UNWANTED PURSUIT AND STALKING

FOLLOWING INTIMATE RELATIONSHIP

DISSOLUTION

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Abstract

Research looking at stalking in the context of relationship dissolution looks at a continuum of behaviours that ex-partners engage in, and has found that unwanted pursuit behaviour and stalking are common following relationship break-down. This study sought to replicate these similar high rates, and to further investigate possible reasons as to why people engage in unwanted pursuit behaviour and stalking following the break-down of intimate relationships. 200 participants who met the criteria of having experienced the break-down of a serious, non-marital, intimate, heterosexual relationship within the last three years were recruited from the University of Canterbury. Each participant filled out a questionnaire detailing the type and frequency of behaviour that they engaged in towards their ex-partner, and that their ex-partner engaged in towards them, after their relationship ended. The questionnaire also examined motivations behind these behaviours. In addition, this study looked at the influence of attachment, three domains of self-esteem (global, self-perceived mate value and narcissism) and intense emotions on stalking behaviour. The contribution of investment in the relationship, satisfaction and relationship alternatives were also examined. Findings showed consistencies with previous research with high levels of post-relationship pursuit behaviour reported. In addition, no gender differences were found in reported frequencies of behaviour. Support was also found for a dyadic pattern of stalking behaviour. Predictions regarding the influence of individual difference factors on stalking behaviour were also supported with higher levels of self-stalking associated with higher levels of anxious attachment, lower levels of global self-esteem and self-perceived mate value, higher levels of emotions, and higher levels of investment in the relationship. Novel research on motives for stalking found an association between positive motives and reconciliation behaviours and negative motives and more serious stalking behaviours. Strong support was also found for several mediation models linking anxious attachment and investment, via mediating variables such as emotions and motives, to stalking behaviour.

Introduction

The word stalking tends to invoke an image of a star stalker, an obsessed fan, or someone who is mentally disturbed (Spitzberg & Cupach, 2003). However, research consistently shows that the most common category of stalker consists of those who have had a prior intimate relationship with the person they are pursuing (Ravensberg & Miller, 2003). Indeed, it is thought that approximately 60-80% of all stalking perpetrators are ex-intimate stalkers (Davis, Ace & Andra, 2000; Stenswick, 2002). Importantly, this type of stalker has been shown to be the most persistent, dangerous, and violent type of stalker, with research indicating that ex-intimate partners are more likely than other types of stalking victims, to be the recipients of threats, assault, and property damage (Cupach & Spitzberg, 1998; Meloy, 1998; Purcell, Pathe & Mullen, 2002).

The purpose of the current research is to further investigate unwanted pursuit behaviour and stalking following the break-down of intimate non-marital relationships, and to explore some reasons as to why people engage in these behaviours. Previous research (Davis, Shaver & Vernon, 2003; Dutton-Greene, 2004; Spitzberg & Cupach, 2003) has focused on attachment theory to explain the development and maintenance of stalking behaviour. However, a review by Ravensberg and Miller (2003) noted that, whereas several theories on stalking have been proposed, it is likely that a combination of factors are responsible for developing and maintaining stalking behaviour and that future research needs to look more closely at what these factors may be. Since this review, the majority of studies have focused on perceptions of stalking. Therefore, the aim of this research was to expand on what we already know by replicating previous findings of an association between attachment and stalking behaviour prevalence, and to examine other possible factors that may also contribute to this type of behaviour.

More specifically, this study evaluated the predictive role played by four factors that have received little or no attention in prior stalking research: a) self-esteem, focusing on narcissism and perceived mate value, b) level of investment in the relationship and quality of

alternatives in the relationship prior to break up, c) intense emotions, such as love and sadness, and d) motives for engaging in stalking behaviour. Moreover, I also went beyond simple correlations to postulate and test more complex mediating models. I will outline and discuss all of these variables and models in this introduction after first outlining the meaning and prevalence of stalking.

What is Stalking?

While legal definitions of stalking can vary, stalking is generally defined as "the wilful, malicious, and repeated following and harassing of another person that threatens his or her safety" (Cupach & Spitzberg, 2002, p.140). Regardless of the wording, it is commonly accepted that legal definitions should contain the following key elements: (1) a pattern of repeated, unwanted, intrusive behaviour; and (2) as a result of the behaviour, the victim experiences fear, based on a reasonable person's standard of fear (Ravensberg & Miller, 2003).

In contrast to the legal definition of stalking, many researchers in this area are interested in a continuum of behaviours, that range from mild behaviours such as receiving unwanted phone calls or gifts, to more severe behaviours, such as threats and assault (Langhinrichsen-Rohling, Palarea, Cohen & Rohling, 2000). While stalking typically constitutes the severe end of the continuum (Cupach & Spitzberg, 1998) it is important to look at the whole range of behaviours.

There are two main reasons why it is important to measure the entire range of stalking behaviours from minor to serious. First, it is interesting to note that many mild pursuit behaviours such as "went by their house to see what they were doing" or "emailed or text messaged just to say hi" would be considered normal in the context of an ongoing romantic relationship. In the context of a relationship break-up I would argue that, by themselves, they may be considered normal contact-seeking behaviours as part of the relationship dissolution process. However, when people persist with these behaviours, despite resistance and rejection from the person they are pursuing, they start to become intrusive, annoying and

upsetting (Cupach & Spitzberg, 2002; Dutton-Greene, 2004). Indeed, research indicates that victims sometimes perceive these minor behaviours as threatening (Dutton-Greene, 2004). This latter point indicates that it's not just the severity of the act that is important, but how the act is perceived by the victim (Langhinrichsen-Rohling et al., 2000). Therefore it is important to research the occurrence and frequency of the full range of pursuit behaviours that occur after a relationship ends, independent of perceived level of seriousness or associated feelings of fear (Dutton-Greene, 2004; Langhinrichsen-Rohling et al., 2000).

Second, it has been shown that in some cases, a stalker's behaviour can escalate in severity and intensity over time. The stalker may start with engaging in mild behaviours, but as time progresses, become more persistent and exert greater effort, and perhaps become dangerous and violent (Cupach & Spitzberg, 1998). However, the point at which pursuit behaviour crosses the line from reasonable behaviour to obsessive or criminal behaviour is vague (Tjaden & Thoennes, 1998). Therefore, it is important to examine the full continuum of behaviours to look for patterns of behaviour and to help identify those individuals who may be at risk for engaging in more serious stalking behaviours (Langhinrichsen-Rohling et al., 2000).

Prevalence of Intimate Stalking

In 1998, Tjaden and Thoennes conducted a telephone interview of 8,000 men and 8,000 women as part of a National Violence Against Women Survey. They used a strict legal definition of stalking, requiring that the victim feel a high level of fear, and found that 2.2% of men and 8.2% of women reported that they had been stalked at some point during their life. They also found that 0.4% of men and 1% of women had been stalked during the 12 months prior to being interviewed. Using a broader definition, that required small amounts of fear on the part of the victim, it was reported that 4% of men and 12% of women had been victims of stalking at least once during their lives.

In contrast, studies looking at a continuum of stalking behaviours, generally find higher prevalence rates (Dutton-Greene, 2004; Stenswick, 2002). For example, a study by

Langhinrichsen-Rohling et al. (2000) used a sample of 282 college students who had experienced the break-up of an important (lasting more than one month) intimate relationship, and found that 99.2% of participants on the receiving end of the break-up, reported engaging in at least one unwanted pursuit behaviour. The most common behaviours reported were making unwanted phone calls (77.5%), and initiating in-person conversations (73.3%). When examining more serious behaviours, 5% of those on the receiving end of the break-up reported engaging in behaviours where they either followed, threatened, or injured their ex-partner, or their ex-partner's friends or family members. For participants who ended the relationship, they found that 88.9% reported being the target of at least one unwanted pursuit behaviour. The most common behaviours that these participants reported experiencing were having their ex-partner ask their friends about them (56.3%), having their ex-partner show up unexpectedly at places they tended to go (39.6%), and being the recipient of an unwanted phone call (36.3%).

In unpublished New Zealand research by Stenswick (2002), using a sample of 196 University of Canterbury students who had experienced the break-up of an intimate relationship within the past eight years, it was found that 60.2% of participants reported engaging in four or more occasions of mild behaviours, 6.6% reported engaging in four or more minor behaviours, and 5.6% reported engaging in four or more severe stalking behaviours. For reports of partner-stalking behaviour, 64.3% of participants reported being on the receiving end of four or more mild behaviours, 17.9% experienced four or more minor staking behaviours and 12.8% were the recipient of four or more severe stalking behaviours. Using a stricter definition of stalking where the participant engaged "in at least two serious behaviours with high frequency, or multiple serious behaviours at least twice" (p.41) it was found that 2% of the participants fit within this category. Using the same criteria for reports of partner-stalking, Stenswick (2002) found that 5.6% of her sample fit the category of "having been stalked by their former partner" (p.42).

The current study hypothesised that the levels of unwanted pursuit and stalking behaviour found in this study would be similar to prevalence rates found in previous overseas research and in unpublished New Zealand research.

Gender Differences

There is some controversy regarding gender differences in stalking behaviour. Research using a strict legal definition predominantly views females as the victims and males as the perpetrators. For example Dressing, Gass and Kuehner (2007) reported that 87.2% of stalking victims were female and 85.5% of stalking perpetrators were male. However, studies using college samples and examining a continuum of behaviours (Cupach & Spitzberg, 1998, 2002; Davis et al., 2000; Langhinrichsen-Rohling et al., 2000) generally find no gender difference in the behaviours engaged in by men and women after the break-down of their relationship (at all levels of pursuit severity). This difference may be produced as a function of the inclusion of fear in legal definitions of stalking, with research indicating that men tend to experience less fear than women as a result of being stalked (Cupach & Spitzberg, 2002). Therefore, if the criteria for being classed as a stalking victim includes experiencing high levels of fear, then females are more likely to meet the criteria than males.

In addition, there exists obvious physical size and strength differences between males and females; thus, men in general have greater ability to inflict injury and male perpetrated intimate violence is perceived as more serious than female perpetrated intimate violence (Magdol, et al., 1997, as cited in Stenswick, 2002). Therefore, even though men and women may engage in the same behaviours and the same rate of behaviours after their relationships end, female victims are more likely than male victims to perceive a greater level of danger and threat to their safety as a result of experiencing unwanted pursuit (Cupach & Spitzberg, 2002; Dutton-Greene, 2004; Stenswick, 2002). Females are also more likely to perceive stalking behaviours as more distressing than males (Cupach & Spitzberg, 2002). For example, Yanowitz (2006) found that females were more likely than males to perceive approach and surveillance behaviours as stalking. In short, women may be more likely than

men to identify themselves as stalking victims even when the same behaviours' are ostensibly involved (Dutton & Winstead, 2006).

One gender difference that has been found, however, concerns the type of behaviour engaged in. Langhinrichsen-Rohling et al. (2000) found that men make more in-person contact such as unwanted visits to their ex-partner's home and women leave more phone messages. This suggests that there may be gender differences in the motives underlying unwanted pursuit behaviour. Perhaps men may pursue in order to control, and women may be more likely to pursue to help deal with negative emotions as a result of the break-up.

The current study hypothesised that, consistent with previous research, men and women would engage in similar rates of pursuit behaviour at all levels of severity, but that women would report experiencing more feelings of fear after the relationship ended. This study also examined tactics to test for any differences in the types of behaviours engaged in by men and women.

Individual Differences in Psychological Resources

Attachment Theory. A number of theories have been proposed to explain the development of stalking behaviour in adults. One of these is Attachment Theory which posits that during childhood, individuals develop a pattern of attachment depending on the availability and responsiveness of their primary caregiver (Meloy, 1998) and that this attachment pattern carries through to adult relationships (Dutton-Greene, 2004). During healthy development, if children's experiences with their caregivers are of sensitivity and responsiveness, then they are likely to develop a secure attachment (Meloy, 1998). However, if the attachment figures are insensitive or are unresponsive to children's needs, then they will be more likely to develop an insecure attachment style (Davis et al., 2003; Dutton-Greene, 2004; Ravensberg & Miller, 2003).

During times of distress, such as during the break-up of important, intimate relationships, the attachment system is activated, and individuals will act in ways characteristic of their particular style. Research varies in the number of attachment styles

used, however, it is generally agreed that there are two attachment dimensions: anxiety and avoidance (Dutton-Greene, 2004; Langhinrichsen-Rohling et al., 2000).

Typically, those with a secure attachment style are low on avoidance and anxiety and are comfortable relying on and being close to others (Dutton-Greene, 2004). These individuals employ strategies designed around open communication and negotiation of their needs when dealing with their distress at the loss of a relationship partner and are more likely to cope better than those who with an insecure attachment (Sbarra & Emery, 2005). Individuals with an avoidant attachment style will suppress their distress with the use of self-reliant coping techniques, for example by refusing to acknowledge their ex-partner after a separation (Langhinrichsen-Rohling et al., 2000). Research also suggests that an avoidant attachment style is not associated with stalking behaviour (Davis et al., 2000). On the other hand, those who are anxiously attached are likely to engage in coercive strategies which can involve contradictory alternating attempts to contact their ex-partner or re-start the relationship, as well as angry outbursts directed at their ex-partner (Davis et al., 2003).

Research suggests that those with an anxious attachment style are most likely to engage in stalking behaviours (Davis et al., 2003; Dutton-Greene, 2004; Spitzberg & Cupach, 2003) as they are more likely to seek contact and intimacy with their ex-partner (Ravensberg & Miller, 2003). For example, a study by Langhinrichsen-Rohling et al. (2000) found that those who were anxiously attached reported engaging in more frequent unwanted pursuit behaviours. Davis et al. (2003) also found a link between anxious attachment and stalking behaviour. Anxious individuals were not only more likely to hurt their ex-partner, but they also displayed the characteristic pattern of attempts to initiate contact and re-establish the relationship with their ex-partner, but at the same time acting in an angry and hostile manner towards their ex-partner.

The current study measured attachment style based on two dimensions: avoidant/secure and anxious/non-anxious. One aim of the current study was to attempt to replicate findings of an association between an anxious attachment style and stalking behaviour.

Self-Esteem, Narcissism, and Self-perceived Mate Value. According to an article in Sacramento Magazine (Jan-Feb 1996, as cited in Cupach & Spitzberg, 1998), it was reported that the majority of the approximately 80 male convicted stalkers interviewed were found to be narcissistic. It may be that narcissistic stalkers holds fantasies that they are "special, idealised, admired, superior to, in some way linked, or destined to be with the object of pursuit" (Cupach & Spitzberg, 1998, p.250). Rejection by the object of pursuit disturbs this narcissistic fantasy and stimulates feels of humiliation or shame. The narcissistic stalker then reacts and defends the self by using anger and rage against the person they are pursuing, therefore increasing levels of pursuit (Cupach & Spitzberg, 1998; Meloy, 1998).

Aside from this finding, self-esteem, loosely defined as "the degree to which we evaluate ourselves positively or negatively" (Kirkpatrick & Ellis, 2001, p.411) appears to be relatively neglected in the stalking literature. Therefore, hypotheses for the current study were derived from literature which looked at the association between self-esteem and aggression (Webster & Kirkpatrick, 2006).

Researchers arguing from an evolutionary perspective suggest that self-esteem involves numerous processes, sometimes called sociometers, "each designed to monitor functionally distinct adaptive domains" (Webster & Kirkpatrick, 2006, p.18). Webster and Kirkpatrick (2006) hypothesised that these different domains would have different predictive effects on levels of aggression. They had participants complete self-reports measuring self-perceived superiority, self-assessed mate value, and global self-esteem. Their results showed that while global self-esteem was not associated with aggression, self-perceived superiority was. The study also included a threat, in terms of negative feedback given to participants as part of the study. Under these conditions it was found that when the threat was present, the association between self-perceived superiority and aggression was stronger.

The current study extended these findings to stalking behaviour, and hypothesised that higher levels of self-esteem and self-perceived mate value would be associated with

lower levels of stalking behaviour, but that narcissism would be associated with higher levels of stalking behaviour.

This study also hypothesised that when a threat was present, in the case of being left by their partner, narcissism would have a moderating effect on the association between who ended the relationship and stalking behaviour. Specifically, for those who were left by their partner, those high in narcissism will engage in greater levels of stalking behaviour, than those low in narcissism. For those who ended the relationship, in contrast, those high in narcissism should engage in less stalking behaviour than those low in narcissism.

Relationship Investment

Initiator Status and the Dyadic Pattern of Stalking. Most break-ups are initiated by one of the partners, and studies consistently find that those on the receiving end of the break-up experience greater distress than those who initiate the break-up, and also initiate more stalking behaviour (Davis et al., 2000). However, some studies have found high levels of anger and jealousy in those who initiated the break-up (Spitzberg & Cupach, 2003), suggesting that sometimes people end relationships even when they don't want to, for example, in response to their partners having an affair. However, most stalking research fails to take this issue into account. In the current study, to gain a more accurate picture of how participants felt about their break-ups, both questions were asked: who initiated the break-up, and whether participants wanted the relationship to end.

Most research to date also asks participants to report on either their own or their partners' behaviour, therefore the possible dyadic nature of stalking has been neglected in the literature, with the exception of the study by Stenswick (2002). Stenswick (2002) gathered reports from each participant on both their own behaviour and their partners' behaviour, regardless of who ended the relationship, and found participants who reported engaging more in stalking behaviour also reported significantly more stalking from their ex-partner ($r = .47$). Because reports from both partners were unavailable, it is not clear what produced such a finding.

One possible reason is the presence of a common pattern in which couples break up and get back together several times, which is consistent with a finding by Davis et al. (2000). In this study, Davis et al. (2000) investigated what they called a "velcro" pattern where couples "would breakup and get back together several times before eventually settling down or breaking up" (p.240). They hypothesised that this pattern of relating may result in partners learning that the relationships aren't really over and that if they try hard enough and are persistent enough, then pursuing their ex-partners will result in re-instating their relationships. Their results found that a pattern of multiple break-ups contributed to stalking behaviour.

This study also investigated this dyadic pattern of stalking and hypothesised that a dyadic pattern of stalking would be found similar to the study by Stenswick (2002). In addition, participants were asked questions regarding the extent to which they experienced multiple break-ups of the same relationship, to investigate this factor as a possible cause for dyadic patterns of stalking behaviour.

Emotional Involvement and Investment. Purcell et al. (2002) suggests that because of relatively high levels of emotional investment, ex-intimate stalkers are more persistent, dangerous and violent than other types of stalkers. This hypothesis is consistent with studies which show that greater emotional attachment to a partner is not only associated with greater amounts of post-separation emotional and physical distress (Lewandowski, 2002), but is also associated with a characteristic pattern of alternating between angry and proximity-seeking behaviour (Davis et al., 2003).

In a similar vein, Interdependence Theory postulates that people's dependence on their relationships are produced as a function of their level of satisfaction with their relationship, and the perceived quality of alternatives to being in the relationship. If the quality of alternatives are perceived as high, this means people feel that their needs could be more easily met from outside of their current relationship. Therefore, according to Interdependence Theory, individuals who are dependent on their relationship should have high levels of satisfaction with their relationships, and perceive that their current relationship partner exceeds the available alternatives.

Rusbult's Investment Model adds to Investment Theory by her argument that relationship dependence is also a function of investment size. Investment refers to both tangible (e.g. children) and intangible (e.g. effort, time) resources attached to specific relationships that would be lost or go down in value if the relationship dissolved (Lehmiller & Agnew, 2006). Therefore, the more individuals have invested in their relationships, the less likely they will be to leave. The current study extended Investment Model to stalking behaviour and tested the hypothesis that those who were highly invested in the relationship -- in terms of having higher levels of satisfaction, and lower quality of alternatives prior to the break-up -- would engage in greater levels of stalking behaviour post-break-up.

Motives

Motives for stalking have received little attention in the stalking literature (Spitzberg & Cupach, 2003), in spite of their theoretical importance. Research reports that the most common goal of pursuit is reconciliation, where the pursuer is trying to restore the broken relationship (Cupach & Spitzberg, 1998) although sometimes revenge is acknowledged as a motive for stalking (Stenswick, 2002). In addition, Spitzberg and Cupach (2003) noted that motives have been reported from the perspective of the victim, not of the pursuer. For example, the National Violence Against Women Survey (Tjaden & Thoennes, 1998) asked for victim perspectives on their stalker's motives and found that victims thought their stalkers were trying to control them, scare them, or keep the relationship going. Stenswick (2002) also identified as a limitation of her study "that participants were not surveyed on their perception of why they engaged in stalking behaviours, nor their insight into their former partners' motivations" (p.47).

The present study addressed this gap in the literature by developing a measure that asked questions concerning motives of the self and the partner. The scale was based on the idea that motives for pursuit may reflect the way the pursuer feels towards the person they are pursuing. For example, those who continue to feel love for their ex-partner should seek reconciliation, whereas those who feel hate would seek revenge (Spitzberg & Cupach, 2003).

Some questions were designed to measure positive motives for stalking, for example "I wanted to show my ex-partner I loved them" and "I wanted to spend time with my ex-partner". Other questions were designed to assess negative motives for stalking for example "I wanted to seek revenge against my ex-partner" and "I wanted to break up my ex-partner's new relationship".

The current study hypothesised that positive motives would be more strongly related to reconciliation behaviours and that negative motives for stalking would be more strongly related to severe stalking behaviour.

Emotional Responses to Break-up

The break-down of an intimate relationship has been shown to be associated with a wide variety of emotional reactions from relief for those ending the relationship, to devastation for those who are left (Davis et al., 2003). Studies looking at emotions and stalking have typically concentrated on the anger/jealousy cluster. However, recent work looking at emotional adjustment to dissolution has suggested that people experience fluctuations in three important emotions: love, anger, and sadness. Attachment and evolution theorists explain this finding by claiming that during separation, the purpose of love and anger is to motivate individuals to seek a reunion with their attachment figure, whereas sadness is a withdrawal state to which individuals retreat once the goal of reuniting become impossible (Sbarra & Emery, 2005). A recent study by Dutton and Winstead (2006) found that while anger/jealousy was a better predictor of pursuit than unhappiness, both were equal predictors of aggression. Dutton and Winstead (2006) also suggested that the role of emotions such as sadness and depression in stalking behaviour should not be overlooked.

The current study extended the idea that anger, love and sadness are key emotions in relationship dissolution by examining their individual contributions to stalking behaviour. I expected to find that higher levels of anger after the relationship ended would be associated with higher levels of stalking behaviour. For sadness however, following the idea that sadness is proposed to be a withdrawal state, higher levels should be associated with lower

levels of stalking behaviour. Love was measured in terms of love felt for the partner while the relationship was still intact, and it was hypothesised that higher levels of love would be associated with higher levels of stalking behaviour.

Mediation Models

To further examine the association of the predictor variables already discussed with stalking behaviour, several mediation models were tested that link some of these variables together in more complex ways. The two independent variables tested were anxious attachment and relationship investment, and the dependent variable was always the frequency of stalking behaviour. The mediating variables included the emotions anger and sadness, as well as positive and negative self-motives.

Anxious Attachment. It has been suggested that attachment style should influence how a person manages negative emotions in times of distress (Mikulincer & Florian, 2001). A study by Sbarra and Emery (2005) found that when a relationship-specific threat existed, individuals with a secure attachment style were more effective at regulating their emotions. This study extended these findings to stalking behaviour and tested two mediation models to investigate whether an anxious attachment style is associated with an increase in the emotions of anger and sadness, which in turn, will lead to increased levels of stalking behaviour. An example of one of these models tested is shown in Figure 1.
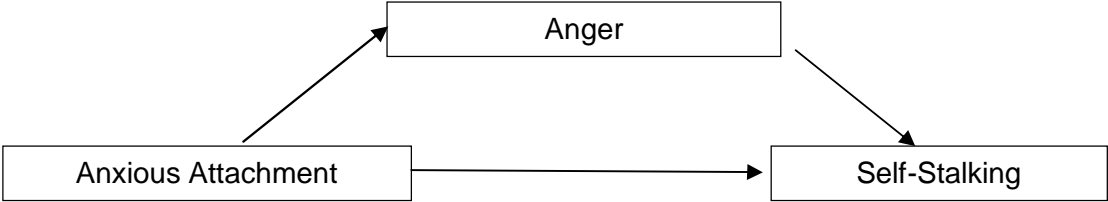
Figure 1: Example of a mediation model. Model shows links between anxious attachment, anger and self-stalking behaviour.

This model (Figure 1) suggests that anxious attachment is independently associated with self-stalking behaviour. In addition, anxious attachment is also associated with feelings

of anger. The link between anxious attachment and self-stalking is also hypothesised to be mediated by the level of anger experienced after the break-up. Specifically, the level of anxious attachment should influence feelings of anger experienced after the relationship ends, which in turn, should be associated with an increase in self-stalking behaviour.

In addition, as mentioned, research on anxious attachment has been interested in the contradictory unstable pattern of alternating between seeking closeness with attachment figures and angry displays towards attachment figures (Dutton-Greene, 2004; Ravensberg & Miller, 2003). Bowlby (1980) proposed that one goal of attachment related behaviour is to maintain the bond with the attachment figure, and if the bond is threatened then behaviours are employed to try and preserve the bond. Also, when the threat to the bond is greater, the actions designed to preserve or recover a lost relationship become more intense (Davis et al., 2003). Meloy (1998) thus suggests that for those who are anxiously attached, if actions such as sending flowers or gifts do not work to reinstate the relationship, that the pursuer will use threats and sometimes violence to try and coerce their ex-partner back into the relationship.

Therefore if individuals alternate between feeling love towards their partner, and feeling anger and hostility towards their ex-partner, this may influence their motives behind stalking behaviour. For example, when individuals are feeling love towards their ex-partner their motives may be more positive than when they are feeling anger and hostility towards their ex-partner. To test this hypothesis, two further mediation models were tested using anxious attachment as the independent variable and negative and positive self-motives as the mediating variables. I predicted that anxious attachment styles should be associated with stronger negative and positive motives, which in turn would lead to increased levels of stalking behaviour.

Relationship Investment. Previous research suggests that those who were highly invested in their relationship should have greater difficulty adjusting to a separation and show greater levels of both physical and emotional distress following a break-up (Davis et al., 2003; Lewandowski, 2002). One explanation is that those who were highly invested in the

relationship report a loss of their own identity after the relationship ends and their partner is no longer around (Davis et al., 2003). Lewandowski, (2002) also suggests that being strongly invested in the relationship will influence how relationship break-ups are handled; namely, such individuals may be more highly motivated to reconcile their relationships.

To test these ideas, the current study tested a further four mediation models. The first two models postulated that high levels of investment in the relationship would be associated with increased emotions of anger and sadness, which in turn, should lead to increased levels of stalking behaviour. The second two models tested the hypothesis that more investment in the relationship should produce stronger positive and negative motives, which should in turn lead to more stalking behaviour.

In testing these mediation models, the hypothesised causal direction from left to right should be plausible. Relationship investment was measured in terms of investment while the relationship was still intact, and attachment styles are generally considered to be relatively stable constructs (Collins, Ford, Guichard & Allard, 2006) that plausibly exist prior to the relationship ending. In the case of both emotional distress and motives for stalking, these occur as a function of the relationship ending, but are also likely to occur before engaging in stalking behaviour.

Present Research

This current study expands on what we already know about unwanted pursuit and stalking and addresses some major gaps in the literature to date. To measure stalking behaviour in a New Zealand university sample of 100 men and 100 women, a self- and partner-stalking sub-scale was used based on unpublished New Zealand research by Stenswick (2002). The scale used in the study by Stenswick (2002) was, in turn, an amended version of the Relationship History Survey from the study by Davis et al. (2000), which has proven to be reliable and valid in previous research using college samples and examines a continuum of behaviours. As with the study by Stenswick (2002) the current study used the expanded version of the survey which included reports of self-stalking behaviour, and

partner-stalking behaviour. By looking at both self- and partner-stalking, the dyadic nature of stalking was examined.

Another gap in the literature which has been examined in the current study concerns motives for engaging in stalking behaviour. A motives scale was designed by the authors of this current study to test possible motives for why people engage in unwanted pursuit and stalking behaviours following the break-down of intimate relationships. To date, to my knowledge, a scale such as this has not been used in past research.

The current study also investigated the contribution of other factors to the development of stalking behaviour. Specifically, the study attempted to replicate findings of an association between attachment style and stalking, as well as examining the role of intense emotions, self-esteem and investment variables.

Finally, several novel mediation models were tested to investigate the links between a variety of predictor variables and stalking behaviour.

To summarise, the current research was designed to test the following hypotheses:

1. Stalking behaviour would occur at a similar frequency to findings from other stalking studies using college/university populations, and men and women would report engaging in similar levels of pursuit behaviour.

2. Higher levels of anxious attachment would be associated with higher levels of self-stalking behaviour.

3. Stalking behaviour would be dyadic (i.e. there would be an association between high levels of self-stalking and high levels partner-stalking), and this pattern would be most evident in relationships characterised by multiple break-ups.

4. Stalking behaviour would be associated with extreme levels of emotion. In particular anger and love would be associated with greater levels of stalking, and sadness would be associated with lower levels of stalking.

5. Greater levels of investment in the relationship prior to it ending would be associated with higher levels of stalking behaviour after the relationship ends. That is, people who

were more invested in their relationships – as measured by perceived alternatives and satisfaction/commitment and investment sub-scales -- would engage in more stalking behaviours.

6. Stalking behaviour would be associated with different domains of self-esteem. Specifically, high levels of narcissism, low levels of self-esteem and low self-perceived mate value would be associated with higher levels of stalking.

7. Self-motives would predict self-stalking but not partner-stalking, and partner-motives would predict partner-stalking but not self-stalking.

8. Positive motives would predict stalking more strongly the more benign the kind of stalking involved, whereas negative motives would predict stalking to a greater extent for more severe kinds of stalking.

9. The strength of emotions and motives should mediate the association between attachment and stalking behaviour. Thus, more anxious attachment styles should be associated with more intense emotions (and with stronger motives) which in turn would produce more stalking behaviour.

10. More intense emotions and motives should also mediate the association between relationship investment and stalking behaviour. Thus, more investment in the relationships prior to the break-up should be associated with more intense emotions (and with stronger motives) which in turn would produce more stalking behaviour.

11. Narcissism would moderate the relationship between who initiated the break-up and stalking behaviour. Thus, for those who were left by their partner, those high in narcissism would engage in greater levels of stalking behaviour, than those low in narcissism. For those who ended the relationship, in contrast, those high in narcissism would engage in less stalking behaviour than those low in narcissism. This is because narcissism has been shown to be associated with aggression under conditions where a threat is present. In this case, the threat is being left by their partner.

Method

Participants

One hundred male and 100 female participants were recruited through emails sent to students within departments at the University of Canterbury and through posters placed on notice boards around the University. The requirement for participation was that the participant had experienced the break-up of a serious, heterosexual, non-marital, intimate relationship within the previous three years. The data from one male participant was excluded as many of the items were incomplete.

Participants ranged from 17 to 55 years of age with a mean age of 22.02 years (*SD*=5.39). At the time of participation, 62.3% of the sample were single, 26.6% were dating, 8.5% were in a de-facto relationship, 1% were married, 0.5% were divorced and 1% did not specify their relationship status. Twenty six participants were back in the relationship that had dissolved.

The majority of participants (64.3%) identified themselves as New Zealand European/Pakeha, 14.6% identified themselves as European and 3.5% identified as M•ori.

Materials

Information Sheet and Informed Consent. In accordance with the University of Canterbury Human Ethics Committee guidelines an information sheet (Appendix A) and consent form (Appendix B) were included as part of this study.

Demographics and Relationship Characteristics. The demographic questions included questions on age, gender, ethnicity and current relationship status (see Appendix C).

The introduction to the relationship characteristics questions was based on the studies by Davis et al. (2000) and Stenswick (2002), but also incorporated wording from a more recent study by Davis et al. (2003):

Please read carefully:
The following questions concern the history of your break-ups with romantic partners. In these questions you will be asked about who initiated the break-up, when it occurred, how you felt about it, and what you tended to do after the break-up. When answering the following questions, please **think back to the break-up of your last serious relationship**, regardless of who ended the relationship, or whether it was mutual. In addition, the break-up need not have been permanent. It may have seemed permanent at the time, but you may have gotten back together.

Important: Please think back to the same ONE relationship when answering all the questions in each of the following questionnaires.

Relationship characteristics questions included the duration of the relationship, the extent of the involvement (e.g. dating or engaged, living apart or together etc), age at the time of break-up, how much time had elapsed since the break-up occurred, whether there were any children from the relationship, and perceptions of how and why the relationship ended. Also included in this section were four questions based on the study by Davis et al. (2000), designed to look at whether the relationship involved multiple break-ups.

Break-up Initiation, Negative Consequences and Emotion Sub-scales. This scale (Appendix D) was based on the study by Stenswick (2002), which used an adapted version of the Relationship History Survey from the study by Davis et al. (2000). Research by Stenswick (2002) has provided support for the reliability of this measure with a Cronbach's alpha of .92. Some alterations were made to the original scale by Stenswick (2002) in order to examine more closely the impact that emotions have on behaviour after relationships end and these alterations were used in the current study. The current study also amended the version used by Stenswick (2002), specifically removing items relating to the emotions anger, sadness, relief and love from the Negative Consequences Sub-scale and including these items in separate emotion sub-scales.

To assess break-up initiation, participants were asked "In your most recent break-up who wanted to break-up and insisted on it? (Circle the number that indicates who ended the relationship)". Participants answered this question using a 7-point Likert scale (1= *I did*; 4= *Mutual*; 7= *S/he did*).

In addition, participants were asked "Regardless of who initiated the break-up, did you want the relationship to end?" This question was included as a result of a suggestion

from the study by Spitzberg and Cupach (2003) that sometimes people end relationships even when they don't want to. Participants answered this question on a 7-point scale (1= *No*; 7= *Yes*).

Items in the Negative Consequences Sub-scale were based on items from several scales.

In line with the study by Stenswick (2002) the following ten self-feeling items representing "physiological and psychological consequences of relationship dissolution" (p.20) were added to the Negative Consequences Sub-scale of the Relationship History Survey (Davis et al., 2000): fearful, depressed, anxious, physical health problems, fear for personal safety, loss of concentration, could not stop thinking about the relationship, decreased quality of life, lack of trust in new partners, and negative personally changes. The items anger, relieved, sad, thankful and vengeful were removed from Stenswick's (2000) Negative Consequences Sub-scale and included in the emotion sub-scales used in the current study.

Two items designed to measure obsessiveness "couldn't get him/her off my mind" and "thought about him/her a lot" were added to the Negative Consequences Sub-scale in this study. These items were taken from the Response to Break-up Survey used by Davis et al. (2000) and Stenswick (2002).

Two further items, "rejected" and "loss of self-esteem" was also added. These items were based on a study by Baumeister et al. (1993) in order to gain some additional information on why people might engage in unwanted pursuit and stalking. These items relate to feelings of rejection and decreases in self-esteem as a result of the relationship ending.

The degree to which participants experienced the items on the Negative Consequences Sub-scale were rated on a 7-point Likert scale (1= *Not at all*, 7= *Very much*). Using exploratory factor analysis, one factor emerged. The eigenvalue for this factor was 8.03 and it accounted for 44.59% of the variance. The 18 item Negative Consequences Sub-

scale had an overall internal reliability alpha of .92 (Cronbach's alpha). To form an overall score for each participant, all 18 items were summed and averaged. A high score indicated that participants experienced high levels of negative consequences following the break-up of their relationships.

Eighteen items were used to measure the emotions anger, sadness and relief. Anger and sadness were measured using items from the Profile of Mood States (McNair, Loor, & Droppleman, 1981) Anger and Depression Scales (Sbarra & Emery, 2005). The anger scale consisted of nine items, the sadness scale consisted of five items, and relief was assessed using four items. Items were answered using a 7-point scale (1= *Not at all*, 7= *Very much*).

Exploratory factor analysis using principle component analysis with varimax rotation indicated the presence of three factors, using a scree test. The first factor comprised items one to nine and related to the emotion of anger, and included items such as "angry", "resentful" and "grouchy". The eigenvalue for this factor was 7.17 and it accounted for 39.82% of the variance. The second factor comprised items ten to 14 and related to the emotion of sadness and included items such as "sad" and "discouraged". The eigenvalue for this factor was 3.49 and accounted for 19.41% of the variance. The third factor comprised items 15 to 18 and related to the emotion of relief and included items such as "relieved" and "courageous". The eigenvalue for this factor was 1.57 and accounted for 8.74% of the variance.

To obtain three emotions scores (anger, sadness and relief) the items for each factor were summed and averaged, with a high score indicating that high levels of emotions were experienced by participants after the break-up of their relationships. The Anger Sub-scale had an overall internal reliability alpha of .92 (Cronbach's alpha), the Sadness Sub-scale scale had an internal reliability alpha of .91 (Cronbach's alpha) and the Relief Sub-scale had an internal reliability alpha of .84 (Cronbach's alpha).

The amount of love felt by the participant towards their partner before the relationship ended was measured using Rubin's (1970) Liking and Loving Scale which assesses the

amount of love expressed for a dating partner. All 13 items from the original measure were reformatted from a 9-point scale to a 7-point scale (1= *Not at all*; 7= *Very much*) to keep items in line with the other measures used in the current study.

Using exploratory factor analysis, one factor emerged. The eigenvalue for this factor was 4.80 and it accounted for 36.91% of the variance. To form an overall score for each participant, all 13 items were summed and averaged with a high score indicating that the participant felt a high level of love towards their partner before the relationship ended. The Love Sub-scale had an overall internal reliability alpha of .85 (Cronbach's alpha).

S*elf- and Partner-Stalking*. Stalking behaviour was measured using the Self- and Partner-stalking Sub-scale from the study by Stenswick (2002) (Appendix E). This measure was an amended version of the Relationship History Survey used by Davis et al. (2002) and is designed to measure prevalence of stalking behaviour. The scale was modified by Stenswick (2002) to include reports of both participants' own behaviour, and their ex-partners' behaviour after the relationship ended and this modified version was used in the current study. Participants answered each question referring to the frequency of behaviours using a 7-point Likert scale (1= *Never*, 7= *5+ times*). Previous research has provided support for the reliability of this measure. In the study conducted by Stenswick (2002) the self-stalking subscale had a Cronbach's alpha of .82, and the partner-stalking sub-scale had a Cronbach's alpha of .89.

To calculate a stalking score, items in the Self- and Partner-stalking Sub-scales were first divided into three categories: reconciliation behaviours, for example "told him/her how much I loved him/her and tried to make up", minor stalking, for example "went by his/her house and took something to remember him/her by" and severe stalking behaviours, for example "tried to scare him/her into coming back to me", as these represent the three levels of stalking behaviour. For the self-stalking scale, reconciliation behaviours included items 12 to 17, 19, 36 and 37. Minor stalking included item 18 and items 20 to 25. The remaining items, 26 to 35, and items 38 to 41 were classified as severe stalking behaviours. For the partner-stalking scale, reconciliation behaviours included items 42 to 47, 49, 66 and 67,

minor stalking included items 48, and 50 to 55, and the severe stalking behaviours including items 56 to 65 and 68 to 71.

To form overall self- and partner-stalking scores the items in each of the three behaviour groups were then summed and averaged, creating six new variables for each participant, and these summary scores were standardized. "Inspection of the z-score distributions showed the presence of substantial skews, due to outliers at the higher stalking levels. Thus, logarithmic transformations were performed on each scale". "These adjusted z-scores were finally summed to create a total self-stalking and partner-stalking score" (Stenswick, 2002, p.22) for each participant. These procedures were used to give equal weight to stalking behaviours of different severity, rather then simply adding all the item responses together, which would have given most weight to the less serious stalking behaviours (given the relative frequency of low-level stalking behaviours).

Motives. The questions in this scale were designed to measure motives for why people engaged in pursuit behaviour. Based on previous research, which reports that the most common goal of pursuit is either reconciliation, where the pursuer is trying to restore the broken relationship (Cupach & Spitzberg, 1998) or revenge (Stenswick, 2002), 13 questions were developed (see Appendix F). These questions were also re-worded to assess perceptions of their former partners' motivations.

For the self-behaviour motives scale, exploratory factor analysis, using principle component analysis with varimax rotation, indicated the presence of two factors. The first factor comprised items one to six and pertained to positive motives for stalking behaviour, including "I wanted to get back together with my ex-partner" and "I wanted to spend time with my ex-partner". The eigenvalue for this factor was 5.46 and it accounted for 41.99% of the variance. The second factor comprised items seven to 13 and pertained to negative motives for stalking behaviour and included items such as "I wanted to seek revenge against my ex-partner" and "I wanted to break up my ex-partner's new relationship. The eigenvalue for this factor was 2.34 and accounted for 18.02% of the variance.

Items in each of the two factors were summed and averaged to form a positive motives self-stalking score and a negative motives self-stalking score. A high score indicates high levels of positive or negative motives experienced by the participant after the break-up of their relationship. The positive motives scale had an internal reliability alpha of .91, and the negative motives scale had an internal reliability alpha of .79.

For the partner behaviour motives scale, exploratory factor analysis using principle component analysis with varimax rotation again indicated the presence of two factors. The first factor comprised items 14 to 19 and pertained to positive motives for stalking behaviour, including "my ex-partner wanted to get back together with me" and "my ex-partner wanted to show concern for me". The eigenvalue for this factor was 5.15 and it accounted for 39.58% of the variance. The second factor comprised items 20 to 26 and pertained to negative motives for stalking behaviour and included items such as "my ex-partner wanted to seek revenge against me" and "my ex-partner wanted to keep an eye on what I was doing". The eigenvalue for this factor was 2.89 and accounted for 22.24% of the variance. Items in each of the two factors were summed and averaged to form a positive motives partner perception stalking score and a negative motives partner perception stalking score for each participant. A high score indicates high levels of perceived partner positive or negative motives. The positive motives scale had an internal reliability alpha of .90, and the negative motives scale had an internal reliability alpha of .84.

Attachment. General attachment was assessed using the Adult Attachment Questionnaire (Simpson, Rholes & Nelligan, 1992). Participants rated 17 items using a 7-point Likert scale (1= *Strongly disagree*; 7= *Strongly agree*) (Appendix G). Exploratory factor analysis using principle component analysis with varimax rotation confirmed the presence of two independent factors. Before calculating a score for each of the two dimensions, items 1, 3, 4, 12, 14, 16 and 17 were reverse-coded. A score for the secure/avoidant dimension was calculated by adding and averaging items 1, 2 3, 5, 6, 7, 8 and 9. This scale had an internal reliability alpha of .81 (Cronbach's Alpha). The Cronbach's Alpha for the anxious/non anxious score was also high (.80) and was calculated by adding

and averaging items 4, 10, 11, 12, 13, 14, 15, 16 and 17. A high score on these dimensions indicated high levels of avoidant and anxious attachment respectively.

*Global Self-Esteem. R*osenberg's (1965) Self-Esteem Scale (Appendix H), which is a 10-item scale designed to assess both trait and stage global self-esteem, was used to measure global self-esteem. Participants answered items in this measure using a 7-point Likert scale (1= *Strongly agree* and 7= *Strongly disagree*). This self-esteem scale had an internal reliability alpha of .89 (Cronbach's Alpha) in this study.

S*elf-Perceived Mate Value.* Self-perceived mate value was measured using a 17-item self-perception scale (Appendix I) from the short forms of the ideal partner and relationship scales (Fletcher, Simpson & Thomas, 1999). Exploratory factor analysis using principle component analysis with varimax rotation confirmed the presence of three factors: trustworthiness/warmth, status/resources, vitality/attractiveness. To obtain a score for each of the three factors, items for each factor were summed and averaged to create three variables. The trustworthiness/warmth sub-scale had an overall internal reliability alpha of .90 (Cronbach's alpha), the status/resources subscale scale had an internal reliability alpha of .89 (Cronbach's alpha) and the vitality/attractiveness sub-scale had an internal reliability alpha of .82 (Cronbach's alpha).

Satisfaction and Commitment, Alternatives and Investment. The amount of satisfaction and commitment that participants felt towards their partner before the relationship ended was measured using the satisfaction and commitment sub-scales from the Perceived Relationship Quality Components Inventory (Fletcher, Simpson & Thomas, 2000), (Appendix J). The wording of the original scale was amended slightly as participants were asked to think back to how they were feeling when the relationship was still in tact (i.e. "are" was replaced with "were"). Participants answered these six items using a 7-point scale (1= *Not at all*; 7= *Extremely*).

To obtain a score for each participant, all six items were summed and averaged, with a high score indicating that participants were very satisfied with, and committed to, their

relationship before the break-up occurred. This six-item sub-scale had an internal reliability alpha of .89 (Cronbach's Alpha).

Alternatives and Investment were measured using the quality of alternatives and investment sub-scales from Rusbult, Martz and Agnew's (1998) Investment Model Scale. Rusbult's model was changed from a 9- to a 7-point scale to ensure consistency with the other measures used in this study. Question 10 -- "I was very emotionally involved with my partner" -- was added from the study by Davis et al. (2003) who found that greater emotional attachment was associated with anger and proximity seeking behaviour.

Exploratory factor analysis using principle component analysis with varimax rotation indicated the presence of two factors. The first factor comprised items five to 10 and pertained to investment and emotional investment, including items such as "I put a great deal into our relationship that I lost when the relationship ended" and "I was very emotionally involved with my partner". The eigenvalue for this factor was 3.75 and it accounted for 37.47% of the variance. The second factor comprised items one to four and pertained to alternatives and included items such as "my alternatives were attractive to me (dating another, spending time with friends or on my own etc". The eigenvalue for this factor was 2.06 and accounted for 20.59% of the variance.

To obtain a score for each of the two factors for each participant, the items for each factor were summed and averaged to create two new variables. A high score on the investment sub-scale indicated that participants were very invested in their relationship before the break-up. A high score on the alternatives sub-scale indicated that participants found their alternatives attractive before the relationship ended. The investment sub-scale had an internal reliability alpha of .83, and the alternatives sub-scale had an internal reliability alpha of .76.

Narcissism. Narcissism was measured using the Narcissistic Personality Inventory (Appendix K). To obtain an overall narcissism score for each participant, all 40 items were

summed resulting in a score between the range of 40 to 80, with a high score indicating high levels of narcissism. The narcissism scale had an overall internal reliability alpha of .77.

Procedure

Participants came to the Social Psychology Laboratory in the Department of Psychology at the University of Canterbury. On arrival, participants were provided with an information sheet about the study which explained that the purpose of the study was to look at how people cope with the break-up of a serious, non-marital, intimate relationship. The term "stalking" was not used before or during participation in this survey; instead behaviours were presented in terms of their reactions to the break-up of their relationship. Participants were assured of their anonymity and the confidentiality of all information given and informed that they may withdraw from the study at any stage. Once written consent was obtained, participants completed the measures which were part of one questionnaire. Upon completion participants were fully debriefed and were informed that the study was designed to look at stalking behaviour, and were reminded they could still withdraw from the study. A copy of the debriefing sheet supplied to each participant is detailed in Appendix L. The questionnaires were then placed into a sealed envelope and placed in a lock-box. Participants were thanked for their time and received a $5 voucher for their participation.

Results

Descriptive Results

Relationship Characteristics*.* The mean duration of the target relationship that participants reported was 19.56 months (*SD* = 19.09). With regard to the status of that relationship, 85.9% had been dating, 3% engaged and 11.1% had been in a de-facto relationship. The mean age at break-up was 20.81 years (*SD* = 5.03) and the mean period of time since the relationship ended was 15.22 months (*SD* = 14.69). Of the sample, 96.5% had no children from the relationship, 2.5% had one child and 1% had two children from the relationship.

Questions designed to look at multiple break-ups were included in the questionnaire. One hundred and twenty two (61.3%) of the sample did not get back together with their partner. Of the 77 (38.7%) participants that reconciled their relationship, 26 (35.06%) stayed together, 50 (64.94%) broke up again, and one participant did not indicate whether or not they stayed together with their partner. To determine whether the 26 participants who stayed together had any influence on the results, all the analyses were run again excluding this group. Excluding this group, however, did not significantly change the results. Thus, this sub-sample was included in the results reported here. Of the overall sample, 74.4% had one break-up, 17.6% had two break-ups, 5.5% had three break-ups, 2% had four break-ups and 0.5% had five break-ups before the relationship finally ended.

Stalking Behaviour Frequency*.* How prevalent is pursuit behaviour and stalking following intimate relationship dissolution in a New Zealand university sample? The current study asked for participant reports on the frequency of both self- and partner-stalking behaviour. Consistent with previous research, using a college/university population and looking at a continuum of stalking behaviours (Dutton-Greene, 2004; Langhinrichsen-Rohling et al., 2000; Stenswick, 2002), a similar high frequency was found, with 97% of participants reporting engaging in at least one pursuit behaviour, and 95% of participants reporting experiencing at least one pursuit behaviour. Interestingly, of the 56 participants who ended

the relationship (1 on the break-up initiation scale) 53 (94.6%) engaged in at least one pursuit behaviour. For the 40 participants who wanted the relationship to end (7 on the want-to-end scale) 36 (90%) reported engaging in at least one pursuit behaviour. There were also no significant gender differences in who initiated the break-up and who wanted the relationship to end. The frequency of self- and partner-stalking for the behaviours in the Self- and Partner-Stalking Sub-scales are shown in Table 1.

Using a stricter definition of stalking, requiring repeated behaviour, the results showed that 77.9% of participants reported engaging in four or more instances of reconciliation behaviour, 26.6% of participants reported engaging in four or more instances of minor stalking behaviours and 10.6% of participants reported engaging in four or more instances of severe stalking behaviour.

For reports of partner behaviour, the results showed that 83.4% of participants reported receiving four or more instances of reconciliation behaviour, 33.7% of participants reported receiving four or more instances of minor stalking behaviours and 17.1% of participants reported receiving four or more instances of severe stalking behaviour. These results are comparable with previous unpublished New Zealand research (Stenswick, 2002) and with overseas research (Dutton-Greene, 2004).

Table 1: Frequency of Self- and Partner-Stalking for Each Behaviour in the Self- and Partner-Stalking Sub-scales

	Perpetrated %	Received %
Reconciliation Behaviours		
Told him/her how much I loved him/her and tried to make up	57.3	67.8
Went by his/her house to see what s/he was up to	42.2	44.2
Emailed or text messaged him/her just to say "hi"	78.4	82.4
Called him/her just to talk about us	49.2	57.3
Made a point of talking with his/her friends and co-workers	50.8	54.8
Showed up at all of the places that s/he tended to go	22.6	33.7
Tried to demonstrate that I really loved him/her by always being around	22.6	31.7
Did unrequested favours for him/her	20.6	21.1
Kept asking him/her out on dates	9	20.1
Minor Stalking		
Went by his/her house and took something to remember him/her by	9.5	7.5
Wrote to him/her after being asked not to	6	7.5
Telephoned him/her after being asked not to	9	13.1
E-mailed or text messaged him/her after being asked not to make contact	12.6	20.6
Sent him/her gifts and other expressions of my love	20.1	24.6
Stood close to him/her and touched without being asked to	29.6	24.6
Tried to keep him/her away from other (wo)men	22.1	31.7
Severe Stalking		
Tried to scare him/her into coming back to me	7.5	11.1
Made specific threats to hurt his/her other friends, if s/he did not stop seeing them	1.5	0.5
Made specific threats to damage his/her property, if s/he did not come back	1	0.5
Made specific threats to harm his/her pet if s/he did not come back	0	0
Made specific threats to harm his/her family if s/he did not come back	1	0.5
Threatened to hurt myself if s/he did not return to me	4	11.1
Destroyed something of his/her that s/he loved	4	8
Broke into his/her house	0.5	1.5
Spied on him/her	7.5	7.5
Followed him/her	4.5	8
Verbally abused him/her	21.6	20.1
Threatened to physically harm or injure him/her	1.5	2
Attempted to force sexual contact	3	8
Physically injured or harmed him/her	1	2.5

Means and standard deviations for all the major variables are shown in Table 2.

Table 2: Means and Standard Deviations of All Major Variables

Variable	Overall		Female		Male	
	M	SD	M	SD	M	SD
Break-up Initiation	3.45	2.15	3.23	2.22	3.71	2.07
Want to End	4.01	2.26	4.20	2.30	3.81	2.21
Multiple Break-ups	1.37	0.73	1.39	0.79	1.34	0.66
Negative Consequences	3.52	1.28	3.64	1.32	3.40	1.23
- Fear *	1.43	1.07	1.59	1.22	1.27	0.87
Emotions						
- Anger	2.98	1.48	3.05	1.48	2.91	1.49
- Sadness	4.54	1.67	4.73	1.69	4.36	1.65
- Relief	3.74	1.61	3.97	1.59	3.52	1.63
- Love	4.68	0.96	4.61	0.91	4.75	1.01
Stalking Behaviours						
- Self Reconciliation	2.15	0.89	2.03	0.73	2.27	1.02
- Self Minor	1.39	0.67	1.34	0.60	1.44	0.72
- Self Severe	1.09	0.22	1.08	0.16	1.10	0.27
- Partner Reconciliation	2.48	1.14	2.40	1.12	2.54	1.17
- Partner Minor	1.49	0.69	1.49	0.77	1.49	0.61
- Partner Severe *	1.13	0.28	1.08	0.18	1.18	0.34
Motives						
- Self Positive	4.06	1.72	3.90	1.76	4.22	1.68
- Self Negative	2.17	1.09	2.16	1.06	2.18	1.12
- Partner Positive	4.37	1.66	4.47	1.70	4.27	1.61
- Partner Negative	2.35	1.27	2.29	1.26	2.40	1.30
Attachment						
- Avoidant/Secure	3.38	1.18	3.30	1.21	3.45	1.16
- Anxious/Non-anxious	3.51	1.07	3.44	1.16	3.57	0.97
Self-Esteem	5.31	1.11	5.28	1.18	5.34	1.05
Self-Perceived Mate Value						
- Vitality/Attractiveness	4.71	1.02	4.66	1.04	4.77	0.99
- Trustworthiness/Warmth *	5.78	1.01	5.96	0.92	5.60	1.07
- Status/Resources	5.22	1.23	5.28	1.13	5.17	1.34
Satisfaction/Commitment	4.97	1.20	4.92	1.09	5.02	1.31
Alternatives	4.25	1.40	4.15	1.36	4.37	1.44
Investment	4.52	1.28	4.47	1.28	4.57	1.29
Narcissism *	59.79	5.87	58.42	6.02	61.15	5.41

Note: All scores are on a 7-point scale, with the exception of narcissism, where scores ranged from 40 to 80. For all items, low scores represent low frequencies. For break-up initiation, the scale ranged from 1 (I did) to 7 (S/he did). For whether participants wanted the relationship to end, the scale ranged from 1 (No) to 7 (Yes). * indicates a significant gender difference.

As expected, and consistent with other studies, no gender difference was found in the level of behaviours engaged in by men and women at all levels of severity, with one exception. For reports of partner behaviour, male participants reported experiencing significantly more severe stalking behaviour than female participants, $t(197) = 2.46$, p < .05. However, consistent with previous research (Cupach & Spitzberg, 2002; Dutton-Greene, 2004; Stenswick, 2002), females reported experiencing significantly more fear after the relationship ended than males $t(197) = 2.11$, p < .05.

Two other significant gender differences were found. On the Self-perceived Mate Value measure, females rated themselves as more warm than males $t(197) = -2.56$, p < .05, and female participants also rated themselves as less narcissistic than male participants $t(189) = 3.29$, p < .01.

Tactics were also analysed to test the suggestion by Langhinrichsen-Rohling et al. (2000) that men make more in-person contact in order to control, and women leave more phone messages in order to help them deal with negative emotions as a result of the break-up. However, the only significant difference found was in self-reports of behaviour for the item, "kept asking him/her out on dates" with males reporting they engaged in more of this behaviour (M = 1.27, *SD*=0.81) than females = (M=1.06; *SD*=0.37), $t(197) = 2.40$, p < .05.

Correlational Analyses

Individual Differences in Psychological Resources *(attachment, self esteem, narcissism, and self-perceived mate value)*. The correlations between self- and partner-stalking and these other variables can be seen in Table 3.

Table 3: Correlations Between Self- and Partner-stalking and Attachment and Self-esteem Variables.

	Self-Stalking	Partner-Stalking
Avoidant Attachment	.09	-.04
Anxious/Ambivalent Attachment	.19**	-.08
Self-Esteem	-.19**	.06
Self-Perceived Mate Value: Warmth	-.01	-.04
Self-Perceived Mate Value: Status	-.15**	.03
Self-Perceived Mate Value: Attractiveness	-.07	.03
Narcissism	-.10	-.19**

Note: All correlations are 2-tailed. * $p<.05$. ** $p<.01$

Previous research (Davis et al., 2003; Dutton-Greene, 2004; Meloy 1998; Ravensberg & Miller, 2003) has used Attachment Theory to explain the development of stalking behaviour in adults, suggesting that those with an insecure attachment style are most likely to engage in stalking behaviours (Davis et al., 2003; Dutton-Greene, 2004; Spitzberg & Cupach, 2003). Therefore it was predicted that participants with high levels of anxious attachment would be more likely to stalk than those with a secure or avoidant attachment style. The results supported this prediction with a significant relationship found between anxious attachment and self-stalking, but no relationship found between avoidant attachment and self-stalking, as expected.

This study investigated the link between different domains of self-esteem and stalking. As predicted, it was found that participants with higher ratings of global self-esteem engaged in lower levels of self-stalking behaviour. I also predicted that higher levels of self-perceived mate value would also be associated with lower levels of stalking. However, this was the case only for the status/resources sub-scale, where those who rated themselves higher in status/resources engaged in lower levels of self-stalking.

With respect to narcissism, I predicted that higher levels of narcissism would be associated with higher levels of self-stalking; however a significant relationship was not found. A significant relationship, however, was found for reports of partner-stalking, where those who rated themselves as higher in narcissism reported receiving significantly higher levels of partner-stalking.

Relationship Investment. The correlations between self- and partner-stalking and break-up initiation and investment variables can be seen in Table 4.

Table 4: Correlations Between Self- and Partner-Stalking and Relationship Investment Variables.

	Self-Stalking	Partner-Stalking
Who Initiated the Break-up	.13	-.29**
Wanting the Relationship to End	-.18*	.21**
Investment	.18*	.14*
Satisfaction / Commitment	.10	.04
Alternatives	-.17*	.13

Note: Break-up initiation ranged from 1 (I did) to 7 (He/she did). Wanting the relationship to end ranged from 1 (No) to 7 (Yes). All correlations are 2-tailed. * p<.05. ** p<.01

Previous research indicates that those who initiate the break-up are less likely to engage in stalking behaviour (Davis et al., 2000). In this study, contrary to predictions, no relationship was found between initiator status and self-stalking. However, as expected, participants who initiated the break-up reported being the recipient of significantly more stalking compared to those who were left. In addition, as predicted, those who wanted the relationship to end reported significantly less self-stalking behaviour, but more stalking from their ex-partners. These results suggest that wanting the relationship to end may be a stronger predictor of stalking than initiator status, and may warrant its use in future research.

Previous research suggests that high levels of emotional investment are associated with greater post-separation distress and proximity seeking behaviour (Davis et al., 2003; Lewandowski, 2002; Purcell et al., 2002). Using this idea, I predicted that investment in the relationship would be associated with higher levels of stalking behaviour. As predicted a modest correlation was found, indicating that higher levels of investment in the relationship prior to it ending were significantly related to higher levels of self- and partner-stalking (see Table 4).

Using Interdependence Theory, I also predicted that people who were more highly satisfied with their relationship would be more likely to stalk, and those who viewed the quality of their alternatives as higher, would be less likely to stalk. Contrary to predictions,

there was no relationship between satisfaction and self- or partner-stalking. However, those who viewed their quality of alternatives as higher engaged in significantly less stalking behaviour after the relationship ended. As expected, those who viewed their alternatives as higher were more likely (r=.45) to want their relationship to end.

Dyadic Nature of Stalking. The dyadic nature of stalking was investigated by asking for participant reports of both self and partner behaviour. As predicted, there was a strong relationship (r=.43) between self- and partner-stalking, suggesting that higher levels of self-stalking are associated with higher levels of reported partner-stalking. Further analyses were conducted to test the idea that this dyadic pattern of stalking may be a product of multiple break-ups, with different partners adopting the role of pursuer over time. A partial correlation was conducted recalculating the association between self- and partner-stalking and controlling for the number of break-ups. The correlation did not drop significantly (partial r =.43), therefore the prediction that this dyadic pattern of stalking is a function of multiple break-ups was not supported.

An alternative explanation could be that many couples may maintain friendships after the relationship ends, in which both partners engage in reconciliation behaviours. Further correlational analyses were performed to test this hypothesis. While a high significant correlation (r=.42) was found between self-reconciliation and partner-reconciliation behaviours, high significant correlations were also found between self- and partner-minor stalking behaviour (r=.38) and self- and partner-severe behaviours (r=.37). These results indicate that the more stalking a person engages in, the more they report being the recipient of a similar frequency of stalking, regardless of the seriousness of the stalking.

Partial correlations were conducted again to see whether these any of the three dyadic patterns of stalking were a product of multiple break-ups. However none of the three correlations changed very much when number of break-ups was controlled for.

Motives. The correlations between self- and partner-stalking and self- and partner-motives can be seen in Table 5.

Table 5: Correlations Between Self- and Partner-stalking and Motives.

	Self-Stalking	Partner-Stalking
Motives: Self Positive	.40**	-.10
Motives: Self Negative	.46**	.16*
Motives: Partner Positive	.14	.53**
Motives: Partner Negative	.23**	.56**

Note: All correlations are 2-tailed. * p<.05. ** p<.01

The results supported predictions that stronger motives (positive or negative) would predict more stalking behaviour, but also revealed good discriminant validity. That is, self-motives were a reliable predictor of self-stalking but not partner-stalking, and partner-motives were a reliable predictor of partner-stalking, but not self-stalking.

I also predicted that positive motives should predict stalking more strongly as the kind of stalking involved became more benign, whereas negative motives should predict the opposite pattern. The relevant correlations can be seen in Table 6.

Table 6: Correlations Between Positive and Negative Self- and Partner-motives and Self- and Partner-stalking.

	Self-Stalking			Partner-Stalking		
	Reconciliation	Minor	Severe	Reconciliation	Minor	Severe
Self-Motives						
Positive	.50**	.29**	.09	-.08	-.11	-.05
Negative	.37**	.33**	.44**	.09	.13	.20**
Partner-Motives						
Positive	.21**	.12	-.05	.63**	.45**	.15*
Negative	.13	.25**	.21**	.41**	.49**	.54**

Note: Correlation is 2-tailed. * p< .05. ** p< .01.

The results reveal the predicted pattern; namely, positive self-motives strongly predicted higher levels of reconciliation behaviours but had weaker effects for severe stalking behaviours (see top left three cells). In contrast, the association between negative self-motives and self-stalking were the strongest for severe stalking behaviour. Substantially the same pattern was produced for partner-motives and partner-stalking (bottom-right six cells).

The pattern of discriminant correlations (bottom left six cells and top right six cells) were considerably smaller than the convergent correlations, and give valuable support to the validity of the findings.

Emotional Responses to Break-up. The correlations between self- and partner-stalking and emotions and negative consequences can be seen in Table 7.

Table 7: Correlations Between Self- and Partner-stalking and Emotional Response Variables.

	Self-Stalking	Partner-Stalking
Anger	.21**	-.01
Sadness	.27**	-.07
Relief	-.24**	.19**
Love	.27**	.12
Negative Consequences	.37**	-.06

Note: All correlations are 2-tailed. * p,.05. ** p<.01

Based on the idea that during separation, love and anger will motivate a person to seek a reunion with their ex-partner, and sadness will act as a withdrawal state (Sbarra & Emery, 2005), I predicted that levels of emotion should be associated with stalking behaviour. As expected, those who reported higher levels of love and anger engaged in higher levels of self-stalking. For relief, higher levels were associated with lower levels of self-stalking behaviour and also with higher levels of reported partner-stalking. Contrary to predictions however, higher levels of sadness were associated with higher levels of self-stalking. In addition, as predicted, those who experienced higher levels of negative consequences experienced following the break-up were more likely to engage in higher levels of self-stalking behaviour.

Multiple Regression Analyses: Mediation

Several mediation models were proposed; however none of the models using partner-stalking as the dependent variable were statistically confirmed; thus I will report the models using self-stalking as the dependent variable. Standard multiple regression procedures were used to test all mediation models. In order to demonstrate mediation, four conditions must be met. First, a significant path (correlation) should exist between the independent and the

dependent variables. Second, the independent variable must be significantly associated with the mediating variable. Third, the mediating variable must be significantly associated with the dependent variable when controlling for the independent variable. Fourth, the size of the path from the independent to the dependent variable should significantly drop when the mediation variable is controlled. In addition, the hypothesised causal direction from left to right should be plausible, with variables on the left causally influencing variables on the right, but not (only) vice versa.

   Attachment Anxiety. I first tested two mediation models using reports of anger and sadness as the mediating variables, and attachment as the prior independent variable, as outlined in the introduction. The results of the path analyses are shown in Figure 2. Support was found for both models. In both cases, higher levels of anxious attachment significantly predicted higher levels of intense emotions, which in turn fed into higher levels of self-stalking behaviour. Sobel's test showed that the direct path significantly dropped when the mediating variable was controlled for , for both anger ($z = 2.00$; $p < 05$) and sadness ($z = 2.43$ $p < .05$).
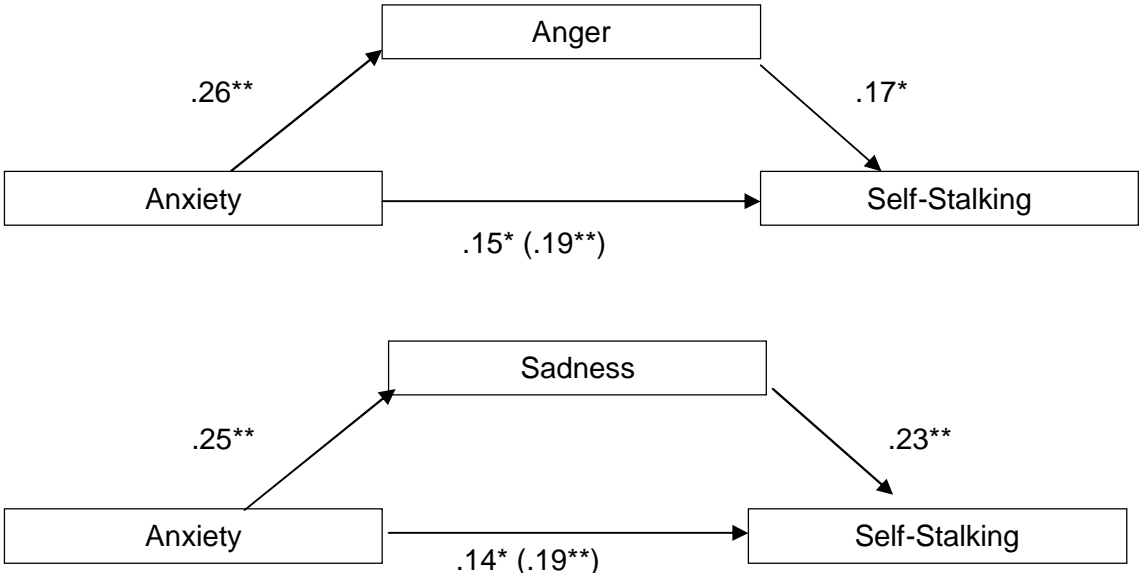
Figure 2: Models show intense emotions mediating the path between anxious attachment and self-stalking. Values are standardised regression coefficients. Coefficients when emotions are not controlled are shown in parentheses.

As predicted, this indicates that while anxious attachment is independently associated with stalking behaviour, this link is mediated by the intense emotions of anger and sadness.

I tested the mediation models again using positive and negative self-motives as the mediating variables, as self-motives were found to be strongly related to self-stalking behaviour. Anxiety was not correlated with positive self-motives and this model was not tested. The results of the path analyses for the link between anxiety and self-stalking, using negative self-motives as the mediating variable, are shown in Figure 3. These showed that higher levels of anxiety lead to significantly increased levels of negative self-motives, which in turn predicted higher levels of self-stalking behaviour. Sobel's test showed that the direct path significantly dropped when the mediating variable was controlled for ($z = 2.92$; $p < .00$).
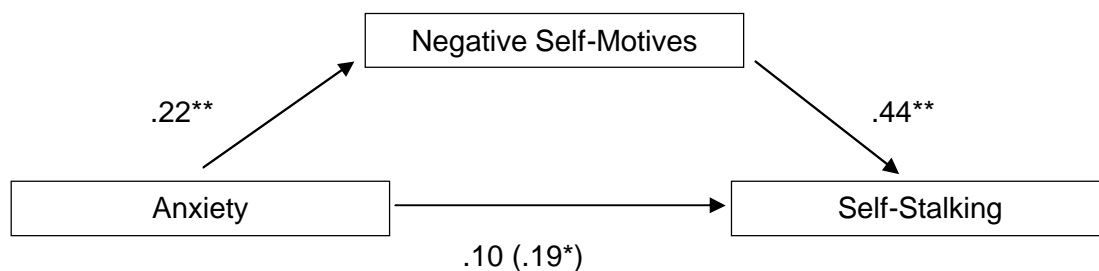
Figure 3: Model shows negative self-motives mediating the path between anxiety and self-stalking. Values are standardised regression coefficients. The coefficient when motives are not controlled for is shown in parentheses.

Relationship Investment. As the variables "love" and "wanting to end the relationship" were quite highly correlated ($r= -.41$) they were combined to make one variable, termed "Relationship Investment". The mediation models were tested again using this new variable (relationship investment) as the independent variable. The analyses were also conducted using love and want to end separately and the results were very similar.

When anger was introduced as the mediating variable, the direct path from relationship investment did not significantly drop, so is not discussed further. The results of the path analyses using sadness as the mediating variable are shown in Figure 4. The results showed that higher investment predicted higher levels of sadness, which in turn produced increases in self-stalking behaviour. Sobel's test showed that the direct path significantly dropped when the mediating variable was controlled for ($z = 2.37$; $p < .02$).
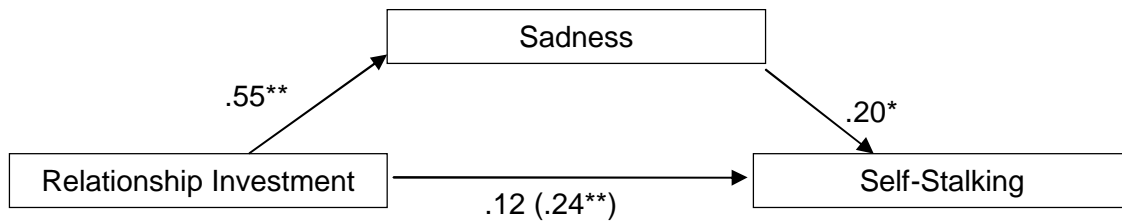
Figure 4: Model shows sadness mediating the path between relationship investment and self-stalking. Values are standardised regression coefficients. The coefficient when sadness is not controlled for is shown in parentheses.

The results of the path analyses for the direct path of relationship investment and self-stalking using positive and negative self-motives as the mediating variables are shown in Figure 5. Support was found for both these models. In both cases more investment predicted higher levels of positive and negative self-motives, which in turn led to increased levels of self-stalking behaviour. Sobel's test showed that the direct path significantly dropped when the mediating variable was controlled for, for both negative self-motives ($z = 4.27$; $p < .00$) and positive self-motives ($z = 4.48$, $p < .00$).
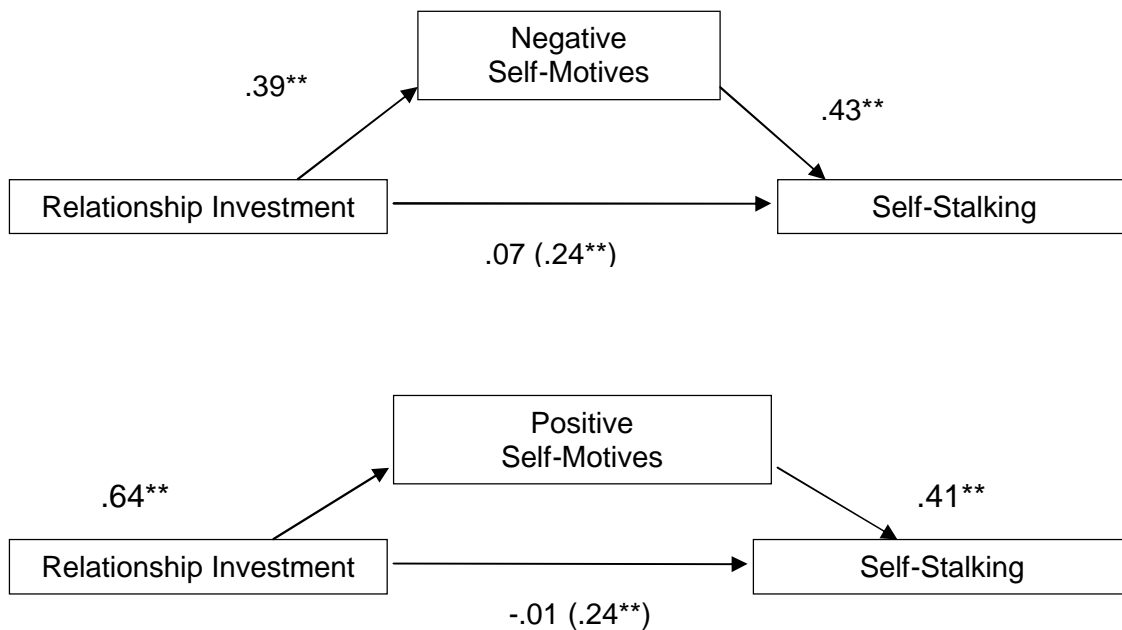
Figure 5: Models show positive and negative self-motives mediating the path between relationship investment and self-stalking. Values are standardised regression coefficients. Coefficients when motives are not controlled for are shown in parentheses.

Multiple Regression Analyses: Moderation

To test the idea that aggression is associated with narcissism under conditions where negative feedback is present (Bushman & Baumeister, 1998, as cited in Webster & Kirkpatrick, 2006) I hypothesised that narcissism will moderate the relationship between who initiated the break-up and stalking behaviour. In other words, in this case, negative feedback refers to being on the receiving end of the break-up. It is thought that under these conditions, aggression and stalking is likely to be higher in those who are high in narcissism. This means that for people who are left by their partner, those who are high in narcissism will engage in greater levels of self-stalking behaviour, than those low in narcissism. For those who end the relationship, those high in narcissism should engage in less stalking behaviour than those low in narcissism.

Standard multiple regression procedures were performed to test the moderation model; however no significant interactions were found.

Discussion

In summary, the basic descriptive results of this study were generally consistent with both prior research and predictions. High levels of pursuit behaviour were reported following the break-down of non-marital, intimate relationships. No significant gender differences were found in the reported frequencies of pursuit behaviours engaged in, although women reported experiencing more fear than men as a consequence of stalking. Consistent with Stenswick (2002), this study also found support for a dyadic pattern of stalking behaviour in which higher levels of self-stalking were associated with higher levels of reported partner-stalking.

This study also demonstrated that a range of individual differences significantly predicted stalking along the predicted directions. Higher levels of self-stalking were associated with a) lower levels of global self-esteem, b) lower levels of self-perceived mate value ratings, and c) more anxious attachment styles. In addition, higher levels of investment in the prior relationship were linked to more self-stalking. This study also reported novel findings that positive motives were associated with more reconciliation behaviours whereas negative motives were associated with more serious behaviours. The reported consequences of stalking were also consistent with expectations, with higher levels of self-stalking associated with higher levels of negative consequences, anger and sadness and lower levels of relief.

Finally, support was found for several mediation models which showed that higher levels of anxious attachment or investment were associated with more stalking behaviour via mediating variables such as emotions and positive or negative motives.

I will now discuss the findings from this study in more detail.

Stalking Frequency

As expected, high prevalence rates were found in the current study with the majority of participants reporting both engaging in at least one pursuit behaviour (97%), and being the recipient of at least one pursuit behaviour (95%) after their relationship ended. Not

surprisingly the most common behaviours reported were reconciliation behaviours (i.e. "emailed or text messaged just to say hi" and "told him/her how much I loved him/her and tried to make up"). This finding was consistent with studies by Stenswick (2002) and Langhinrichsen-Rohling et al. (2000) who found that reconciliation behaviours such as making unwanted phone calls and initiating in-person conversations were the most commonly reported behaviours. The high frequency of behaviours using email and text may be due to the availability of cell phones and internet which makes contact with an ex-partner more accessible after the relationship ends. This is particularly the case these days as most people not only own a cell phone but keep them as constant companions, as well as checking emails on a regular basis.

In comparison with previous research, the high frequency of stalking behaviour found in this study is also consistent with previous research. For example, Langhinrichsen-Rohling et al. (2000) found that 99.2% of break-up sufferers reported engaging in at least one pursuit behaviour and 88.9% of break-up initiators reported being the recipient of at least one pursuit behaviour after the relationship ended.

Reports of more serious stalking behaviour found in this study were similar to the study by Stenswick (2002). The current study found that 10.6% of participants engaged in four or more instances of severe stalking behaviour, compared to the 5.6% found in the study by Stenswick (2002). For reports of partner behaviour, 17.1% of participants in the current study reported receiving four or more instances of severe stalking behaviour compared to 12.8% found in the study by Stenswick (2002).

These frequencies of stalking are, as expected, higher than those reported by studies using a strict legal definition of stalking. Applying a more strict definition to the current study, where participants had to have engaged in at least two serious behaviours 5 times, or five serious behaviours at least twice, this study found that 2% were classed as having stalked their ex-partner and 4% were classed as having been stalked by their ex-partner. This is comparable to Stenswick (2002) who used a similar criteria and also found that 2% of her participants fit within the category of having stalked their ex-partner. Using the same criteria

for reports of partner-stalking, Stenswick (2002) found that 5.6% of her sample fit the category of "having been stalked by their former partner" (p.42). These current findings are also comparable to the study by Tjaden and Thoennes (1998) who found that 2.2% of men and 8.2% of women reported being the victim of stalking at some point during their lives.

Gender Differences

As expected very few gender differences were found. In particular, no gender difference was found in the frequency of behaviour engaged in at all levels of pursuit severity. This has been a consistent finding in the stalking literature to date when using a continuum of behaviours, but is inconsistent with research using a strict legal definition of stalking which predominately views females as the perpetrators and males as the victims. As explained previously, this difference in findings is generally considered to arise because of size and strength differences between the sexes, where females are generally less strong than males and are therefore more likely to be hurt as a result of violence against them.

This explanation is consistent with the finding that females report experiencing significantly more fear after their relationships ends than males. However, although females experience more fear, this does not seem to discourage them from engaging in stalking or pursuit behaviours; indeed, in the current study, males reported being the recipient of serious stalking acts more than did females. In addition, with the exception of one kind of reconciliation behaviour, there were no differences in the types of behaviours that males and females engaged in.

Individual Differences in Psychological Resources

As expected, those with higher levels of global self-esteem reported engaging in lower levels of self-stalking behaviour. This suggests that those who feel good about themselves are less likely to pursue their ex-partner after the relationship ended. This pattern is consistent with the findings that higher levels of self-esteem were associated with lower levels of negative consequences ($r = -.32$) and sadness ($r = -.22$), but was not associated with motives for stalking. Thus, it appears that individuals with high self-esteem are more

effective at regulating their emotions and cope better with the break-down of their relationships and are less motivated to pursue their ex-partner.

Contrary to predictions however, only higher levels of status/resources on the self-perceived mate value scale were associated with lower levels of self-stalking. As status/resources were highly correlated ($r = .46$) with global self-esteem, again these individuals may be able to maintain a positive self view, even during the break-up of a relationship and will be less likely to stalk their ex-partner.

Also contrary to predictions, no association was found between narcissism and self-stalking. However, those who rated themselves higher in narcissism reported higher levels of partner-stalking. It may be that these individuals either attract partners who are more likely to stalk, or they report more pursuit by their ex-partner to make themselves look more desirable.

Relationship Investment

Initiator Status. Interestingly, the current study found no relationship between who initiated the break-up and self-stalking behaviour. This highlights an issue with research to date, in that most studies rely on initiator status when looking at stalking behaviour. For example, the study by Langhinrichsen-Rohling et al. (2000) asked those who ended the relationship to report only on their ex-partner's behaviours towards them, and for break-up sufferers to report only on their own behaviour towards their ex-partner. What these studies do not take into account are those people who end their relationships even when they don't want them to end. In these cases, these individuals may engage in stalking behaviour even thought they initiated the break-up. Therefore the current study measured both initiator status and whether people wanted the relationship to end. The results showed, that as predicted, those who did not want the relationship to end, regardless of who initiated the break-up, were more likely to engage in self-stalking behaviour. These results suggest that wanting the relationship to end may be a stronger predictor of self-stalking than initiator status and therefore may warrant its use in future research.

Alternatives and Investment. In line with predictions, those who viewed the quality of their alternatives as high prior to the relationship ending engaged in less self-stalking behaviour after the relationship ended. Presumably these people expect to find someone of a higher quality than their ex-partner and may put less effort into trying to get their ex-partner back and more effort into trying to find a better new partner.

Level of investment in the relationship prior to it ending was also associated with self- and partner-stalking. This finding indicates that those who were highly invested in the relationship will not only engage in higher levels of self-stalking, but will also report higher levels of partner-stalking. One reason for this finding may be that, for these individuals, many aspects of their life may have been linked to their ex-partner, for example recreational activities or friends. In these relationships, ex-partners may have been more likely to see each other after the relationship ended and as such may have maintained more contact with each other, than those individuals who were less invested in their relationships.

Dyadic Pattern of Stalking

The current study replicated the finding of Stenswick (2002) of a strong association between reports of self- and partner-stalking where the more people report engaging in self-stalking behaviour the more they report being a recipient of partner-stalking behaviour.

This finding has several implications. First, as discussed, most research to date uses reports of either self- or partner-stalking behaviours and uses initiator status to decide which type of behaviour participants report on. This implies that those who initiate the relationship don't engage in stalking behaviour, and those who are broken up with perpetrate all the stalking behaviour. However, the finding of a dyadic pattern of stalking suggests that those who are stalked, also engage in stalking behaviours. This study provides strong support for the use of both self- and partner-reports of stalking behaviour, regardless of initiator status, to gain a more accurate picture of what is happening between ex-partners after their relationships ends.

Second, to understand this finding we need to understand why it is occurring. The current study hypothesised that it may be a result of multiple break-ups, with different

partners swapping the roles of pursuer and pursued. However, this hypothesis was not supported, with the number of break-ups having no effect on the association between self- and partner-stalking.

An alternative explanation was tested to the effect that many couples maintain a friendship after their relationships end, which would produce many attempts to contact one another and apparent reconciliation behaviours. However, while there was a high positive correlation found between self- and partner-reconciliation behaviours, suggesting that partners may engage in these behaviours to maintain a friendship, high correlations were also found between self- and partner-stalking that were more serious and negative in nature.

Perhaps the phenomena of a dyadic finding could be located in the break-up process itself. For example, if people engage in stalking behaviour their ex-partner may retaliate in some way. Alternatively, the reason could be located in relationship processes prior to the relationship ending. For example, some studies (Langhinrichsen-Rohling, 2006; Melton, 2007) report that stalking and dyadic intimate violence when the relationship was intact is a predictor of stalking after the relationship ends. Thus, perhaps those who are more violent with each other prior to the relationship ending tend to continue such battles after the demise of the relationship and stalk more overall compared to those with more peaceful and non-violent relationships. Such a pattern would produce the dyadic correlations found in this study. Further research is needed to investigate this dyadic pattern.

Motives

Research on motives for stalking in the current study produced some very promising results. First, this study found that self-motives predicted self-stalking but not partner-stalking and partner-motives predicted partner-stalking but not self-stalking. This finding lends good convergent and discriminant validity to the scales. Second, positive motives predicted stalking more strongly as kind of stalking involved became more benign, whereas negative motives predicted stalking more strongly to the extent that the stalking was more threatening and severe. Given these positive results, further research using these scales may give insight into why people engage in stalking behaviour.

Emotional Responses to Break-up

The current study found that higher levels of negative consequences were associated with higher levels of self-stalking. However, it is unclear what the causal direction of this relationship might be, given that experiencing negative consequences may result in increased stalking behaviour or vice-versa. In terms of specific emotions, anger felt after the relationship ended, and love felt for the partner when the relationship was still intact, were associated with higher levels of self-stalking. Contrary to predictions, higher levels of sadness were also associated with higher levels of self-stalking which indicates that sadness is not a withdrawal state as previously expected. Feeling sad in fact seems to motivate individuals to pursue their ex-partner, possibly in an attempt to restart the relationship and reduce the feelings of sadness that they are experiencing.

Mediation Models

The current study tested several mediation models looking at the links between various predictor variables and the frequency of self-stalking behaviour. Anxious attachment and relationship investment were the two independent variables tested. The mediating variables included the emotions of anger and sadness experienced after the break-up, and positive and negative self-motives. The current study hypothesised that anxious attachment and investment in the relationship prior to it ending would contribute to higher levels of emotions and motives. Greater levels of emotions and motives were, in turn, expected to produce higher levels of self-stalking behaviour. Using combinations of these predictor variables, eight models were tested of which six received either full or partial support.

Anxious Attachment. The relationship between anxious attachment and self-stalking was partially mediated by both anger and sadness. Therefore, while anxious attachment is independently and significantly associated with self-stalking, anxious attachment influences intense emotions post-break-up which in turn increases self-stalking behaviour. One explanation for this finding is that during relationship dissolution, those who were higher in anxious attachment were less effective at regulating their emotions. In turn, higher levels of anger and sadness contributed to increased levels of self-stalking behaviour.

As hypothesised, negative self-motives also partially mediated the relationship between anxious attachment and self-stalking. However, contrary to predictions, positive self-motives did not. These findings suggest that for those who were high in attachment anxiety, attempts to seek contact with their ex-partner were predominately influenced by negative feelings of hostility towards their ex-partner. Therefore, rather than wanting to show their ex-partner that they still cared about them, anxious individuals were more motivated to interfere with their ex-partner's life and seek revenge.

Relationship Investment. The relationship between relationship investment and self-stalking was partially mediated by sadness and by negative self-motives. In line with Davis et al. (2003), individuals who were highly invested in their relationship experience higher levels of sadness at losing their partner and shared friends and interests. Higher levels of sadness in turn lead to increased self-stalking behaviour. In addition, highly invested individuals probably sustain more negative feelings towards their ex-partner over the loss of what they had invested, and these negative motives, in turn, increase self-stalking behaviour.

The relationship between relationship investment and self-stalking was fully mediated by positive self-motives. Consistent with previous research (Lewandowski, 2002) the most likely explanation is that those who were highly invested in their relationships may feel more distress at the break-down of their relationships due to the loss of shared interests and friends and thus, are strongly motivated to restart their relationships. Because the motivation for pursuit was based on reconciliation, these individuals were more likely to be motivated by positive motives, rather than seeking revenge.

Strengths and Limitations

The major limitations of this study involve two issues -- the reports are retrospective and they are only obtained from one partner. The main problem with retrospective reports is that memory can be unreliable and may become distorted over time. The issue with using reports from only one partner is that reports of partner pursuit (or self pursuit) may not be accurate. Therefore to gain a more accurate picture of the processes behind post-relationship pursuit, reports from both partners are required. The best way solve these two

issues would be to use a longitudinal design that starts following couples when the relationship is still intact, and continues after the demise of the relationship. This way relationship processes prior to the break-up could be taken into account and couples could be tracked as they go through the break-up process. This approach, however, poses considerable methodological challenges.

Another limitation is that this study, like much previous research, uses a university population which raises the question of whether this study is generalisable to the general adult population. Further research could be conducted using a community sample to test whether the findings in the current study and research to date, also apply to community samples.

However, this research also has considerable strengths. First, this study replicated previous findings, with high levels of pursuit behaviour reported following relationship dissolution, and no gender differences found in the reported frequencies of behaviour.

Second, support was found for a dyadic pattern of stalking behaviour. This finding not only contradicts the stereotype that those who are broken up engage in all the stalking behaviour, but also highlights the importance of obtaining of reports of both self- and partner-stalking when conducting research in this area.

Third, the current study introduced a novel scale for measuring motives for stalking. This is an area that has lacked detailed research to date, and the results of the current study provide strong initial support for the inclusion of this measure in future research on stalking.

Finally, strong support was found for several mediation models linking a variety of predictor variables with self-stalking behaviour. Arguably, research in this area should be moving towards testing more complex causal models, of the sort proposed in this study, that go beyond simple correlations between pairs of variables. Although these models were based on cross-sectional data, they nevertheless suggested that individual differences (such as attachment anxiety) influence stalking behaviour in part via their influence on emotions and motives.

Conclusions

This research is consistent with prior findings, in reporting that stalking, and particularly, unwanted pursuit behaviour, is common following the break-down of intimate relationships. Because this behaviour can result in serious physical and psychological consequences for the victim (McEwan, Mullen & Purcell, 2007), it is important to investigate this area further to better understand the development of these behaviours, and the motives that underlie it.

This study contributes some novel findings to the current literature by identifying some factors that contribute to the development of stalking behaviour and by expanding our knowledge on the motives that underpin this behaviour. Future research, building on what we already know has the potential to allow better predictions of pursuit and stalking behaviour, and to ultimately aid in its prevention by intervening before the behaviour becomes serious and causes harm to the victims, as well as aiding in the treatment of those who engage in it.

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Appendix A: Information Sheet

You are invited to participate as a subject in the research project "**Intimate Relationship Dissolution**".

The aim of the project is to look at how people cope with the break-up of a serious, heterosexual, non-marital, intimate relationship.

The project is being carried out as a requirement of a Master of Arts degree by Michele Wisternoff under the supervision of Professor Garth Fletcher, who can be contacted at 364-2970 or on extension 6970 from within the University. He will be pleased to discuss any concerns you may have about participation in the project.

Your involvement in this project will involve completing the following nine questionnaires which include questions about yourself, and some questions about your break-up, how you felt about it, and what you did after your relationship ended. It is estimated that this will take you approximately 20-30 minutes.

These questionnaires are anonymous and to ensure anonymity and confidentiality consent forms will be stored separately from the questionnaires. Both boxes will be locked in a filing cabinet in a locked room in the Psychology Department.

You may withdraw your participation, including withdrawal of any information you have provided, until your questionnaires have been added to the others collected. Because they are anonymous, they cannot be retrieved after that.

By completing the following questionnaires it will be understood that you have consented to participate in the project, and that you consent to publication of the results of the project with the understanding that anonymity will be preserved.

The project has been reviewed **and approved** by the University of Canterbury Human Ethics Committee.

Appendix B: Informed Consent

Researchers Name: Michele Wisternoff
Contact Address: Psychology Department, University of Canterbury

CONSENT FORM

Intimate Relationship Dissolution

I have read and understood the description of the above-named project. On this basis I agree to participate as a subject in the project, and I consent to publication of the results of the project with the understanding that anonymity will be preserved.

I understand also that I may withdraw from the project, including withdrawal of any information I have provided up until my questionnaires have been added to the others collected.

NAME (please print):………………………………………………………………………….

Signature:

Date:

Appendix C: Demographics and Relationship Characteristics

Age: _____

Male / Female (please circle one)

Ethnicity: _____

Current relationship status (e.g. single, married, de-facto etc): _____

Please read carefully:
The following questions concern the history of your break-ups with romantic partners. In these questions you will be asked about who initiated the break-up, when it occurred, how you felt about it, and what you tended to do after the break-up. When answering the following questions, please **think back to the break-up of your last serious relationship**, regardless of who ended the relationship, or whether it was mutual. In addition, the break-up need not have been permanent. It may have seemed permanent at the time, but you may have gotten back together.

Important: Please think back to the same ONE relationship when answering all the questions in each of the following questionnaires.

---

1. What was the duration of the relationship? _____ (months / years).
    Note: if you got back together, please record the length of the relationship before the first break-up.

2. Were you: Dating / Engaged / De Facto / Other (please specify) _____

3. How old were you when the relationship ended? _____

4. How long ago did the relationship end? _____

5a. Did you and your ex-partner have any children together? **Yes / No**

    5b. If **"Yes"**, how many? _____

6. In a couple of sentences please explain why the relationship ended:
    _____
    _____
    _____

7a. Did you and your ex-partner get back together after the initial break-up? **Yes / No**

    If "**No"** go to question 8a.

    7b. If "**Yes**" did you stay together? **Yes / No**

        If "**Yes"** go to question 8a.

        7c. If "**No**" How long did you get back together for? _____ (months / years)

        7d. How many times did you and your ex-partner break up? _____

Appendix D: Break-up initiation, Negative Consequences Scale and Emotion Sub-scales

8a. In your most recent break-up who wanted to break-up and insisted on it? (Circle the number that indicates who ended the relationship):

I did			**Mutual**			**S/he Did**
1	2	3	4	5	6	7

8b. Regardless of who initiated the break-up, did you want the relationship to end? (Circle the number that indicates whether or not you wanted the relationship to end)

No						**Yes**
1	2	3	4	5	6	7

9. To what degree did you have any of the following feelings or experiences after the break-up? (Please rate each item by circling one number in each scale that applies to how you were feeling)

	Not at all						**Very Much**
Let down	1	2	3	4	5	6	7
Upset at being left	1	2	3	4	5	6	7
Jealous	1	2	3	4	5	6	7
Fearful	1	2	3	4	5	6	7
Rejected	1	2	3	4	5	6	7
Uneasy	1	2	3	4	5	6	7
Depressed	1	2	3	4	5	6	7
Anxious	1	2	3	4	5	6	7
Physical Health Problems	1	2	3	4	5	6	7
Fear for personal safety	1	2	3	4	5	6	7
Loss of concentration	1	2	3	4	5	6	7
Could not stop thinking about the relationship	1	2	3	4	5	6	7
Decrease in quality of life	1	2	3	4	5	6	7
Lack of trust in new partners and relationships	1	2	3	4	5	6	7
Negative personality changes	1	2	3	4	5	6	7
Thought about him/her a lot	1	2	3	4	5	6	7
Couldn't get him/her out of my mind	1	2	3	4	5	6	7
Loss of self-esteem	1	2	3	4	5	6	7

10. Below is a list of some emotions that people report feeling after a break-up. To what degree did you have any of the following emotions after the break-up?

	Not at all						Very Much
Angry	1	2	3	4	5	6	7
Peeved	1	2	3	4	5	6	7
Spiteful	1	2	3	4	5	6	7
Resentful	1	2	3	4	5	6	7
Furious	1	2	3	4	5	6	7
Deceived	1	2	3	4	5	6	7
Bad Tempered	1	2	3	4	5	6	7
Annoyed	1	2	3	4	5	6	7
Grouchy	1	2	3	4	5	6	7
Sad	1	2	3	4	5	6	7
Blue	1	2	3	4	5	6	7
Unhappy	1	2	3	4	5	6	7
Discouraged	1	2	3	4	5	6	7
Lonely	1	2	3	4	5	6	7
Relieved	1	2	3	4	5	6	7
Free	1	2	3	4	5	6	7
Courageous	1	2	3	4	5	6	7
Strong	1	2	3	4	5	6	7

11. When answering the following items, think back to **before the relationship ended**, when you two were still in a relationship. Please rate each item by circling one number in each scale that applies to how you felt about your relationship while you were still together.

	Not at all						Very Much
If my partner was feeling badly, my first duty was to cheer him/her up	1	2	3	4	5	6	7
I felt that I could confide in my partner about virtually everything	1	2	3	4	5	6	7
I found it easy to ignore my partner's faults	1	2	3	4	5	6	7
I would have done almost anything for my partner	1	2	3	4	5	6	7
I felt very possessive toward my partner	1	2	3	4	5	6	7
I felt that I could never be without my partner, that I would feel miserable	1	2	3	4	5	6	7
If I were lonely, my first thought was to seek my partner out	1	2	3	4	5	6	7
One of my primary concerns was my partner's welfare	1	2	3	4	5	6	7
I would have forgiven my partner for practically anything	1	2	3	4	5	6	7
I felt responsible for my partner's well-being	1	2	3	4	5	6	7
When I was with my partner, I spent a good deal of time just looking at him/her	1	2	3	4	5	6	7
I greatly enjoyed being confided in by my partner	1	2	3	4	5	6	7
I felt it would be hard for me to get along without my partner	1	2	3	4	5	6	7

Appendix E: Self- and Partner-Stalking Sub-scales

Below is a list of things that people report doing after a break-up. Please circle the answer that applies to **your response** in the case of **your most recent break-up**.

Circle the answer that indicates the number of times you may have done the following in the period following your break-up

		Never	1 time	2 times	3 times	4 times	5 times	5+ times
12.	Told him/her how much I loved him/her and tried to make up	1	2	3	4	5	6	7
13.	Went by his/her house to see what s/he was doing	1	2	3	4	5	6	7
14.	Emailed or text messaged him/her just to say "hi"	1	2	3	4	5	6	7
15.	Called him/her just to talk about us	1	2	3	4	5	6	7
16.	Made a point of talking with his/her friends and co-workers	1	2	3	4	5	6	7
17.	Showed up at all of the places that s/he tended to go	1	2	3	4	5	6	7
18.	Went by his/her house and took something to remember him/her by	1	2	3	4	5	6	7
19.	Tried to demonstrate that I really loved him/her by always being around	1	2	3	4	5	6	7
20.	Wrote to him/her after being asked not to	1	2	3	4	5	6	7
21.	Telephoned him/her after being asked not to	1	2	3	4	5	6	7
22.	E-mailed or text messaged him/her after being asked not to make contact	1	2	3	4	5	6	7
23.	Sent him/her gifts and other expressions of my love	1	2	3	4	5	6	7
24.	Stood close to him/her and touched without being asked to	1	2	3	4	5	6	7
25.	Tried to keep him/her away from other (wo)men	1	2	3	4	5	6	7
26.	Tried to scare him/her into coming back to me	1	2	3	4	5	6	7
27.	Made specific threats to hurt his/her other friends, if s/he did not stop seeing them	1	2	3	4	5	6	7

		Never	1 time	2 times	3 times	4 times	5 times	5+ times
28.	Made specific threats to damage his/her property, if s/he did not come back	1	2	3	4	5	6	7
29.	Made specific threats to harm his/her pet if s/he did not come back	1	2	3	4	5	6	7
30.	Made specific threats to harm his/her family or friends if s/he did not come back	1	2	3	4	5	6	7
31.	Threatened to hurt myself if s/he did not return to me	1	2	3	4	5	6	7
32.	Destroyed something of his/her that s/he loved	1	2	3	4	5	6	7
33.	Broke into his/her house	1	2	3	4	5	6	7
34.	Spied on him/her	1	2	3	4	5	6	7
35.	Followed him/her	1	2	3	4	5	6	7
36.	Did unrequested favours for him/her	1	2	3	4	5	6	7
37.	Kept asking him/her out on dates	1	2	3	4	5	6	7
38.	Verbally abused him/her	1	2	3	4	5	6	7
39.	Threatened to physically harm or injure him/her	1	2	3	4	5	6	7
40.	Attempted to force sexual contact	1	2	3	4	5	6	7
41.	Physically injured or harmed him/her	1	2	3	4	5	6	7

Below is a list of things that people report doing after a break-up. Please circle the answer that applies to **your partner's response** in the case of **your most recent break-up**.

Circle the answer that indicates the number of times your **partner** may have done the following in the period following your break-up with him/her

		Never	1 time	2 times	3 times	4 times	5 times	5+ times
42.	Told me how much they loved me and tried to make up	1	2	3	4	5	6	7
43.	Came by my house to see what I was up to	1	2	3	4	5	6	7
44.	Emailed or text messaged me just to say "hi"	1	2	3	4	5	6	7

		Never	1 time	2 times	3 times	4 times	5 times	5+ times
45.	Called me just to talk about us	1	2	3	4	5	6	7
46.	Made a point of talking to my friends and co-workers	1	2	3	4	5	6	7
47.	Would often show up at the places they knew I tended to go	1	2	3	4	5	6	7
48.	Came by my house and took something of mine	1	2	3	4	5	6	7
49.	Always seemed to be hanging around	1	2	3	4	5	6	7
50.	Wrote to me after I asked him/her not to	1	2	3	4	5	6	7
51.	Telephoned me after I asked him/her to stop calling me	1	2	3	4	5	6	7
52.	E-mailed or text messaged me after I asked him/her not to make contact	1	2	3	4	5	6	7
53.	Sent me gifts and other expressions of how they felt	1	2	3	4	5	6	7
54.	Would stand near me and touch me without my permission	1	2	3	4	5	6	7
55.	Tried to keep me away from other (wo)men	1	2	3	4	5	6	7
56.	Tried to scare me into getting back together with him/her	1	2	3	4	5	6	7
57.	Made specific threats to hurt my other friends, if I did not stop hanging out with them	1	2	3	4	5	6	7
58.	Made specific threats to damage my property, if we did not get back together	1	2	3	4	5	6	7
59.	Made specific threats to harm my pet if I did not get back together with him/her	1	2	3	4	5	6	7
60.	Made specific threats to harm my family or friends if we didn't get back together	1	2	3	4	5	6	7
61.	Threatened to hurt themselves if I did not return to him/her	1	2	3	4	5	6	7
62.	Destroyed something of mine that I valued or loved	1	2	3	4	5	6	7

		Never	1 time	2 times	3 times	4 times	5 times	5+ times
63.	Broke into my house	1	2	3	4	5	6	7
64.	Spied on me	1	2	3	4	5	6	7
65.	Followed me	1	2	3	4	5	6	7
66.	Did unrequested favours for me	1	2	3	4	5	6	7
67.	Kept asking me out on dates	1	2	3	4	5	6	7
68.	Threatened to physically injure or harm me	1	2	3	4	5	6	7
69.	Verbally abused me	1	2	3	4	5	6	7
70.	Attempted to force sexual contact	1	2	3	4	5	6	7
71.	Physically injured or harmed me	1	2	3	4	5	6	7

Appendix F: Motives

Below is a list of how some people react after a break-up.

Please think back to the break-up of your last serious relationship and rate each item by circling one number in each scale that describes how you reacted after the relationship ended.

		Not at all						Very Much
1.	I wanted to show my ex-partner I loved them	1	2	3	4	5	6	7
2.	I wanted to show my ex-partner that I missed them	1	2	3	4	5	6	7
3.	I wanted to get back together with my ex-partner	1	2	3	4	5	6	7
4.	I wanted to spend time with my ex-partner	1	2	3	4	5	6	7
5.	I wanted to show concern for my ex-partner	1	2	3	4	5	6	7
6.	I wanted to help my ex-partner	1	2	3	4	5	6	7
7.	I wanted to seek revenge against my ex-partner	1	2	3	4	5	6	7
8.	I wanted to control my ex-partner	1	2	3	4	5	6	7
9.	I wanted to scare my ex-partner	1	2	3	4	5	6	7
10.	I wanted to keep an eye on what my ex-partner was doing (monitor his/her behaviour)	1	2	3	4	5	6	7
11.	I wanted to prevent my ex-partner from forming another relationship	1	2	3	4	5	6	7
12.	I wanted to break up my ex-partner's new relationship	1	2	3	4	5	6	7
13.	I wanted to reduce my feelings of frustration	1	2	3	4	5	6	7

Please think back to the break-up of your last serious relationship and rate each item by circling one number in each scale that applies to how you think **your partner** reacted to the break-up

		Not at all						Very Much
14.	My ex-partner wanted to show me they loved them	1	2	3	4	5	6	7

15.	My ex-partner wanted to show me that they missed me	1	2	3	4	5	6	7
16.	My ex-partner wanted to get back together with me	1	2	3	4	5	6	7
17.	My ex-partner wanted to spend time with me	1	2	3	4	5	6	7
18.	My ex-partner wanted to show concern for me	1	2	3	4	5	6	7
19.	My ex-partner wanted to help me	1	2	3	4	5	6	7
20.	My ex-partner wanted to seek revenge against me	1	2	3	4	5	6	7
21.	My ex-partner wanted to control me	1	2	3	4	5	6	7
22.	My ex-partner wanted to scare me	1	2	3	4	5	6	7
23.	My ex-partner wanted to keep an eye on what I was doing (monitor my behaviour)	1	2	3	4	5	6	7
24.	My ex-partner wanted to prevent me from forming another relationship	1	2	3	4	5	6	7
25.	My ex-partner wanted to break up my new relationship	1	2	3	4	5	6	7
26.	My ex-partner wanted to reduce his/her feelings of frustration	1	2	3	4	5	6	7

Appendix G: Attachment

Rate each item below in reference to your romantic close relationships in general by circling ONE number in each scale.

		Strongly Disagree						Strongly Agree
1.	I find it relatively easy to get close to others	1	2	3	4	5	6	7
2.	I'm not very comfortable having to depend on other people.	1	2	3	4	5	6	7
3.	I'm comfortable having others depend on me.	1	2	3	4	5	6	7
4.	I rarely worry about being abandoned by others.	1	2	3	4	5	6	7
5.	I don't like people getting too close to me.	1	2	3	4	5	6	7
6.	I'm somewhat uncomfortable being too close to others.	1	2	3	4	5	6	7
7.	I find it difficult to trust others completely.	1	2	3	4	5	6	7
8.	I'm nervous whenever anyone gets too close to me.	1	2	3	4	5	6	7
9.	Others often want me to be more intimate than I feel comfortable being.	1	2	3	4	5	6	7
10.	Others often are reluctant to get as close as I would like.	1	2	3	4	5	6	7
11.	I often worry that my partner(s) don't really love me.	1	2	3	4	5	6	7
12.	I rarely worry about my partner(s) leaving me.	1	2	3	4	5	6	7
13.	I often want to merge completely with others, and this desire sometimes scares them away.	1	2	3	4	5	6	7
14.	I'm confident others would never hurt me by suddenly ending our relationship.	1	2	3	4	5	6	7
15.	I usually want more closeness and intimacy than others do.	1	2	3	4	5	6	7
16.	The thought of being left by others rarely enters my mind.	1	2	3	4	5	6	7
17.	I'm confident that my partner(s) love me just as much and I love them.	1	2	3	4	5	6	7

Appendix H: Self-Esteem

Rate each item below in terms of how ACCURATELY each item describes YOURSELF.
Circle ONE number in each scale.

		Strongly Disagree						Strongly Agree
1.	I feel that I am a person of worth, at least on an equal basis with others	1	2	3	4	5	6	7
2.	I feel that I have a number of good qualities	1	2	3	4	5	6	7
3.	All in all, I am inclined to feel that I am failure	1	2	3	4	5	6	7
4.	I am able to do things as well as most other people	1	2	3	4	5	6	7
5.	I feel I do not have much to be proud of	1	2	3	4	5	6	7
6.	I take a positive attitude toward myself	1	2	3	4	5	6	7
7.	On the whole, I am satisfied with myself	1	2	3	4	5	6	7
8.	I wish I could have more respect for myself	1	2	3	4	5	6	7
9.	I certainly feel useless at times	1	2	3	4	5	6	7
10.	At times I think I am no good at all	1	2	3	4	5	6	7

Appendix I: Self Perceived Mate Value

Rate each factor below in terms of how ACCURATELY each factor describes YOURSELF. Circle ONE number in each scale.

		Very Inaccurate						**Very Accurate**
1.	Sexy	1	2	3	4	5	6	7
2.	Nice Body	1	2	3	4	5	6	7
3.	Attractive appearance	1	2	3	4	5	6	7
4.	Good Lover	1	2	3	4	5	6	7
5.	Outgoing	1	2	3	4	5	6	7
6.	Adventurous	1	2	3	4	5	6	7
7.	Kind	1	2	3	4	5	6	7
8.	Supportive	1	2	3	4	5	6	7
9.	Understanding	1	2	3	4	5	6	7
10.	Considerate	1	2	3	4	5	6	7
11.	Sensitive	1	2	3	4	5	6	7
12.	A Good Listener	1	2	3	4	5	6	7
13.	Successful (or potential to achieve)	1	2	3	4	5	6	7
14.	Nice house or apartment (or potential to achieve)	1	2	3	4	5	6	7
15.	Financially Secure (or potential to achieve)	1	2	3	4	5	6	7
16.	Dresses Well (or potential to achieve)	1	2	3	4	5	6	7
17.	Good Job (or potential to achieve)	1	2	3	4	5	6	7

Appendix J: Satisfaction and Commitment, Alternatives and Investment

When answering the following questions, think back to before the relationship ended, when you two were still in a relationship. Please rate each item by circling one number in each scale that applies to how you felt about your relationship while you were still together.

		Not at all						Extremely
1.	How satisfied were you with your relationship?	1	2	3	4	5	6	7
2.	How content were you with your relationship?	1	2	3	4	5	6	7
3.	How happy were you with your relationship?	1	2	3	4	5	6	7
4.	How committed were you to your relationship?	1	2	3	4	5	6	7
5.	How dedicated were you to your relationship?	1	2	3	4	5	6	7
6.	How devoted were you to your relationship?	1	2	3	4	5	6	7

		Strongly Disagree						Strongly Agree
1.	My alternatives were attractive to me (dating another, spending time with friends or on my own etc)	1	2	3	4	5	6	7
2.	My needs for intimacy, companionship, etc. could easily have been fulfilled in an alternative relationship	1	2	3	4	5	6	7
3.	The people other than my partner with whom I might have become involved were very appealing	1	2	3	4	5	6	7
4.	If I hadn't been dating my partner, I thought I would do fine, that I would find someone else	1	2	3	4	5	6	7
5.	I put a great deal into our relationship that I lost when the relationship ended	1	2	3	4	5	6	7
6.	Many aspects of my life became linked to my partner (recreational activities etc.)	1	2	3	4	5	6	7
7.	I felt very involved in my relationship – like I put a great deal into it	1	2	3	4	5	6	7
8.	I felt that my relationships with friends and family members would become complicated if my partner and I were to break up (e.g., partner was friends with people I care about)	1	2	3	4	5	6	7
9.	Compared to other people I know, I invested a great deal in my relationship with my partner	1	2	3	4	5	6	7
10.	I was very emotionally involved with my partner	1	2	3	4	5	6	7

Appendix K: Narcissism

Please respond to each statement mentioned below by indicating either TRUE or FALSE according to your judgment about whether each statement explains you or not.

1. _____ I see myself as a good leader.
2. _____ I like to look at my body.
3. _____ Everybody likes to hear my stories.
4. _____ I expect a great deal from other people.
5. _____ I like to look at myself in the mirror.
6. _____ I will be a success.
7. _____ I want to amount to something in the eyes of the world.
8. _____ I would prefer to be a leader.
9. _____ I can make anybody believe anything.
10. _____ I insist upon getting the respect that is due me.
11. _____ I really like to be the centre of attention.
12. _____ I am an extraordinary person.
13. _____ I will never be satisfied until I get all that I deserve.
14. _____ I like having authority over other people.
15. _____ I like to display my body.
16. _____ I am a born leader.
17. _____ I like to take responsibility for making decision.
18. _____ I can read other people like a book.
19. _____ I have a strong will to power.
20. _____ If I ruled the world it would be a much better place.
21. _____ I am apt to show off if I get the chance.
22. _____ I think I am a special person.
23. _____ I get upset when people don't notice how I look when I go out in public.
24. _____ I have a natural talent for influencing people.
25. _____ I rarely depend on anyone else to get things done.
26. _____ I like to be complimented.
27. _____ I like to be the centre of attention.
28. _____ I always know what I am doing.
29. _____ I can usually talk my way out of anything.
30. _____ I find it easy to manipulate people.
31. _____ I am assertive.
32. _____ I am going to be a great person.
33. _____ I like to start new fads and fashions.
34. _____ I am more capable than other people.
35. _____ I would do almost anything on a dare.
36. _____ I know that I am good because everyone keeps telling me so.
37. _____ People always seem to recognize my authority.
38. _____ I wish somebody would someday write my biography.
39. _____ Modesty doesn't become me.
40. _____ I can live my life any way I want.

Appendix L: De-briefing Sheet

Thank you for participating in the research project: Intimate Relationship Dissolution.

In addition to the aim mentioned at the beginning of the study (to look at how people cope with the break-up of a serious, heterosexual, non-marital, intimate relationship) this study was also designed to investigate the wider issue of when and how unwanted pursuit, and at an extreme level, stalking, might occur in the context of relationship break-ups.

It is important to note though, that most of the behaviours that you may have reported on would not be considered stalking. This is because the legal definition of stalking involves serious and continued harassment, that threatens a person's safety.

Please be assured that your answers to the questionnaires are anonymous and your consent form will be stored separately from the questionnaires. However, you may still withdraw from this project at any time, including withdrawal of any information you have provided, up until your questionnaires have been added to the others collected.

Because you have been asked to think back to the break-up of a serious past relationship, if you are experiencing any negative emotions, or experience any after you leave the study, you can access the services of experiences counsellors and psychologists through the Student Health Service on campus (on campus extension: 6402 or off campus: (03) 364 2402).

If you have any further queries regarding this study, please feel free to contact either myself, Michele Wisternoff on mwi22@student.canterbury.ac.nz or my Supervisor, Professor Garth Fletcher on garth.fletcher@canterbury.ac.nz or 364-2970 or on extension 6970 from within the University. Both he and I will be pleased to discuss any concerns you may have about participation in the project.

Thank you again for participating in this study.