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# ASSOCIATIONS BETWEEN CAPITALIZATION AND DYADIC COPING IN COUPLE RELATIONSHIPS

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## **DYADIC COPING**

**STRESS COMMUNICATION**  
(verbal, non-verbal, paraverbal)

**FEEDBACK**

**PERCEPTION OF STRESS SIGNALS**

**Margherita**

**Simone**

**PERCEPTION OF COPING RESPONSES**

**APPRAISAL OF STRESS SIGNALS**

**COPING RESPONSES**



## **THEORETICAL BACKGROUND**

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Perceptions of partner support are important predictors of couples' satisfaction, even more than the partner's actual support.

Considering the other as a reliable source of support, no matter in what circumstances, is also a fundamental aspect of a secure attachment bond between partners and therefore of their relationship quality and stability.

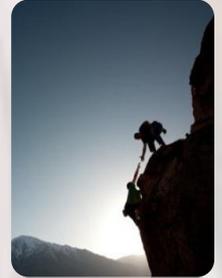
*Where does this perception of the other as responsive and worth of trust come from? What are the circumstances in which such perceptions are founded?*

## THEORETICAL BACKGROUND



Today I've had an argument with my boss...

What happened?  
Can I do anything for you?



### **DYADIC COPING**

It is the interplay between a partner's signals of stress and the other partner's coping reactions, a genuine act of shared coping (Revenson, Kayser, & Bodenmann, 2005).

### CAPITALIZATION PROCESS

It is the process through which people share good news with the partner, who in turn responds in a way that maximizes the benefits of the event (Gable, Gonzaga, & Strachman, 2006; Langston, 1994).

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I've got a promotion at work!

That is great! I am so proud of you! I know how important it was for you!



## THEORETICAL BACKGROUND

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### ***DIFFERENCES***

- Type of events (positive for capitalization, negative for dyadic coping);
- Dyadic aspect of the event management is more explicit in dyadic coping

### ***SIMILARITIES***

- Focus on critical daily events;
- Importance of the partner's reaction;
- Inclusion of positive and negative responses from the partner;
- Implications for individual and relational well-being;
- Starting point: communication

## THEORETICAL BACKGROUND

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Where does my perception of the other as supportive or unsupportive come from?

Does it depend on how I perceive him/her when I need his/her help? or is it a reflection of my perception of his/her responses when I share a positive event?

Moreover, do these associations differ for men and women?

### What is the most informative/diagnostic context for partners?

Positive events more frequent than negative ones (3:1; Gable & Haidt, 2005)

Capitalization likely engaged more frequently than dyadic coping

Negative events more salient than positive ones

People more urged to deal with negative than with positive events (Baumeister, Bratslavsky, Finkenauer, & Vohs, 2001)

Only a few studies on this issue:

- Daily capitalization contributes to the perceived availability of support to future negative events (Gable, Gosnell, Maisel, & Strachman, 2012).
- Daily vs. typical responses to positive and negative events are different and have different consequences for couples (Gosnell & Gable, 2015).

## GENERAL AIM

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The general aim of the present study was to analyze whether and how partners' perceptions of the other's dyadic coping and capitalization typical/dispositional responses were associated over time, specifically testing for the direction of effects.



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## METHOD

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### PARTICIPANTS

188 heterosexual couples ( $N = 376$  subjects) from the North Italy ( $M_{\text{men's age}} = 47.75$ ,  $SD = 7.39$ ;  $M_{\text{women's age}} = 44.80$ ,  $SD = 6.58$ ) whose relationship had a duration of, at least, 3 years ( $M_{\text{relationship duration}} = 18$  years,  $SD = 7.76$ ).

### DESIGN

Two self-report questionnaires (six-months interval)



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## METHOD

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### MEASURES

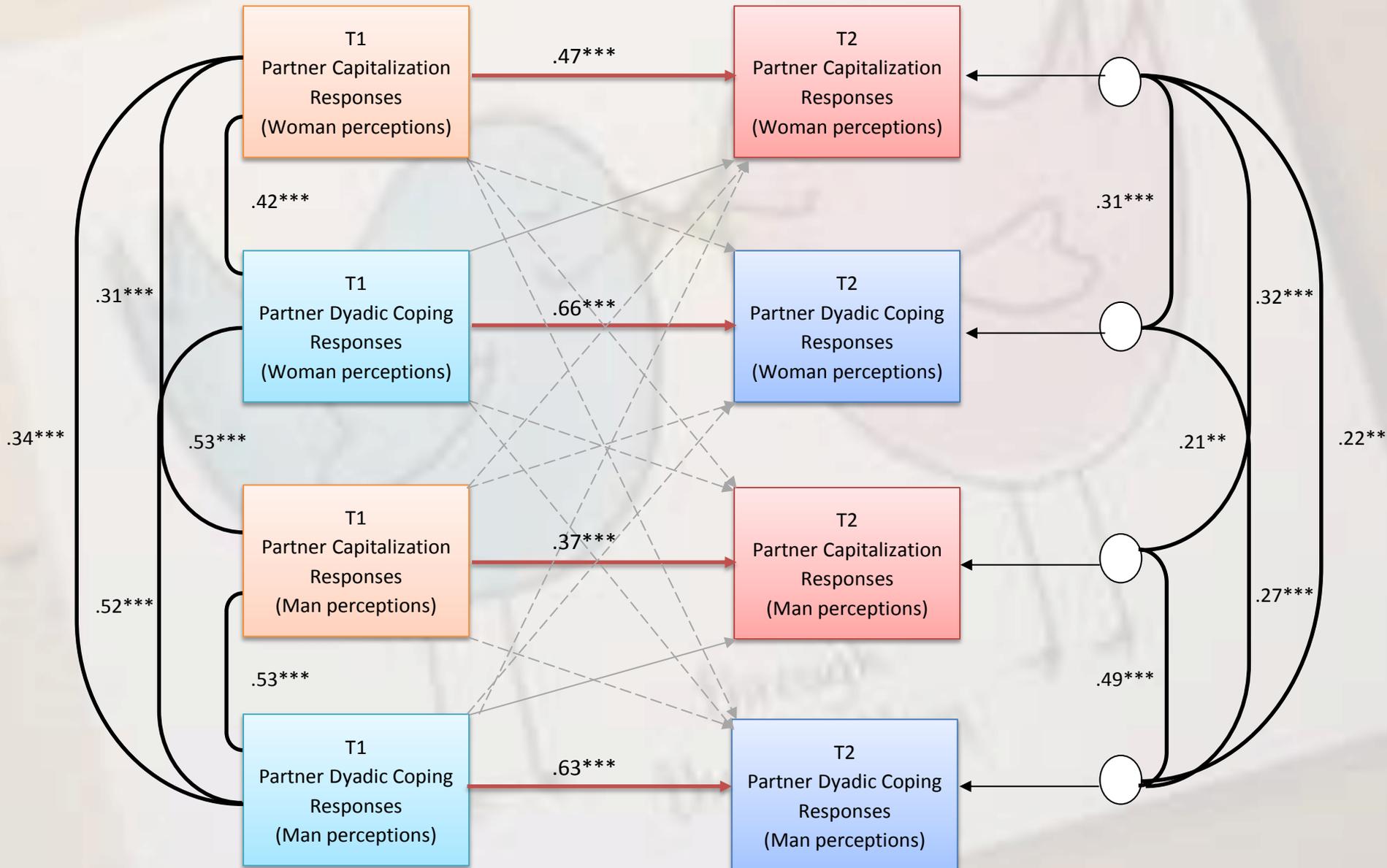


- **Perceived Responses to Capitalization Attempts scale** (PRCA; Gable, Reis, Impett, & Asher, 2004; Pagani, Donato, & Iafrate, 2013) → Positive and negative capitalization responses
- **Dyadic Coping Questionnaire** (Fragebogen zur Erfassung des Dyadischen Copings als stabile Tendenz; FDCT-N, Bodenmann, 1997; Donato et al., 2009) → Positive and negative dyadic coping

### DATA ANALYSIS

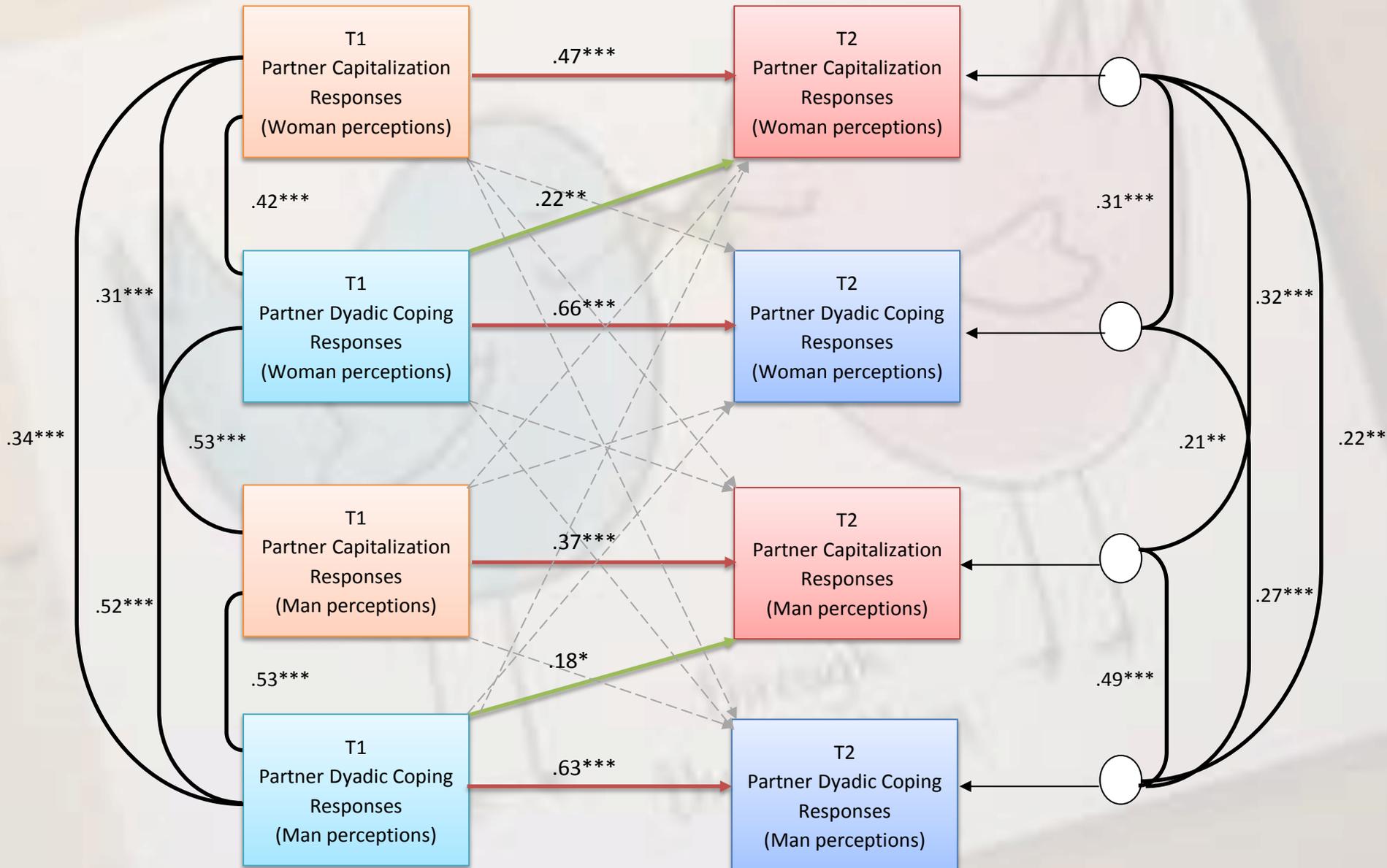
**Actor-partner interdependence model** (APIM, Kenny, 1996; Kenny & Cook, 1999)

# RESULTS: POSITIVE CAPITALIZATION and POSITIVE CD



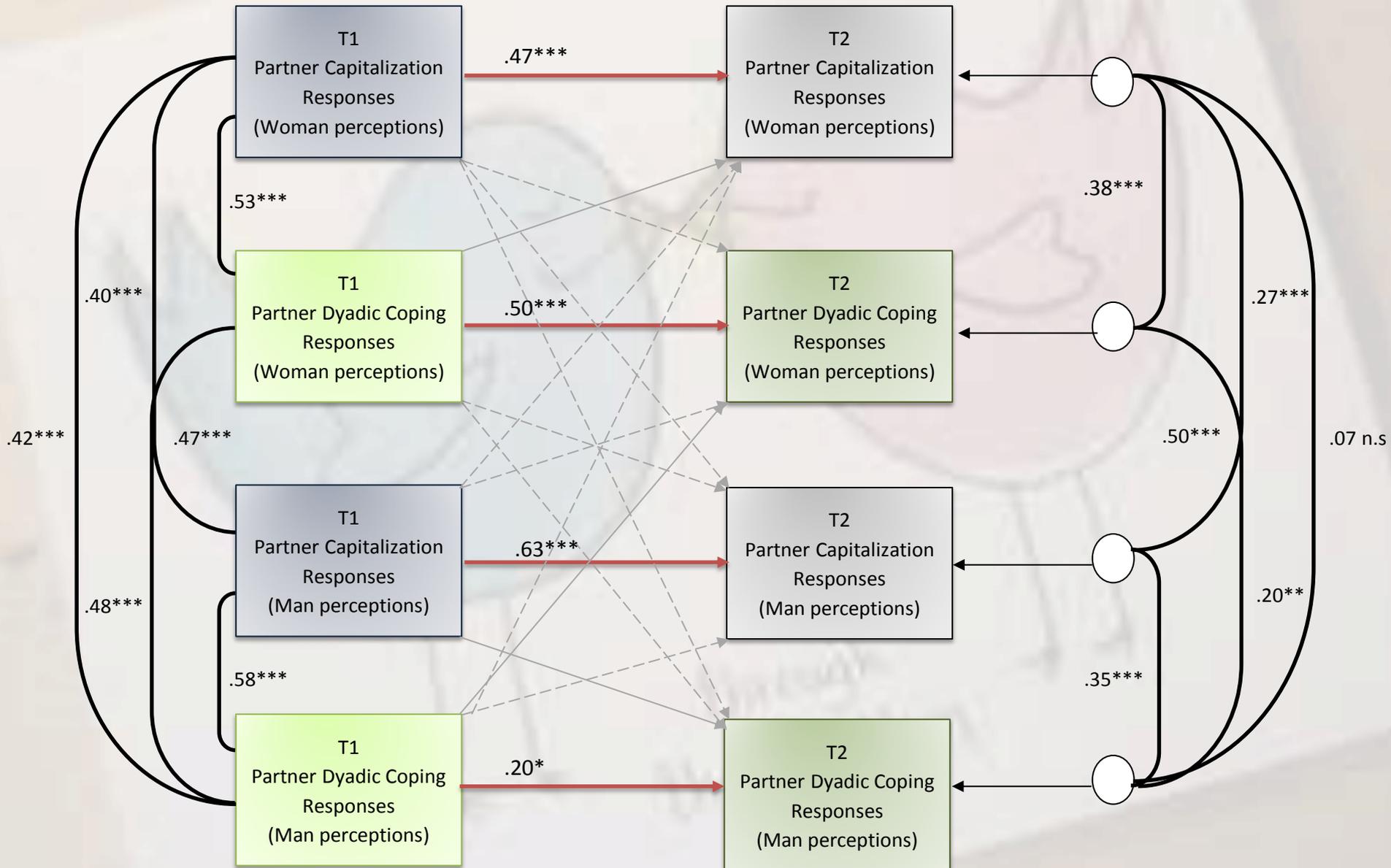
\* $p < .05$ . \*\* $p < .01$ . \*\*\* $p < .001$

# RESULTS: POSITIVE CAPITALIZATION and POSITIVE CD



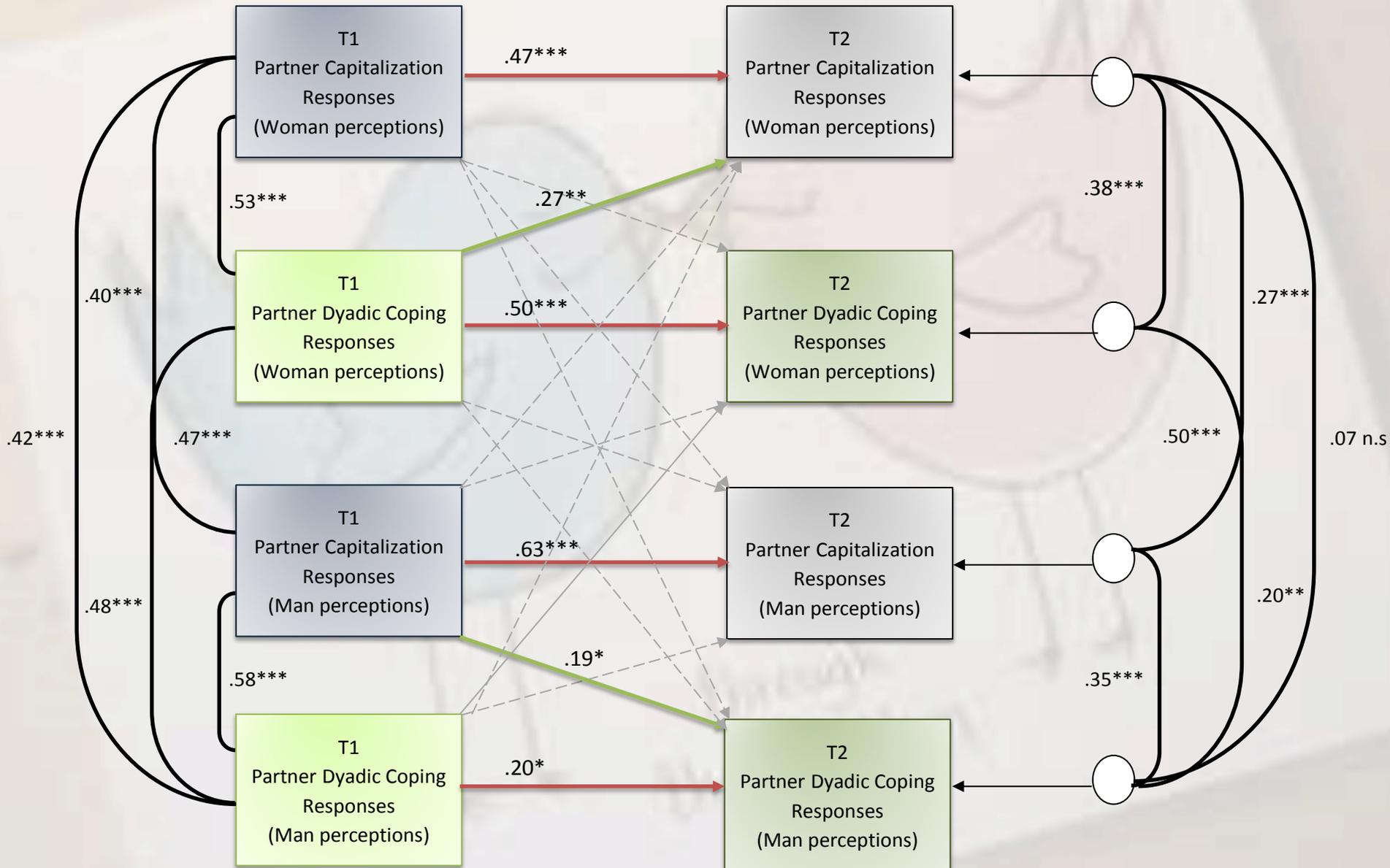
\* $p < .05$ . \*\* $p < .01$ . \*\*\* $p < .001$

# RESULTS: NEGATIVE CAPITALIZATION and NEGATIVE CD



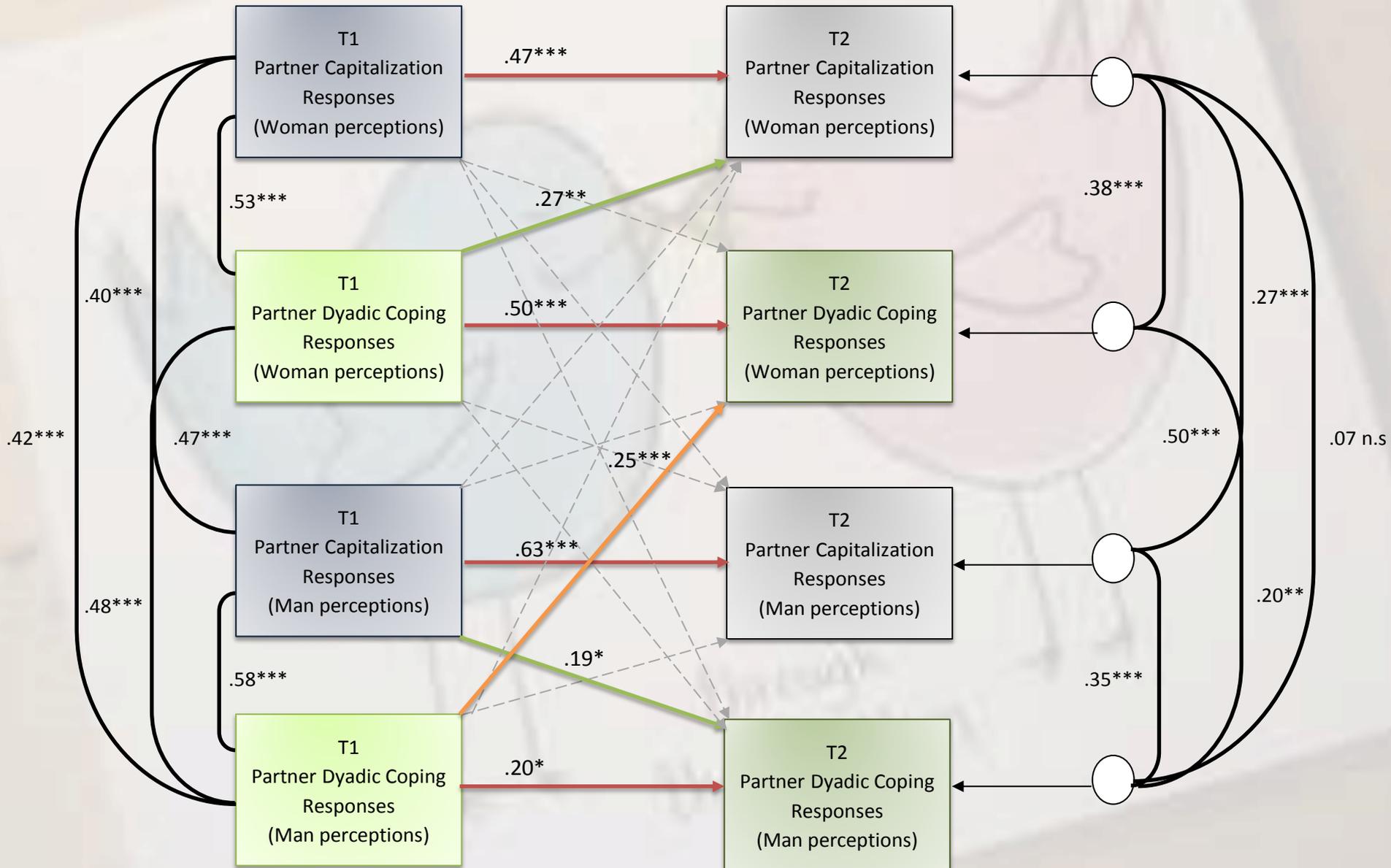
\* $p < .05$ . \*\* $p < .01$ . \*\*\* $p < .001$

# RESULTS: NEGATIVE CAPITALIZATION and NEGATIVE CD



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# RESULTS: NEGATIVE CAPITALIZATION and NEGATIVE CD



\* $p < .05$ . \*\* $p < .01$ . \*\*\* $p < .001$

## CONCLUSIONS

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For **women** dyadic coping responses (both positive and negative) are “diagnostic” of the other’s future supportiveness more generally, while perceptions of capitalization responses do not predict women’s future perceptions of the partner’s supportiveness



He will be there/won't be there for me because, **WHEN I'M TROUBLED**, he supported/didn't support me!

## CONCLUSIONS

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She will be there/won't be there for me because **-UNEXPECTEDLY-** she supported/didn't support me!

For **men** dyadic coping and capitalization responses are diagnostic of the other's future supportiveness only when in contrast with the nature of the event communicated



## CONCLUSIONS AND FUTURE PATHS

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- It seems that in interventions it is important to train partners in both processes, with particular attention to train partners to enact positive responses to stressful events and to avoid negative responses to the partner's fortune.
- Partners should be made aware of the different salience of the two processes for women and men.

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*Thank you for your time!*