our species
MSC: Applied

29. You participate in a study where researchers scan your brain using MRI technology while you look at a picture of your intimate partner. Researchers should see decreased activity in areas of your brain associated with
- a. positive emotions.
 - b. sympathy.
 - c. critical social judgments.
 - d. emotion regulation.

ANS: C DIF: Easy

REF: Intimate Relationships Determine the Survival of Our Species

TOP: Why Intimate Relationships Are Important: Intimate relationships determine the survival of our species
MSC: Applied

30. MRI research investigating brain activation when individuals gaze at their intimate partners supports the distinction between _____ and _____ relationships.
- a. interdependent; personal
 - b. personal; impersonal
 - c. personal; close
 - d. close; intimate

ANS: D DIF: Medium

REF: Intimate Relationships Determine the Survival of Our Species

TOP: Why Intimate Relationships Are Important: Intimate relationships determine the survival of our species
MSC: Conceptual

31. What is the importance of the neuropeptide oxytocin in human bonding?
- a. Oxytocin is released during intimate physical contact and results in feelings of calmness, sociability, and trust.
 - b. Oxytocin enhances sexual desire and thus increases inclusive fitness.
 - c. A lack of oxytocin results in depression and anxiety, which impede the formation of close relationships.
 - d. Oxytocin is responsible for the development of monogamous relationships in humans.

ANS: A DIF: Medium

REF: Intimate Relationships Determine the Survival of Our Species

TOP: Why Intimate Relationships Are Important: Intimate relationships determine the survival of our species: Oxytocin MSC: Conceptual

32. What is the significance of the findings linking oxytocin and human bonding?
- a. Romantic love, like sexual desire, is at least in part biologically based.
 - b. Injections of oxytocin may decrease chances of infidelity.
 - c. Romantic love is a socially constructed concept.
 - d. The release of oxytocin is unrelated to human bonding.

ANS: A DIF: Easy

REF: Intimate Relationships Determine the Survival of Our Species

TOP: Why Intimate Relationships Are Important: Intimate relationships determine the survival of our species: Oxytocin MSC: Factual

33. Pei-Pei just met Samuel, and, when they are together, she feels a surge of excitement and sexual desire. What is the likely biological cause of these feelings?
- a. Pei-Pei took a drug, such as cocaine, that has activated certain brain regions that produce

feelings of arousal.

- b. Pei-Pei is experiencing a decrease in oxytocin, a neuropeptide linked to bonding.
- c. Pei-Pei is experiencing a release of hormones from the pituitary and hypothalamus.
- d. Pei-Pei is experiencing physiological and psychological interdependence with Samuel.

ANS: C DIF: Medium

REF: Intimate Relationships Determine the Survival of Our Species

TOP: Why Intimate Relationships Are Important: Intimate relationships determine the survival of our species: Oxytocin MSC: Applied

34. Which of the following is NOT a defining element of an intimate relationship?

- a. mutual influence between partners
- b. considering the partner unique
- c. positive feelings toward the partner
- d. the potential for erotic contact

ANS: C DIF: Easy

REF: What Makes a Relationship Intimate?

TOP: What Makes a Relationship Intimate?

MSC: Factual

35. Your friend Yayoi recently started dating someone new. Which of the following is NOT one of the features you would look for if you were trying to determine whether she and her new partner have formed an intimate relationship?

- a. sexual passion
- b. positive feelings toward each other
- c. considering each other irreplaceable
- d. interdependence

ANS: B DIF: Difficult

REF: What Makes a Relationship Intimate?

TOP: What Makes a Relationship Intimate?

MSC: Applied

36. According to the textbook, the defining feature of a relationship is:

- a. accepting your partner's specific faults.
- b. awareness of the other.
- c. closeness.
- d. interdependence.

ANS: D DIF: Easy

REF: Interdependence Is the Cornerstone of Relationships

TOP: What Makes a Relationship Intimate?: Interdependence MSC: Factual

37. Which of the following is NOT a key aspect of interdependence in relationships?

- a. Interdependence is bidirectional.
- b. Interdependence involves continuity over time.
- c. Interdependence must include intimacy.
- d. Interdependence exists between two partners.

ANS: C DIF: Easy

REF: Interdependence Is the Cornerstone of Relationships

TOP: What Makes a Relationship Intimate?: Interdependence MSC: Factual

38. On his way home from work each day, Abdul buys his favorite bread from Nisa's bakery. As defined by your textbook, which element of interdependence is likely missing from Abdul and Nisa's relationship?

- a. bidirectionality
- b. continuity over time

- c. intimacy
- d. All of the answer options are likely present in Abdul and Nisa's relationship.

ANS: C DIF: Medium

REF: Interdependence Is the Cornerstone of Relationships

TOP: What Makes a Relationship Intimate?: Interdependence MSC: Applied

39. Mutual influence is to _____ as sexual passion is to _____.
- a. interdependence; intimate relationships
 - b. intimate relationships; interdependence
 - c. interdependence; closeness
 - d. closeness; interdependence

ANS: A DIF: Easy

REF: Interdependence Is the Cornerstone of Relationships | Only Some Close Relationships Are Intimate Relationships

TOP: What Makes a Relationship Intimate?: Interdependence | What Makes a Relationship Intimate?: Close relationships that are intimate relationships: Sexual passion between partners that could be expressed and shared MSC: Conceptual

40. Dale and Jonathon met a year ago in an introductory chemistry class. Being psychology majors, they were both nervous about taking chemistry as an elective. They ended up sharing notes and studying together, and they did well in the course. Since then, Dale and Jonathon have kept in touch and occasionally go out together on the weekend. Which of the following best characterizes Dale and Jonathon's relationship?
- a. an impersonal relationship
 - b. a personal relationship
 - c. an intimate relationship
 - d. a close relationship

ANS: B DIF: Medium

REF: Interdependence Is the Cornerstone of Relationships | Only Some Social Relationships Are Personal Relationships | Only Some Personal Relationships Are Close Relationships

TOP: What Makes a Relationship Intimate?: Interdependence | What Makes a Relationship Intimate?: Personal relationships that are close relationships: Closeness MSC: Applied

41. Impersonal relationships tend to be _____, whereas personal relationships tend to be _____.
- a. informal and emotionally connected; formal and task-oriented
 - b. formal and task-oriented; informal and emotionally connected
 - c. formal and task-oriented; relatively happy
 - d. relatively happy; informal and emotionally connected

ANS: B DIF: Medium

REF: Only Some Social Relationships Are Personal Relationships

TOP: What Makes a Relationship Intimate?: Social relationships that are personal relationships: Interpersonal versus personal relationships MSC: Conceptual

42. The relationship between a lawyer and her client would be considered a(n) _____ relationship, and the relationship between an aunt and niece would be considered a(n) _____ relationship.
- a. impersonal; personal
 - b. personal; impersonal
 - c. emotional; task-oriented
 - d. close; emotional

ANS: A DIF: Easy

REF: Only Some Social Relationships Are Personal Relationships

TOP: What Makes a Relationship Intimate?: Social relationships that are personal relationships: Interpersonal versus personal relationships MSC: Conceptual

43. Sandra regularly stops at a particular coffee shop on her way to work. Although she prefers it when Yasir makes her latté, she does not mind when Jamila makes it. How would you characterize Sandra's relationship with Yasir?
- a. close relationship
 - b. intimate relationship
 - c. personal relationship
 - d. impersonal relationship

ANS: D

DIF: Difficult

REF: Only Some Social Relationships Are Personal Relationships

TOP: What Makes a Relationship Intimate?: Social relationships that are personal relationships:

Interpersonal versus personal relationships

MSC: Applied

44. Bradley buys organic steak from his favorite butcher shop every Saturday. He prefers it when Veronica slices the steak for him, but he does not mind when Ruth slices it. How would you characterize Bradley's relationship with Veronica?

- a. personal relationship
- b. impersonal relationship
- c. close relationship
- d. distant relationship

ANS: B

DIF: Difficult

REF: Only Some Social Relationships Are Personal Relationships

TOP: What Makes a Relationship Intimate?: Social relationships that are personal relationships:

Interpersonal versus personal relationships

MSC: Applied

45. All of the following are key features of a close relationship EXCEPT:

- a. the partners have a strong influence over one another.
- b. the partners are happy in the relationship.
- c. the partners are emotionally engaged in the relationship.
- d. the partners treat each other as unique individuals.

ANS: B

DIF: Medium

REF: Only Some Personal Relationships Are Close Relationships

TOP: What Makes a Relationship Intimate?: Personal relationships that are close relationships:

Closeness

MSC: Factual

46. According to your textbook, which of the following distinguishes an intimate relationship from a close relationship?

- a. the potential for sexual intimacy
- b. the frequency of interaction
- c. enduring interdependence
- d. positive feelings toward the partner

ANS: A

DIF: Easy

REF: Only Some Close Relationships Are Intimate Relationships

TOP: What Makes a Relationship Intimate?: Close relationships that are intimate relationships:

Sexual passion between partners that could be expressed and shared

MSC: Factual

47. Casey has gone on several dates with John, and she cannot stop thinking about him. She believes that he is the best person she has ever met. Which two attributes of love is Casey likely to be experiencing?

- a. caring and preoccupation
- b. joy and desire
- c. idealization and preoccupation
- d. idealization and proximity

ANS: C

DIF: Medium

REF: Love and the Essential Mystery of Intimate Relationships

TOP: Love and the Essential Mystery of Intimate Relationships: Seven attributes of love

MSC: Applied

48. Before he was in a relationship with Mark, David used to love going to concerts. Now that their relationship has become more serious, David spends less time and money going to concerts and more time with Mark. Which attribute of love best explains David's change in behavior?
- preoccupation
 - idealization
 - proximity
 - prioritizing

ANS: D DIF: Medium

REF: Love and the Essential Mystery of Intimate Relationships

TOP: Love and the Essential Mystery of Intimate Relationships: Seven attributes of love

MSC: Applied

49. Ulrich writes to his friend Anna in a text message, "Shall we plan for another summer fling?" What type of love does this exemplify?
- companionate love
 - romantic love
 - fatuous love
 - consummate love

ANS: B DIF: Medium

REF: Love and the Essential Mystery of Intimate Relationships

TOP: Love and the Essential Mystery of Intimate Relationships: Components of love | Love and the Essential Mystery of Intimate Relationships: Types of love

MSC: Applied

50. Many couples aspire to have _____ love; however, few are able to sustain it.
- romantic
 - companionate
 - fatuous
 - consummate

ANS: D DIF: Easy

REF: Love and the Essential Mystery of Intimate Relationships

TOP: Love and the Essential Mystery of Intimate Relationships: Components of love | Love and the Essential Mystery of Intimate Relationships: Types of love

MSC: Factual

51. Considering the concept of love, which of the following statements is true?
- Passion develops after commitment, and it decreases over time.
 - Passion develops at the same time as commitment, and it decreases over time.
 - Commitment develops first and most rapidly over time.
 - Intimacy develops first and most rapidly over time.

ANS: D DIF: Difficult

REF: Love and the Essential Mystery of Intimate Relationships

TOP: Love and the Essential Mystery of Intimate Relationships: Components of love | Love and the Essential Mystery of Intimate Relationships: Types of love

MSC: Factual

ESSAY

- On a long flight to a conference, you get into a debate with your seatmate about whether it is better to be in an intimate relationship or not. What would you argue and why?

ANS:

Relationship status is related to well-being; people in intimate relationships generally fare better than people who are not. However, relationships vary greatly in quality, and poor relationships negatively affect well-being; single, divorced, and noncohabiting people are less happy than those who live with a partner, although the differences are small. Although being in an intimate relationship seems superior to being single, single individuals may create social networks that contribute to satisfaction and compensate for the lack of an intimate partnership. There also may be some advantages to being single; single people do not have to face the end of a relationship (i.e., transition) or deal with some of the more distressing aspects of intimate relationships, such as infidelity and partner violence. Although the research suggests that being in an intimate relationship leads to better physical and mental health, it should be noted that these links might reflect selection effects, and thus we cannot draw causal conclusions. However, there is some reason to speculate that better-functioning relationships do indeed lead to improved personal functioning; couples therapy that leads to improvements in relationship quality also leads to reduction in depression.

DIF: Difficult REF: Intimate Relationships Affect Our Happiness and Well-Being
 TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being:
 Associations with happiness MSC: Conceptual

2. According to your textbook authors, by examining relationship quality, researchers can hope to answer the critical question: Why do relationships sometimes thrive and sometimes falter? Define what is meant by relationship quality, and briefly discuss why it is important to try to answer this question.

ANS:

Relationship quality can be defined as how satisfied people are with their relationships—how good or bad they perceive their relationships to be. Because variability in relationships has profound consequences for our health and well-being, relationship scientists strive to understand how relationship quality varies for different people, for different relationships, and at different times in the same relationship. Gaining control over variability in intimate relationships might allow relationship scientists to empower more people to have better relationships and healthier lives.

DIF: Medium REF: Intimate Relationships Affect Our Happiness and Well-Being
 TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being:
 Subjective happiness MSC: Factual

3. Discuss and contrast how intimate relationships influence biological, psychological, and social well-being.

ANS:

Generally speaking, the reasons human relationships are important fall into two broad categories: (1) The capacity for relationships and pairbonds appears to be universal, be biologically determined, and function to ensure the survival of the species; and (2) The presence and quality of intimate relationships affect other factors, such as the personal, physical, and psychological well-being of other family members, especially children. The first broad category of reasons describes the normative processes in relationship functioning, and the second broad category describes the individual aspects of relationship functioning (i.e., how individual differences in relationship quality affect other outcomes).

DIF: Easy REF: Why Intimate Relationships Are Important
 TOP: Why Intimate Relationships Are Important: Intimate relationships affect subjective well-being |
 Why Intimate Relationships Are Important: Intimate relationships influence the well-being of children
 | Why Intimate Relationships Are Important: Intimate relationships determine the survival of our
 species MSC: Conceptual

4. Adam has been in trouble with the law since he was a young adolescent. He started with petty crimes, such as vandalism and theft, and eventually he engaged in more serious criminal activity until his most recent conviction for robbery. While on parole, Adam met Janeane, and the two are now married. Although they both have steady part-time work, Adam and Janeane often argue about finances and are generally dissatisfied with their relationship. Based on material discussed in the text, explain the influence Adam's relationship with Janeane is likely to have on his offending behavior.

ANS:

Intimate relationships play a key role in the process by which offenders desist from crime (or decrease the number or severity of crimes they commit). Research has shown that men who have engaged in criminal activity but who marry, have good marriages, stay married, and have stable jobs are more likely to decrease their levels of criminal activity. However, further analyses show that it is the *quality* of the marriage rather than its mere *presence* that most influences criminal offenses. According to social control theory, the fact that Adam is married and has steady work suggests he would desist from crime. This conclusion is tempered, however, by the fact that his and Janeane's marriage appears to be generally dissatisfying and that they often argue about finances. Consequently, we can not conclude that Adam will desist from criminal activity nor that he will continue engaging in criminal activity.

DIF: Difficult

REF: Intimate Relationships Contribute to Larger Communities

TOP: Why Intimate Relationships Are Important: Intimate relationships contribute to larger communities: Social control theory

MSC: Applied

5. You are asked to appear on a radio talk show to discuss arranged marriages. Given the research discussed in the text, what would you say about the nature of arranged marriages, how rates of arranged marriages are changing, and what the consequences are of those changes? What differences would you expect to find between arranged marriages and "love" marriages and why?

ANS:

Arranged marriages are more common in non-Western cultures, but the rates are declining with the globalization of Western values. It is also possible that the declining rate of arranged marriages means that non-arranged marriages result in more satisfying marriages. For example, Chinese couples who chose their partners were more satisfied compared to those whose marriages were arranged. This result could mean that the spouses married for love, which leads to more satisfying marriages, or that couples do not have to work as hard to maintain a relationship when the choice of mate was their own rather than their parents' or friends' choice.

DIF: Medium

REF: Intimate Relationships Are Universal

TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures: Role of globalization: Arranged marriages

MSC: Conceptual

6. The nature of marriage in Western culture has been changing over the past few hundred years. Briefly describe some of the changes, as well as the consequences—positive and negative—for the individual, the family, and society.

ANS:

In the last few hundred years, marriage has become less of an institution or contractual bond and more of an intimate, personal relationship. Strict social norms have changed; the responsibilities of marriage were once institutionalized by religious and legal codes, but these institutions have weakened. There has also been an increase in the pressure for marriage to fulfill more needs (e.g., companionship, sexual fulfillment, romance, economic security, stable child-rearing environment). Increased mobility of the family and increased involvement of women in outside work have resulted in reduced monitoring of children and a decline in the involvement of extended family. Generally, the shift in the definition of marriage and family has placed a large strain on the family unit and on the romantic partners. There is great opportunity for fulfillment but also great opportunity for disappointment and stress if the marriage is functioning poorly.

DIF: Medium REF: Intimate Relationships Are Universal

TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures: Role of globalization: Westernized values in intimate relationships
MSC: Factual

7. Discuss how the capacity for human love and intimacy is both a biological and a social-cultural phenomenon.

ANS:

One could argue that the capacity for human love and intimacy is both a biological and a sociocultural phenomenon. There is evidence to support the universal, innate, and biological basis of love. For example: (1) the role of oxytocin in pairbonds; (2) evidence that the presence of an intimate partner reduces activity in fear-related brain structures; and (3) the universality of concepts of love. However, evidence also exists to suggest that the experience of intimate relationships and the way in which human love and intimacy are manifested differs across cultures, societies, and even time. For example: (1) conceptions of love differ across cultures (e.g., song lyrics in China and the United States and Chinese and North American students' descriptions of love are qualitatively different); (2) people initiate relationships in different ways in different cultures; and (3) family composition varies across cultures.

DIF: Easy

REF: Intimate Relationships Are Universal | Intimate Relationships Determine the Survival of Our Species

TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures: Role of globalization: Westernized values in intimate relationships
MSC: Conceptual

8. Contrast how love is experienced and perceived in individualistic societies, such as in the United States, and in collectivist societies, such as China.

ANS:

Young Americans are more likely to view love as intensely positive and equated with personal happiness, whereas young Chinese are more likely to view love as tinged with unrequited feelings, infatuation, and sorrow. Further differences are reflected in song lyrics. Although songs in the two places express a similar intensity of desire and longing, song lyrics in China refer to love as more enduring or more deeply embedded in nature and are more likely to include thoughts of suffering, sadness, and pain, resulting in feelings of disappointment or regret.

DIF: Easy REF: Intimate Relationships Are Universal

TOP: Why Intimate Relationships Are Important: Intimate relationships are universal: Cross-cultural research on Western and Eastern cultures: Role of globalization: Westernized values in intimate relationships
MSC: Factual

9. Discuss the importance and significance of oxytocin in human bonding.

ANS:

Oxytocin is a neuropeptide that is released during intimate physical contact (e.g., holding, caressing, kissing, and sexual intercourse). Oxytocin appears to reduce activity in fear-related brain structures (e.g., the amygdala and the hypothalamus), and the release of oxytocin may result in feelings of calmness, sociability, and trust. If we link these findings to the research on prairie voles, where oxytocin facilitates lifelong pairbonding, and the MRI studies that reveal reduced activity in threat-related brain structures when women hold the hands of their partners, we can infer that oxytocin may facilitate human bonding.

DIF: Medium

REF: Intimate Relationships Determine the Survival of Our Species

TOP: Why Intimate Relationships Are Important: Intimate relationships determine the survival of our species: Oxytocin

MSC: Factual

10. Explain why interdependence, although a *necessary* condition for intimacy, is not a *sufficient* condition for intimacy.

ANS:

Interdependence is a defining feature of *all* relationships; however, many relationships are interdependent without intimacy (e.g., patient and doctor). Such impersonal relationships tend to be formal and task-oriented. In contrast, intimate (personal) relationships tend to engage us at a deeper emotional level; in such relationships, people treat each other as unique individuals.

DIF: Medium

REF: Interdependence Is the Cornerstone of Relationships | Only Some Social Relationships Are Personal Relationships

TOP: What Makes a Relationship Intimate?: Interdependence | What Makes a Relationship Intimate?: Social relationships that are personal relationships

MSC: Conceptual

11. Describe the four defining features of an intimate relationship.

ANS:

The four defining features of an intimate relationship are: (1) Interdependence (partners have mutual influence over each other); (2) Partners view each other as unique; (3) Closeness (partners have strong and frequent influence over one another across a variety of activities); and (4) Intimacy (the relationship includes sexual passion). All four of these features must be present for a relationship to be considered intimate.

DIF: Easy

REF: What Makes a Relationship Intimate?

TOP: What Makes a Relationship Intimate?: Interdependence | What Makes a Relationship Intimate?: Personal relationships that are close relationships: Closeness | What Makes a Relationship Intimate?: Close relationships that are intimate relationships: Sexual passion between partners that could be expressed and shared

MSC: Factual

12. Imagine you play matchmaker and introduce your good friends, Pat and Chris, to each other. You know they both enjoy creative writing and a love of the outdoors. Assume that Pat and Chris have begun to spend more and more time together. What features would you look for if you were trying to determine whether Pat and Chris have formed an intimate relationship?

ANS:

To determine if Pat's and Chris' relationship is to be considered intimate, you would look at the answers to four questions: (1) Do Pat and Chris affect each other's behavior? (i.e., is there evidence of interdependence?); (2) Do they view each other as special and unique?; (3) Do they have a strong and frequent influence over one another across a variety of activities? (i.e., is there evidence of closeness?); and (4) Does their relationship include sexual passion (intimacy)?

DIF: Difficult REF: What Makes a Relationship Intimate?

TOP: What Makes a Relationship Intimate?: Interdependence | What Makes a Relationship Intimate?:

Personal relationships that are close relationships: Closeness | What Makes a Relationships Intimate?:

Close relationships that are intimate relationships: Sexual passion between partners that could be expressed and shared

MSC: Applied

13. Although your textbook focuses on intimate relationships, the authors argue that we cannot understand intimate relationships without also discussing close relationships more broadly. Explain why only some close relationships may be considered intimate relationships.

ANS:

Our experiences in intimate relationships are partly determined by our experiences in close relationships with others in our lives (e.g., parents, siblings). In addition, our intimate relationships develop in the context of other relationships (e.g., friendships, family bonds). Our intimate relationships can also be affected by relatively impersonal or task-oriented relationships (e.g., with colleagues at work).

DIF: Medium REF: Only Some Close Relationships Are Intimate Relationships

TOP: What Makes a Relationship Intimate?: Personal relationships that are close relationships:

Closeness

MSC: Conceptual

14. Your friend Jen calls you one night for some relationship advice. She tells you about Cam, a guy that she has been dating for approximately 2 weeks. Jen tells you that they text each other often and that they have great sexual chemistry; however, she cannot figure out why Cam is not willing to call her his "girlfriend" and tell people they are exclusively dating each other. Based on the material discussed in the text about the intensity of intimacy, passion, and commitment, what advice would you give Jen?

ANS:

Intimacy, passion, and commitment develop at different rates in a romantic relationship. Intimacy typically develops first (and rapidly) as partners begin to learn about each other. As partners' sense of intimacy grows, so does their sexual passion for one another; however, intimacy diminishes over time. Commitment for one's partner typically develops after the first month of the relationship. Therefore, it is not surprising that Jen and Cam are spending a lot of time getting to know one another (intimacy) and have great sexual chemistry (passion), despite Cam's not wanting to commit just yet. It is also important that Jen keeps in mind that intimacy is different from commitment, something that "comes easily" when people are committed to keeping their relationship going.

DIF: Difficult REF: Love and the Essential Mystery of Intimate Relationships

TOP: Love and the Essential Mystery of Intimate Relationships: Components of love

MSC: Applied

15. Distinguish fatuous love from companionate love.

ANS:

Fatuous love is marked by the presence of passion and commitment and a lack of intimacy. Individuals who experience fatuous love are often thought of as those who “fall in love with the idea of falling in love.” Companionate love is marked by the presence of intimacy and commitment and a lack of passion. This type of love may be common in couples who have been together for a long time, as the frequency of sexual passion decreases over time.

DIF: Easy

REF: Love and the Essential Mystery of Intimate Relationships

TOP: Love and the Essential Mystery of Intimate Relationships: Components of love | Love and the Essential Mystery of Intimate Relationships: Types of love

MSC: Factual

16. After dating for two years, Yayoi and her partner, Tom, recently became engaged. Yayoi is participating in a study where she is asked to describe what she believes are the defining features of love. Based on material presented in the text, what essential attributes would you expect Yayoi to describe?

ANS:

Research has identified seven essential attributes of love. These are: (1) Desire (wanting to be united with the partner, physically and emotionally); (2) Idealization (believing the partner is unique and special); (3) Joy (experiencing very strong, positive emotions); (4) Preoccupation (thinking a lot about the partner and having little control over when these thoughts occur); (5) Proximity (taking steps to maintain or restore physical closeness or emotional contact with the partner); (6) Prioritizing (reordering priorities and goals, so that maintaining the relationship is given more importance than other interests and responsibilities); and (7) Caring (experiencing and expressing feelings of empathy and compassion for the partner).

DIF: Medium

REF: Love and the Essential Mystery of Intimate Relationships

TOP: Love and the Essential Mystery of Intimate Relationships: Components of love | Love and the Essential Mystery of Intimate Relationships: Types of love

MSC: Applied