

Running head: MOTIVATION AND SELF-REGULATION IN RELATIONSHIPS

The Role of Motivation In Self-Regulation: Culture and Relational Self Construal as
Predictors of Accommodation in Romantic Relationships

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Submitted to the Faculty of Graduate Studies

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Abstract

Relationships frequently encounter ups and downs, and successful ones often survive the fluctuations by accommodating them strategically (Rusbult, 1987). When faced with a predicament, the partner may make a conscious choice to forgive and support the other (i.e., accommodation), or she or he may choose to chastise the other's actions (i.e., non-accommodation). Self-control is identified as a variable that influences accommodation functioning in romantic relationships (Finkel and Campbell, 2001). Particularly, both dispositional self-control and ego depletion levels impact a given person's likelihood of accommodating in response to a partner's transgression. What makes various individuals more effective at utilizing accommodation than others? The present research examined the association between relationship specific motivation and self-control within the close relationships context. Cultural orientation and relational self-construal were examined as factors that afford greater self-control and accommodation. One hundred and fifty-four undergraduate students in ongoing relationships, of which 48% were Asian in ethnicity and 68% were female were recruited for the study. Ethnicity was found to be highly related to constructive accommodative tendencies. More specifically, Asians were associated with greater voice than Caucasians in response to a partner transgression. Additionally, Asians reported experiencing greater depletion after describing instances of non-accommodation. Multiple regression analyses revealed ethnicity to be a significant moderator of the association between accommodation and self-regulatory strength. Relational self-construal (RISC) was also examined and results indicated that individuals with high RISC reported greater accommodative tendencies and

also reported higher depletion scores after instances of non-accommodation than individuals with low RISC. Additionally, RISC was found to significantly moderate the relationship between self-regulatory strength and accommodation. Contrary to initial predictions, measures of collectivism and dispositional self-control were not significantly related to accommodation. Implications, future directions, and limitations are discussed.

Table of Contents

Introduction	1
Accommodation in Interpersonal Relationships	1
Self Control	4
Overview of the Current research	14
Method	15
Participants	15
Procedure.....	15
Materials.....	15
Results	20
Discussion	30
References	39
Appendix A	43
Appendix B	44
Appendix C	45
Appendix D	46
Appendix E.....	47
Appendix F	48
Appendix G	49
Appendix H	50

Appendix I.....	51
Appendix J.....	52
Appendix K.....	53
Appendix L.....	54
Appendix M.....	55
Appendix N.....	56

List of Tables

Table 1 Correlation Matrix of Dependent Measures..... 57

Table 2 Mean Depletion Scores for Ethnicity Collpased Across Incident Type 58

Table 3 Mean Depletion Scores for Incident Type Collpased Across Ethnicity 59

Table 4 Mean Depletion Scores for Ethnicity Prior to Accommodation and Non-
Accommodation 60

Table 5 Mean Depletion Scores for Low and High RISC Collapsed Across Incident Type
..... 61

Table 6 Mean Depletion Scores for Incident Type Collpased Across RISC 62

Table 7 Mean Depletion Scores for Low and High RISC Prior to Accommodation and
Non-Accommodation..... 63

Table 8 Item Parcels for Variables in the Study and Model Fit in Confirmatory Factor
Analyses 64

List of Figures

Figure 1 The Proposed Model with Ethnicity Moderating the Relationship Between Self-Control and Accommodation	65
Figure 2 The Proposed Model with RISC Moderating the Relationship Between Self-Control and Accommodation	66

The Role of Motivation in Self-Regulation: Culture and Relational Self-Construal as Predictors of Accommodation in Romantic Relationships

Romantic relationships are a central domain of life heavily influenced by the ability to exert personal will over the inhibitions of the body or the self (Rusbult, Verette, Whitney, Slovik & Lipkus, 1991). Why is it that some relationships can burgeon and become everlasting, whereas others fail in comparison? One likely explanation involves partners' reactions to the inevitable conflict that they face in their romantic relationships. For instance, will an individual be willing, when his or her partner has engaged in a disruptive behavior, to inhibit tendencies to react destructively in response and instead engage in constructive reactions, such as accommodation? Or will he or she instead retaliate and exacerbate the issue? Recent research has suggested that the ability to accommodate in close relationships is linked to self-control (Finkel & Campbell, 2001). The present study will review past literature on a) accommodation theory b) self-control and c) cultural and individual difference variables in dating relationships. Additionally, I propose two new extensions to examine if motivational factors strengthen the relationship between self-control and accommodation.

Accommodation in Interpersonal Relationships

The theory of accommodation processes materialized from research in Rusbult's exit-voice-loyalty-neglect of responses to relationship dissatisfaction (Rusbult, Zembrodt, & Gunn, 1982). This model suggests that an individual's reaction will follow four possible response routes: exit is actively harming the relationship (separating, threatening divorce, yelling); voice is actively and constructively expressing ones dissatisfaction with the intent of improving the situation (discussing problems, seeking help from others);

loyalty is passively but optimistically waiting for the situation to improve (praying for better times, supporting partner in harsh times); and neglect is passively allowing the relationship to deteriorate (ignoring or spending less time with partner, avoiding discussion of problems). Thus, it is apparent that voice and loyalty are constructive responses to confrontation which promote relationship well being. Whereas exit and neglect, are destructive responses to a partners' transgressions and could potentially create a hostile environment

Accommodation can be operationalized as the tendency for one to act constructively (making use of voice or loyalty) and abstain from destructive responses (exit and neglect) in light of a partner's transgressions. For example, consider Michael and Lucy whom have become increasingly anxious and stressed because of occupational demands, such that as of late, Michael has been lashing out on his wife Lucy. Making use of a constructive relationship tendency, Lucy asks if she can be of any comfort to Michael during this hard time. This illustration, demonstrates that although Lucy is strained herself, she also considers the long-term well-being of her relationship and chooses to act in an accommodative manner rather than act on impulses and react negatively. That is, individuals react in performing behaviors that are best for the relationship and/or partner rather than what is best for the self.

The likelihood of choosing accommodative behavior is influenced by transformation of motivation (Rusbult, et al., 1991). This psychological process involves a sequence of behavior to resist self-interested behavior in order to safeguard the well being of the relationship. When faced with a partner's transgression, the individual will take into account the broader considerations such as the partner's best interests and the

long-term relationship. For instance, Lucy refused to react negatively towards Michael's frustrations and instead offered her unconditional support, which exemplifies transformation of motivation. In sum, accommodation requires a sacrifice of the self in the best interest of the partner and the relationship.

What influences an individual's tendency towards accommodation? Recent research has illustrated self-control to be a central variable in the extent to which one can successfully accommodate in close relationships (Finkel & Campbell, 2001). Finkel and Campbell found that dispositional self-control was positively associated with accommodative tendencies in light of a partner's transgression. Conversely, possessing low dispositional self-control decreased the likelihood that participants would engage in accommodative responses. This effect was confirmed even when commitment to the relationship was account for and controlled. Dispositional self-control is positively correlated with voice responses and negatively correlated to destructive responses, such as exit and neglect.

In addition to dispositional self-control, Finkel and Campbell (2001) examined the effects of self-regulatory strength depletion. More specifically, when asked to recall two incidents from a current relationship - one in which they engaged in accommodative behavior and one in which they engaged in non-accommodative behavior, participants reported feeling less depleted prior to an instance of accommodation in comparison to an occasion marked by non-accommodation. This suggests that an individual's ability to engage in accommodative responses is also influenced by current and recent depletions in self-control.

As departures from self-interest are laborious, regulation of such impulses must require a certain level of self-control. More specifically, the re-evaluation of self-interested preferences and recognizing the importance of doing so is necessary in preserving the well-being of a given relationship and enacting in a pro-relationship manner. Successful adjustment of self-interested desires often requires the self to regulate its' behaviors. The capacity to override unwanted urges and alter responses is known as self-control.

Self Control

Self-regulation or self-control refers to the ability to supersede and modify responses. It is the process by which people attempt to constrain unwanted urges in order to gain control of the incipient response (Muraven & Baumeister, 2000). Regulation means to adjust, particularly an adjustment to bring behavior (or other states) into line with some standard such as an ideal or goal. The process also includes controlling impulses, thoughts, emotions, and behavior in order to abide by personal and societal boundaries. Adequate self-control is vital for the optimal functioning of humans in both a personal and collective manner. It involves labors by the self to alter one's own states or responses in a goal-directed manner (Heatheron & Vohs, 1998). For example, persisting at a difficult task or forcing oneself to be sociable after an exhausting day are all examples of self-regulation that require inhibiting one set of behaviors and their replacement with willfully chosen behaviors.

Evidence supports the claim that effective self-regulation is essential to living life well and to the existence of a well-functioning civilization (Baumeister, Heatheron, & Tice, 1994). Research has also linked good self-control to a broad range of valuable

outcomes, including, greater popularity, better mental health, and healthier interpersonal relationships (Gailliot & Baumeister, 2007). Alternatively, those who are poor in self-regulation will most likely find themselves rejected (Baumeister, DeWall, Ciarocco, & Twenge, 2005). Unsuccessful self-regulators are subject to abandonment by peers, divorce, and in an extreme case, even imprisonment. People who are poor at self-regulation are also less successful in accommodating to their relationship partners (Finkel & Campbell, 2001), and children with poor self-control are less accepted and less popular with peers (Maszk, Eisenberg, & Guthrie, 1999). In a review by Baumeister et al. (1994), the authors go so far as to suggest that failures at self-regulation were a spreading epidemic and essentially the defining problem for modern U.S. society.

Self-Control Strength

Unfortunately, implementing intentionally chosen behaviors, such as accommodative behaviors when faced with a partner's transgression, is not an easy task. Muraven and Baumeister (2000) conducted a line of research aimed at addressing the conditions where self-regulation fails. Ego depletion is a term used to explain a state of mental fatigue that leads to the breakdown of self-regulation. The self-control strength model states that individuals have a limited pool of resource or energy for self-control (self-control strength). Moreover, self-control performance should be directly related to the amount of strength an individual holds. All attempts at self-control require and consume (deplete) this strength. After exerting self-control, individuals are more prone to subsequent failure at later attempts at self-control. Laboratory studies have found that individuals who have to exert self-control over their thoughts subsequently perform poorly on a second task not utilizing self-control (Muraven & Baumeister, 2000). For

example, participants reported that in comparison to solving math problems, a thought control exercise was no more unpleasant, frustrating, arousing, or effortful. The only difference between the two conditions was the amount of self-control required. A second study, found that after coping with everyday stresses outside the laboratory, people are less successful at self-control (e.g. Smoking; Cohen & Lichenstein, 1990).

Although self-regulatory resources can be easily depleted, research has also shown that those who are highly motivated can counter this effect (Muraven, 1998). For example, participants who were well paid for performing a certain task, failed to show signs of self-regulatory depletion in comparison to those who were not compensated. More specifically, when rejected participants were offered a self-serving incentive to self-regulate they self-regulated effectively, postulating that providing a cash incentive (a new motivational goal) counteracted the negative effects of rejection.

In a recent review on self-regulation, Baumeister and Vohs (2007) state that motivation is an essential ingredient for effective self-regulation that has been underappreciated in psychological literature. In a situation where goals are clear, monitoring is sufficient, and the person's resources are plentiful, he or she may still fail to self-regulate due to lack of motivation. Even if willpower (i.e., self-regulatory strength) has been depleted by prior acts, the person may be able to self-regulate effectively if motivation is high (Baumeister and Vohs, 2007).

A primary source of motivation behind self-control is socially induced (Heatherton & Vohs, 1998). More specifically, self-control is shaped through societal forces and driven by the need to be socially accepted (Seeley & Gardner, 2003). Essentially, self-regulation is seen to be fundamental to human survival as social beings

(Baumeister & Leary, 1995). From an evolutionary basis, individuals who were better able to control their impulses to promote group benefits avoided being ejected from social groups and hence acquired profit. As a consequence, the propensity for self-control would have lead to greater help from others resulting in increased reproduction and in turn further perpetuating the need to belong.

In the present research I examined the role of motivation that affords individuals to avoid acting out of self-interest and accommodate in their relationships. In accordance with current research highlighting the importance of motivation for successful self-regulation, I propose that some people may possess a greater intensity of motivation to preserve the well-being of their relationships, in light of higher costs to the self. The current study explores the driving forces of cultural orientation and an individual's current accessible self-construal in influencing self-regulation and accommodation outcomes in interpersonal relationships.

The Motivational Role of Cultural and Individual Differences in Self-Regulation

Researchers have found that individuals who are socially oriented are increasingly motivated by their standards and are less apt to fall prey to self-regulatory depletions (Seeley & Gardner, 2003). Participants who were low in other-directed social orientation showed a general pattern of impaired performance on a handgrip task after participation in a thought suppression manipulation. Given the importance of motivation and practice, Seeley and Gardner (2003) posited that socially oriented individuals would be increasingly competent at self-regulation. They demonstrated that cultural differences as well as individual differences moderated an individual's tendency to experience ego depletion after completing the self-control task.

Cultural Differences. Cultural psychology has identified the extent to which the self is defined in relation to others as a key variable distinguishing between members of Western and Eastern cultures. In Western (independent, individualistic) cultures, people perceive themselves as unique and independent from others. The self is defined mainly in terms of internal attributes such as abilities and attitudes and the uniqueness of the self is valued highly (Markus & Kitayama, 1991). In Eastern (interdependent, collectivistic) cultures, people perceive themselves as connected to others; in this way the self is defined in terms of group memberships, relationships to family and friends and social roles. Consequently, similarities with others and common goals are intrinsically, more valued than in individualistic cultures. The differences between individuals with an independent self-construal and individuals with an interdependent self-construal have been extensively studied by comparing people from different cultures (Fiske, Kitayama, Markus, & Nisbett, 1998).

In relation to self-control, those in collectivist cultures have been thought to have an advantage because they are being socially oriented. As self-regulation is driven by the need to belong, it could be considered to be one of the most basic dispositional factors central to East Asian cultures (Seeley & Gardner, 2003). Past research has shown that individuals who endorse collectivist attitudes adjust their needs or behavior to fit in with others (Ybarra & Trafimow, 1998). Research by Ybarra and Trafimow (1998) indicate that individuals primed with an individualistic self view projected to behave in accordance with their personal attitudes more than societal norms, whereas those primed with a collectivist self view placed increasing influence on subjective norms than on their own attitudes in deciding how to behave. Additional research has demonstrated that

collectivist cultures tend to show a higher degree of conformity to others' behaviors in relation to members of individualistic cultures (Kim, 2002).

In collectivistic cultures, people are inclined to ask, 'How will other people important to me think about me?' and 'how will this affect my relationship with my family, as well as my relationship with this person?' in making decisions in relationships and daily interactions (Hsu, 1981). Members of collectivist cultures (in comparison to individualist cultures) are more inclined to resolve troubles by engaging in behavior that will show loyalty and likely please, important others at their own cost (Gudykunst & Matsumoto, 1996). Likewise, maintaining harmony in a relationship is more important in collectivistic (as opposed to individualistic) cultures (Argyle, Henderson, Bond, Iizuka, & Contarello, 1986)

Alternatively, those from individualistic cultures feel fewer obligations to others and given there is a wider range of acceptable behaviors lead researchers to believe that they would be less able to self-regulate than collectivists (Seeley & Gardner, 2003). More specifically Seeley and Gardner (2003) concluded that one's cultural and social orientation provides motivation to behave in accordance with the expectations of another. In the short term, this motivation may cause individuals to self regulate and over the long run it leads to increased practice. All in all, the combination of high motivation (specific to interpersonal relationships) and practice makes accommodation in a conflict situation seem more becoming of collectivistic cultures than of individualistic cultures. If the need to belong has been shown to bolster self-regulation (Heatherton & Vohs, 1998), then the cultural values that place greater prominence on collective needs of individual desires should provide for chronic motivation and frequent practice at self-regulation, most

especially when exercised in the interpersonal domain. As a result, when faced with conflict in their relationships, collectivists should be more motivated to consider the other person's needs and deal with concerns first and approach the situation in a more other-centered and relationship-enhancing manner (e.g., respond to the other's hostile behavior with positivity and assurances to preservation; voice). Based on this reasoning, the following hypotheses are posited:

H1: Members of collectivistic cultures will respond to interpersonal conflicts with greater levels of accommodation enacting (i) voice and loyalty more, and (ii) exit and neglect less than will members of individualistic cultures. Therefore, there will be a direct effect of culture on accommodation.

H2: Collectivists will demonstrate greater levels of dispositional self-control than independents. Consequently, there will be a direct effect of culture on dispositional self-control.

Baumeister and Vohs (2007) conclude that motivation can substitute for deficient ability; nevertheless, even for the highly motivated, self-regulation failure will occur. In an interpersonal context, ineffective regulation may lead to non-accommodation in response to conflict with a partner. Consequently, I predict that it should be increasingly difficult to deplete individuals who are highly relationship motivated, as they should have a greater self-regulatory reserve within the interpersonal domain. Consequently such individuals should respond to instances of non-accommodation by reporting greater depletion. Thus, the following hypothesis is posited:

H3: Compared to independents, collectivists will report experiencing greater self-regulatory depletion following a description of non-accommodation, rather than an

accommodative situation. Consequently, there will be a moderating effect of culture on the relationship between self-control and accommodation.

These three hypotheses are based on the underpinning that culture influences behavior directly and within a specific culture, certain characteristics are victorious. However to fully understand an individual's predilection of a particular response to an interpersonal conflict, one cannot disregard the aspects of an individual's self that lead him/her to opt for one behavior over the others to achieve relational goals.

Individual Differences: Relational Interdependent Self-Construal. Specifically within western culture, Cross, Bacon, and Morris (2000) have defined a component of the relational self, referred to as *relational-interdependent self-construal*. Relational-interdependent self-construal designates a cognitive-personality pattern in which positive feelings regarding the self are derived from developing and maintaining close personal relationships with others (Cross et al., 2000). Individuals high in interdependent self-construal classify themselves, in large part, through their interpersonal relationships. Persons displaying high levels of interdependent self-construal amalgamate their interpersonal relationships into the self concept, along with other aspects of identity (i.e., physical appearance, abilities, preferences, values, traits, etc.; Cross et al., 2000). People differ markedly in the degree to which their important interpersonal relationships are self-defining and thereby, they differ distinctly in levels of relational-interdependent self-construal.

Individuals high in relational interdependent self-construal are significantly more likely to (a) develop and preserve a greater number of important social relationships, (b) self-disclose in those relationships, and (c) permit close others to impact the manner in

which they think or behave (Cross et al., 2000). Relational-interdependent self-construal has been explored widely within social psychology (see Cross, Morris, & Gore, 2002). In relation to social cognition, such individuals were more likely than others to remember relational information about others and to organize information about others in terms of relationships. The propensity to pay special attention to and remember the disclosures of a relationship partner is contingent on both the nature of the self-construal and the closeness of the relationship (Cross et al., 2002). Those who possessed a high relational self-construal described a friend and themselves more similarly than did low relationals (Cross et al., 2002). Essentially high relationals will think, as well as behave, in a manner to foster and augment important or close relationships. In being committed to an ongoing relationship, one must make it evident to be more than a reassuring reaction to a partner's disclosures. If an individual wants to maintain accord in a relationship, it is imperative not only to respond with sensitivity to one's partner but also to remember what has been disclosed and to take this information into account in future interactions (Cross et al., 2002). Such knowledge allows the individual to weigh the partner's behavior and to prevent conflict in the relationship. A person may then learn to maneuver away from sensitive topics to avoid disagreements or change his or her behavior to maintain harmony in the relationship.

Additionally, relational self-construal is marked typically by the use of a high-context communication style, whereas low relationals are associated with a low-context communication style (Gudykunst et al., 1996). That is, low relationals are inclined typically to employ direct, assertive, and confrontational communication strategies to satisfy their own needs, whereas high relationals typically care more about others' feelings and face

first and prefer to use indirect, face-saving strategies and avoid confrontation (e.g., Kim, 1994).

Given the specific cognitive and personality patterns indicative of relational self-construal, it is possible that it provides individuals with the motivation to respond in an accommodative manner when faced with a partner's transgression. Accordingly, within western culture, individuals who are largely self-defined by their close relationships should exercise greater self-regulatory capability in the context of close relationships, thus the following hypotheses are posited:

H4: Individuals with a high relational self-construal will report greater accommodative tendencies (i) greater voice and loyalty, and (ii) lower exit and neglect than will those with low RISC. Accordingly, there will be a direct effect of self-construal on accommodation.

H5: High RISC individuals will additionally demonstrate higher scores in dispositional self-control than low RISC individuals. As a result, there will be a direct effect of self-construal on dispositional self-control.

Research by Cross and colleagues (2002) has highlighted the tendency for high RISC individuals to organize information, and behave, in a manner to foster important or close relationships. Along these lines, I predict that high RISC individuals will demonstrate a greater self-regulatory reserve within the interpersonal domain and as a result, it will be more difficult to deplete their reserve. Although, those who possess high RISC will be increasingly motivated to act in a pro-relationship manner, at a certain threshold they will engage in situations marked by non-accommodation. In such

situations, individuals should respond to instances of non-accommodation by reporting greater depletion, than low RISC. Therefore, the following hypothesis is postulated:

H6: There will be a moderating effect of self-construal type on self-control and accommodation such that, those with high RISC, compared to those with low RISC, will report greater self-regulatory depletion after describing an instance of non-accommodation than accommodation when compared with low RISC.

Overview of the Current research

Much research has been conducted on the benefits of executing proper self-control in various domains of life. To ensure a satisfying relationship in the face of adversity and boredom, one must learn to accommodate when faced with a partner's bad behavior. Furthermore, in dealing with the life stressors, individuals may find it increasingly difficult to respond in a pro-relationship manner to relationship conflict.

The goal of the present research is to examine the role of motivation afforded by culture and construal type. That is, whether such constructs provide a direct effect on one's propensity to self-regulate and make use of accommodating responses, in the face of conflict. Specifically, I will examine the effect of cultural orientation (collectivist or independent) and individual difference variables (relational self-construal) in influencing the likelihood of using accommodative responses. Moreover, apart from one's inclination to use pro-relationship tendencies, past research has shown self-control factors to be important in accommodative behavior. The present research will examine how cultural and/or relational self-construal influences one's dispositional self-control as well as self-regulatory strength in response to conflict.

Method

Participants

One hundred and seventy-nine introductory psychology students at the University of Manitoba were recruited to participate in exchange for a partial course credit. Requirements of the study were that all participants be involved in romantic heterosexual relationships of at least 3 months in length and that their first language was English. Twenty-five participants had to be excluded for not understanding or fully completing the materials. The remaining sample of 154 consisted of 105 women and 50 men. Mean age was 21.00 years ($SD = 5.75$) and mean relationship length was 24 months ($SD = 10.15$). The ethnic composition of the sample was 48% Asian and 52% Caucasian.

Procedure

Participants were recruited for data collection sessions of less than one hour in length. During the session participants were given a packet of questionnaires containing the study materials and received feedback at the end of the session (Appendix A). Prior to completing the questionnaire, I indicated my specific research goals as well as obtaining signed informed consent from participants (Appendix B).

Materials

The questionnaire consisted of various measures addressing cultural orientation, accommodation, relationship quality and trait and state levels of self-control. The order of the measures was counterbalanced to control for any possible priming effects. The self-control materials used for the current research are based in part by those devised by Finkel and Campbell (2001) in their investigation on the association between self-control and accommodation.

Accommodation Manipulation (Finkel & Campbell, 2001). Participants were told to describe two instances in their current romantic relationship: one in which they engaged in an accommodative response following a destructive partner behavior and b) one in which they engaged in a non-accommodative response following destructive partner behavior. Specific to the first description, participants were given examples and instructed to think of instances where they inhibited their urge to behave badly and instead behaved in a constructive manner. In the second description, they described an example in which they were not as accommodating. Participants were also asked how difficult it was for them to describe the instance of accommodation or non-accommodation on a scale of 1 to 10 (Appendix C).

The Self-Control Scale (Tangney, Baumeister, & Boone, 2004). The Self-Control Scale is a 36-item measure of self-control. Each item was scored on a 5-point Likert scale ranging from, “Not at all” to “Very much”. An example of an item is: “I am good at resisting temptation”. Twenty-four of the 36 items were reversed scored. The Total Self-Control Scale had internal consistency, $\alpha = .72$ (Appendix D).

Concurrent Depletion Questionnaire (Finkel & Campbell, 2001). This 16-item scale assessed self-regulatory depletion at the time of the specific incident (e.g., “I felt overwhelmed with work/school,” “I felt preoccupied with other things,” “I felt tired”) Reliability analyses on the items revealed an alpha of, $\alpha = .78$. The responses to each item were scored on a 7 point scale ranging from 1 (*I didn't feel at all this way*) to 7 (*I felt very much this way*) (Appendix E).

Recent Depletion Questionnaire (Finkel & Campbell, 2001). The 26-item recent depletion questionnaire assessed self-regulatory depletion during the week leading up to

the incident (e.g. “I had been trying to be more responsible,” “I had been exerting a lot of willpower in my life,” “I had been on a diet”). Reliability analyses on the recent depletion scale also yielded good reliability, $\alpha = .86$. These items for this scale were scored on a 7-point likert scale ranging from 1 (*I didn't feel at all this way*) to 7 (*I felt very much this way*) (see Appendix F).

A measure of total depletion was computed by averaging the items tapping both concurrent depletion and recent depletion as done by Finkel and Campbell (2001).

Reliability analyses on past measures of total depletion show acceptable results, $\alpha = .83$.

Individualism-Collectivism Scale (INDCOL; Singelis et al., 1995). To assess the participants' cultural orientations, I used the Singelis Individualism-Collectivism Scale (Singelis et al., 1995). The scale consists of 32 items; eight items each for horizontal-individualism (HI), vertical-individualism (VI), horizontal-collectivism (HC), and vertical-collectivism (VC) dimensions. Examples of the items are: “One should live one's life independently of others” (HI), “Some people emphasize winning; I am not one of them” (VI-reverse scored), “It is important for me to maintain harmony within my group” (HC), and “We should keep our aging parents at home with us” (VC). The intensity of the individual's agreement or disagreement with the statements were indicated on a Likert scale with points labeled Strongly Disagree, Disagree, Slightly Disagree, Slightly Agree, Agree, and Strongly Agree. Cronbach alpha reliability coefficients were 0.81, 0.70, 0.73 and 0.67 for the vertical individualism, horizontal individualism, vertical collectivism and horizontal collectivism sub-scales respectively (Appendix G). Reliability coefficients for the vertical and horizontal subscales combined to form two subscales of individualism and collectivism were .78 and .89 respectively.

Relational Interdependent Self Construal Scale (RISC; Cross et al., 2000). The RISC (Cross et al., 2000) is an 11-item scale developed to assess relational self-construal. The items are rated on a 7-point scale (1 = strongly disagree to 7 = strongly agree). A sample item is "When I think of myself, I often think of my close friends or family also." In present study, the alpha coefficient was .90. (Appendix H).

Accommodation Scale (Rusbult et al., 1991). Participants completed a 16-item questionnaire designed to measure how an individual responded to his or her partners' anger or criticism with constructive (i.e. relationship enhancing) versus destructive (i.e. relationship-threatening) behaviors. Among the constructive responses, three items measure Voice (i.e. active responses), and three items measure Loyalty (i.e. passive responses); among the destructive responses, three items measure Exit (i.e. active responses) and three items measure Neglect (i.e. passive responses). Sample items include the following: "You told your partner you were upset and left" (Exit); "You took your partner aside and told him/her how they had upset you" (Voice); "You said nothing and simply forgave your partner" (Loyalty), and "You muttered a snide remark under your breath and ignored your partner" (Neglect). All items are scored according to a 9-point, Likert-type scale (1 *never do this*, 5 *constantly do this*), with higher scores indicating higher relative frequencies of each behavior. Reliability analyses revealed acceptable coefficients for items designed to measure exit, voice, loyalty, and neglect (α 's = .82, .74, .69, and .82, respectively) (Appendix I). Total accommodation was also measured by combining the constructive subscales after descriptions of accommodation and non-accommodation. The Cronbach alpha for the overall scale was .84.

Social Desirability Scale (Reynolds, 1982). A 13-item version of the Marlowe-Crowne Scale was used to rule out the effects of social desirability. The reliability coefficient for the scale in the present study was .62 (Cronbach's alpha). It contains items such as: "I never hesitate to go out of my way to help someone in trouble," and "I am always courteous, even to people who are disagreeable". For each answer the respondent provides that matches the response given above (i.e T=T or F=F) there will be an assigned value of 1 (Appendix J).

Inclusion of Other in the Self (IOS; Aron, Aron, & Smollan, 1992). Participants completed the IOS which measures perceived closeness in their relationships. It is a single item measure with seven pairs of overlapping circles differing in the degree to which the circles overlap. One circle represents the self and the other in this case represents their romantic partner. Participants were instructed to circle the picture that best described their relationship. The scale is scored from 1 (no overlap) to 7 (almost complete overlap) (Appendix K)

Positive and Negative Affect Scale (PANAS; Watson, Clark, & Tellegen, 1988). The PANAS consists of 10 positive affects (interested, excited, strong, enthusiastic, proud, alert, inspired, determined, attentive, and active) and 10 negative affects (distressed, upset, guilty, scared, hostile, irritable, ashamed, nervous, jittery, and afraid). Participants indicate whether any of the words describe how they feel at the present moment, on a scale from 1 (not at all) to 5 (extremely). Cronbach's alpha analysis for the scale was .78. (Appendix L)

Relationship Satisfaction

Satisfaction. Hendrick's (1988) 7-item relationship assessment scale (RAS) was used

to assess relationship satisfaction (e.g., “How well does your partner meet your needs?”). Participants rated the items using a 7-point scale (1 = *not well, not satisfied, etc.*, 7 = *very well, very satisfied, etc.*). Two items were reverse scored, and higher mean scores indicated greater satisfaction ($\alpha = .78$) (Appendix M).

Demographic and Relationship Information. Participants were asked to indicate their age, sex, ethnicity, ethnicity of partner, length of time spent in the country and length of current relationship (Appendix N).

Results

Dispositional Self-Control, Depletion, and Accommodation

Before examining my specific predictions, analyses were conducted to replicate past findings that: (1) mean dispositional self-control is associated with greater accommodation and (2) that individuals tend to be more depleted following an instance of non-accommodation than accommodation. To test the first finding, partial correlations were used to compare mean dispositional self-control and accommodation scores while controlling for social desirability, relationship satisfaction, and mood. Contrary to past research, mean dispositional self-control was not found to be significantly related with greater accommodative responses $r(152) = .03, ns$. The reasons for this result will be further examined in the discussion section. Correlations between all dependent measures are presented in Table 1. Social desirability and mood were controlled for in all of the following analyses.

To test the second finding, a within (Incident Type: Accommodative vs. Non-accommodative behavior) one factor repeated measure ANOVA was performed on each of the self-control variables: total depletion, concurrent depletion, and recent depletion

(one ANOVA for each depletion variable). Consistent with past research, the three ANOVAs indicated significant main effects for Incident Type: recent depletion, $F(1, 154) = 6.58, p < .05, \text{partial } \eta^2 = .10$, concurrent depletion, $F(1, 154) = 8.67, p < .05, \text{partial } \eta^2 = .06$, and total depletion, $F(1, 154) = 9.55, p < .05, \text{partial } \eta^2 = .10$.

Participants reported significantly more recent ($M = 3.25, SD = 0.12$), concurrent ($M = 4.24, SD = 0.22$), and total depletion ($M = 4.45, SD = 0.22$) when describing instances prior to non-accommodation than when making descriptions of accommodation for recent, concurrent, and total depletion respectively ($M = 3.00, SD = 0.13; M = 3.76, SD = 0.15; M = 4.03, SD = 0.05$).

Cultural Variation

Hypothesis 1 indicated that Culture should predict greater accommodation.

Culture was intended to be measured by using the INDCOL scale (Singelis et al., 1995). The scale was used by examining the 4 subscales separately in relation to accommodation and self-control. Additionally, I also examined the combined average score of the vertical and horizontal subscales, to make 2 subscales (individualism and collectivism). Participants' collectivism scores did not correlate with total accommodation or dispositional self-control, $r(152) = .09, ns, r(152) = -.10, ns$. Similarly, in a regression analysis, neither collectivism ($\beta = .04, R^2 = .03, p = .24$), nor individualism ($\beta = .06, R^2 = .03, p > .05$) were related to the criterion variable of accommodation. Both collectivism and individualism were additionally not significant moderators of the relationship between self-control and accommodation, $\beta = .17, R^2 = .01, p = .14$ and $\beta = .12, R^2 = .01, p = .10$ respectively.

There was a significant negative correlation between the amount of time spent in Canada and the collectivism subscales of the INDCOL, vertical collectivism $r(77) = -.30$, $p < .05$ and horizontal collectivism $r(77) = -.33$, $p < .05$. This indicates that participants who had spent a greater amount of time in Canada were associated with less collective beliefs. In the current sample, sixty-eight percent of the Asians appeared to have spent five years or more in Canada. This may be one explanation why the INDCOL was not an effective predictor of depletion or accommodation. With this rationale, I chose to use the categorical variable ethnicity as culture, provided that it correlated with accommodation. The implications of this choice will be further discussed in the discussion section.

First, I performed partial correlations to examine if there was relationship between ethnicity and self-reported accommodation tendencies, while controlling for social desirability, relationship satisfaction, and mood. Ethnicity was found to be significantly correlated with voice $r(152) = .35$, $p < .01$. It was also negatively correlated to loyalty $r(152) = -.25$, $p < .01$, neglect $r(152) = -.28$, $p < .10$, and exit $r(152) = -.17$, $p < .10$. Fischer's z-transformations were computed to examine whether Asians significantly differed from Caucasians on reported accommodation responses. Results indicated that Asians were associated with significantly more voice ($z = 2.77$, $p < .01$) than Caucasians, but Asians and Caucasians did not significantly differ on loyalty, neglect, and exit (all z s $< .75$, $ps > .10$).

Correlations were also computed to compare differences between Asian and Caucasian responses after both incident types (accommodative vs. non-accommodative). After describing an instance of non-accommodation Asians were associated with responding with significantly more voice, $r(152) = .32$, $p < .05$, than Caucasians, $r(152) =$

.14, $p > .10$ ($z = 2.98$, $p < .01$); after descriptions of accommodation, there were no significant differences between Asians, $r(152) = .24$, $p < .01$, and Caucasians $r(152) = .20$, $p < .01$; all z s $< .82$, $p < .05$. On the whole, these results provide support for predictions that Asians would respond with more accommodative strategies after non-accommodative situations, in comparison to Caucasians. After descriptions of accommodation there were no differences between ethnicities.

Dispositional self-control was predicted to be related to ethnicity (Hypothesis 2). More specifically, it was hypothesized that Asians would demonstrate higher dispositional higher self-control than Caucasians. However, relations between dispositional levels of self-control and the ethnicity of the participant were not significant, all r s, $p > .10$. As stated earlier there was no significant relation between the INDCOL and dispositional self-control (see correlation matrix in Table 1). Neither the endorsement of collectivist beliefs nor ethnicity of the participant was associated with dispositional self-control levels.

To assess self-regulatory strength (Hypothesis 3), which predicted that in comparison to Caucasians, Asians would report greater depletion after non-accommodation, than accommodation, three 2(Ethnicity: Asian vs. Caucasian) x 2(Incident Type: Accommodation vs. Non-accommodation) repeated measures ANOVAs were conducted on each depletion variable (total depletion, concurrent depletion, and recent depletion). Ethnicity was treated as a between-subjects variable, whereas Incident Type was a within-subjects variable. There was a significant main effect of Ethnicity on each of the conditions: recent depletion, $F(1, 154) = 7.47$, $p < .01$, $partial \eta^2 = .03$, concurrent depletion, $F(1, 154) = 9.70$, $p < .01$, $partial \eta^2 = .02$, and total depletion,

$F(1, 154) = 7.10, p < .01, partial \eta^2 = .05$ These results indicate that across Incident Type, Asians were reporting significantly more total, concurrent, and recent depletion than Caucasians (see Table 2 for means). There was also a significant main effect of Incident Type for recent depletion, $F(1, 154) = 3.47, p < .05, partial \eta^2 = .03$, concurrent depletion, $F(1, 154) = 7.43, p < .01, partial \eta^2 = .01$, and total depletion, $F(1, 154) = 9.23, p < .01, partial \eta^2 = .01$. Participants reported more depletion after non-accommodation than accommodation (see Table 3).

These main effects were qualified by significant Incident Type by Ethnicity interactions, for recent depletion, $F(1, 154) = 6.28, p > .01, partial \eta^2 = .13$, concurrent depletion, $F(1, 154) = 8.29, p > .01, partial \eta^2 = .21$, and total depletion, $F(1, 154) = 13.54, p < .01, partial \eta^2 = .20$. Follow up t-tests indicated that Asians and Caucasians differed in reported recent, concurrent, and total depletion depending on Incident Type. More specifically, in comparison to Caucasians, Asian's reported significantly greater recent, concurrent, and total depletion after non-accommodation than accommodation descriptions. (See Table 4 for means). There were no significant differences between ethnicities after instances of accommodation descriptions. These results provide confirmation for Hypothesis 3, whereby Asians, in comparison to Caucasians, were reporting to be significantly more depleted after instances where they were unable to accommodate.

Individual Differences: Relational Self-construal

Partial correlations were computed, controlling for the social desirability, relationship satisfaction, and mood. The association between RISC and total accommodation was examined, along with each of the 4 subscales (exit, voice, loyalty,

and neglect). Consistent with the prediction that RISC would be positively associated with accommodation, the correlation between RISC and total accommodation was positively and statistically significant, $r(78) = .25, p < .05$. In addition, RISC exhibited significant correlations with three of the four accommodation subscales: voice, $r(78) = .31, p < .01$, neglect $r(78) = -.27, p < .01$, and exit, $r(78) = .21, p < .01$. The relationship between RISC and loyalty was non-significant, $r(78) = .10, ns$. RISC scores were additionally split by the median score of 5.23, to differentiate between high and low RISC. Fischer's z transformations were computed to examine whether High RISC and Low RISC significantly differed in accommodation tendencies. Individuals with High RISC reported less neglect, $r(78) = -.22, p < .05$, less exit, $r(78) = -.15, p < .01$, and greater voice, $r(78) = .24, p < .05$. Low RISC was not significantly associated with voice, loyalty, neglect, or exit (all $r_s < .15, p_s > .10$). The z scores indicated significant differences with high RISC demonstrating less neglect, $z = 2.23, p < .05$, less exit, $z = -1.04, p < .01$, and greater voice, $z = -1.04, p < .01$, than those with Low RISC.

Furthermore, I compared exit, voice, loyalty and neglect responses for High and Low RISC after both accommodation and non-accommodation descriptions. Results indicated that after describing instances of non-accommodation, High RISC individuals were significantly more likely to report voice, $r(78) = .24, p < .01$, than those with Low RISC, $r(78) = .16, p > .05; z = 3.48, p < .01$. This difference was non-significant for High, $r(78) = .12, p > .05$, and Low RISC, $r(78) = .18, p > .05$, preceding accommodating instances ($z = .21, p = .24$). These results support my predictions that overall, High RISC is associated with significantly greater accommodative responses than Low RISC.

Furthermore, High RISC was related to increasingly more voice, even after accounts of non-accommodation.

Contrary to predictions (Hypothesis 5), RISC was not related to mean dispositional levels of self-control. Correlations between RISC and dispositional self-control were non-significant, $r(78) = .08, ns$. Additionally in regression analyses, dispositional self-control was not significantly related to the criterion variable of accommodation, $\beta = .06, R^2 = .03, p = .74$, nor the proposed moderator variable RISC, $\beta = .03, R^2 = .02, p = .45$. Thus, those with high RISC were neither associated with higher levels of dispositional self-control, nor predicted high dispositional self-control in comparison to low RISC.

The relation between self-regulatory depletion and construal type (Hypothesis 6) was examined with three 2(Construal Type: High RISC vs. Low RISC) x 2(Incident Type: Accommodation vs. Non-accommodation) repeated measures ANOVAs on concurrent, recent, and total depletion measures (one ANOVA for each measure). There was a significant main effect for Construal Type for recent depletion, $F(1, 154) = 2.56, p < .01, partial \eta^2 = .01$, concurrent depletion, $F(1, 154) = 11.54, p < .01, partial \eta^2 = .03$, and total depletion, $F(1, 154) = 8.20, p < .05, partial \eta^2 = .01$. Those with High RISC were reporting significantly greater recent, concurrent, and total depletion than those with Low RISC (see Table 5). There was also a significant main effect for Incident Type for concurrent, $F(1, 154) = 5.67, p < .01, partial \eta^2 = .01$, and total depletion, $F(1, 154) = 8.01, p < .05, partial \eta^2 = .03$, however recent deletion was non-significant $F(1, 154) = 1.30, ns$. Participants reported greater concurrent and total depletion after non-accommodation than after accommodation (see Table 6). Once again, these main effects

were qualified by a significant Construal Type x Incident Type interaction for concurrent depletion, $F(1, 154) = 3.47, p < .05, \text{partial } \eta^2 = .14$, and total depletion, $F(1, 154) = 12.10, p < .01, \text{partial } \eta^2 = .10$, but not for recent depletion, $F < 1, ns$. Follow up comparisons indicated that participants with High RISC were reporting greater concurrent and total depletion following accounts of non-accommodation. There were no significant differences between High and Low RISC in reported concurrent, recent and total depletion after accommodation descriptions (see Table 7).

Participant gender, ethnicity and Order effects

Additional analyses were computed to examine the relation between gender and order (whether participant described accommodative or non-accommodative behavior first) affected reported depletion. A 2(Incident Type) x 2(Participant Gender) x 2(Order of Incident) ANOVA was performed on each of three 3 depletion types. The analyses revealed no significant main effects or interactions (all F 's $< 2.39, ps > .10$).

A second set of analysis was done to examine how RISC related to ethnicity and gender. A 2(Ethnicity: Asian and Caucasian) x 2(Gender: Male and Female) ANOVA on RISC scores was conducted. Results revealed a marginal main effect for ethnicity, $F(1, 154) = 3.27, p = .09, \text{partial } \eta^2 = .00$. Specifically, Asians had greater RISC scores ($M = 6.23, SD = 0.11$) than Caucasians ($M = 5.34, SD = 0.09$). There was a main effect for gender, $F(1, 154) = 11.34, p < .01, \text{partial } \eta^2 = .00$, such that females were scoring higher on RISC ($M = 6.61, SD = 0.14$), than males ($M = 5.43, SD = 0.23$). There was no significant interaction between ethnicity and gender on RISC scores, $F(2, 154) = 2.10, p > .05, \text{partial } \eta^2 = .00$.

The Moderation Model

It was predicted (Hypotheses 3 & 6) that ethnicity and RISC would moderate the established relation between self-regulatory strength and accommodation. Structural equation modeling (SEM) was originally planned to assess whether the proposed models fit the data (see Figure 1 and Figure 2 for proposed models). For both ethnicity and RISC, there was inadequate fit between the proposed model and the data. More specifically, for both models, the root mean square error of approximation (RMSEA) was not at acceptable levels. Additionally within both models, the confirmatory factor analysis on the latent variables of interest did not yield acceptable levels for model fit. Taken together, I could not make inferences about a larger general model (See Table 8, for item parcels and confirmatory factor analysis). According to MacCullum, Browne, and Sugawara (1996), sample sizes less than 200 are inadequate to achieve the standard .80 level for a test of close fit. In the present research, the final sample was 154; therefore, this is one explanation for the lack of fit between the proposed models and data.

Based on the problems with the SEM analysis, hierarchical linear regression analyses were used to address both Hypothesis 3 and 6 because they involved predictions whereby RISC and Ethnicity were acting as moderator variables. In computing the analyses, self-regulatory strength (total depletion) and RISC were centered to address multicollinearity issues as advised by Aiken & West (1991). For both sets of analyses, the first step involved entering self-regulatory strength as the independent variable. In the second step, motivation by means of RISC or Ethnicity was entered as the moderator variables. In the third step, the interaction terms (Ethnicity x total depletion or RISC x

total depletion) were entered. This analysis was done separately for RISC and ethnicity and both were regressed onto total accommodation as the dependent variable.

Ethnicity as a Moderator of the Self-control-Accommodation Association

As Ethnicity was a categorical variable it was dummy coded (Caucasian=0, Asian=1) and entered into the second step on the analysis to predict accommodation. Self-regulatory strength was significantly and negatively predicting total accommodation, $\beta = -.43, p < .01$. There was no main effect for ethnicity, $\beta = .05, p = .24, \Delta R^2 = .00$. Total accommodation was no higher among Asians than Caucasians after self-control was entered. However, the interaction term was a significant predictor, $\beta = .21, p < .01, \Delta R^2 = .06$, indicating that the association between self-control and accommodation was different for Asians and Caucasians. To follow-up on the interaction, the file was split by Ethnicity and separate regression equations were computed with self-regulatory strength as the predictor and accommodation as the criterion. For Asian ethnicity, total depletion was a significant predictor of accommodation ($\beta = .33, R^2 = .14, p < .05$). Whereas for Caucasians, total depletion was not a significant predictor ($\beta = -.19, R^2 = .02, p > .05$). This indicates that the self-regulation strength and accommodation association was different for Asians and Caucasians, whereby Asian ethnicity predicted greater accommodation at higher levels of depletion than Caucasian ethnicity.

RISC as a Moderator of the Self-Control-Accommodation Association

RISC, total depletion, and their interaction term were centered and entered into the hierarchical regression, with accommodation as the dependent variable. Self-regulatory strength significantly and negatively predicted accommodation, $\beta = -.44, p < .01, R^2 = .12$. RISC also significantly and positively predicted accommodation, $\beta = .31, p$

$< .01$, $\Delta R^2 = .07$. Finally, the interaction term was also a significant predictor of accommodation, $\beta = .19$, $p < .01$, $\Delta R^2 = .35$. These results indicate that both RISC and depletion were contributing to differences in accommodation strategies. Follow-up comparisons were computed by splitting the file by the median RISC score and running regression analysis with self-regulatory strength as the predictor and accommodation as the criterion. Results indicated that for High RISC individuals, total depletion was a significant predictor of accommodation individuals with high RISC ($\beta = .33$, $R^2 = .15$, $p < .01$). In contrast, for Low RISC individuals total depletion was not a significant predictor ($\beta = -.11$, $R^2 = .05$, $p > .10$). This indicates that the possession of a high relational self-construal affected the relationship between self-regulatory strength and accommodation. That is, those with High RISC were more accommodating even at higher reported depletion than those with Low RISC, who actually decreased in accommodation when experiencing greater depletion.

Discussion

The objective of this study was to investigate the influence of motivational forces (by means of ethnicity and relational self-construal) on accommodation and self-control. The first hypothesis concerned the relation between accommodation and ethnicity. Asian ethnic background was significantly related to greater accommodation, in comparison to Caucasians. The second hypothesis predicted that self-control would be significantly associated with Asian ethnicity. This hypothesis was not supported as there were no differences in dispositional levels of self-control between Asians and Caucasians. The third hypothesis proposed that ethnicity would moderate the relationship between self-regulatory strength and accommodation. This hypothesis was supported whereby Asians

demonstrated greater accommodation than Caucasians even at higher levels of depletion. The results of the fourth hypothesis found that high RISC was found to be significantly associated with greater use of voice than low RISC. The fifth hypothesis examined the relation between self-control and RISC and was not supported as there was no difference between high or low RISC for dispositional self-control. The final hypothesis predicted that RISC would moderate the relationship between self-regulatory strength and accommodation. This hypothesis was supported in that high RISC individuals were increasingly more accommodative at higher depletion than those with Low RISC.

Cultural Orientation

Overall, my results indicated that the self-reported likelihood of responding in an accommodating manner was associated with cultural ethnicity. That is, in comparison to Caucasians, Asians were associated with enacting greater voice, less exit, and less neglect in response to a partner's transgression. This relation was still significant when examining correlations prior to both accommodative and non-accommodative instances. Additionally, as predicted, Asians reported experiencing more depletion than Caucasians prior to instances where they did not accommodate. Ethnicity alone did not predict greater accommodation; however the interaction between ethnicity and self-regulatory strength did significantly predict accommodation. This finding indicates that the relation between self-regulatory strength and accommodation is experienced differently for Asians and Caucasians, whereby Asians continue to accommodate at high levels of depletion. Altogether, these findings have important implications as they illustrate how culture seems to afford Asians unique self-regulatory practice, which may help them defend from depletion and allow for more proficient accommodation. These findings lend

support to previous research on self-regulation, which demonstrate the importance of motivation and how it can substitute for deficient ability (Baumeister & Vohs, (2007). The present research also complemented past research by demonstrating evidence that increased belongingness concerns are an important driving force in self-regulation (Seeley & Gardner, 2003). This social motivation was shown to moderate regulatory depletion for Asians, when concerns with regulating oneself were specific to reactions to partner transgressions.

It is unclear as to why the INDCOL did not work with the present research. One explanation may be that the sample could have been more influenced by the majority culture, which would explain the negative correlation between INDCOL scores and time spent in Canada. Perhaps future research should use a measure assessing level of acculturation to highlight differences in accommodation and self-regulatory strength as a function of cultural identity. Moreover, a more observable control would be to compare Asians in their native countries to Caucasians in Canada. The Asians who reside in Canada should fall between the two groups in terms of cultural identity. In sum, these findings have important implications for future research as it suggests that traditional, Asian values may still dictate that individuals in Asian cultures use a communication strategy that stresses group goals, and harmony in social and personal relationships (Kim, 1998). However, many individuals, particularly younger generations, understand the rewards related to the independent attitudes as well behaviors in the independent societies. Therefore, there may be other understudied cultural features that are accounting for ethnicity's predictive value on accommodative tendencies in relationships.

Relational Self-Construal

In an individualistic culture, RISC is a relationship orientation variable that may have similar effects as Asian ethnic orientations, such as greater accommodation. Interestingly, a marginal main effect demonstrated that Asian identity was associated with having higher RISC scores, which may mean that RISC is important not only for Caucasians, but Asians as well. This may be even more evident as Asians assimilate to the independent culture. Results of the present study demonstrate that possession of a relational self-construal may guide an individual's self-regulatory performance in relationship conflicts. Participants high in RISC reported greater accommodation tendencies (voice), than individuals low in RISC. Additionally those high in RISC reported greater depletion prior to instances of non-accommodation. This was not true for participants low in RISC, as their reported depletion was no different between instances of accommodation and non-accommodation. Moreover, RISC significantly moderated the association between self-regulatory strength and accommodation, indicating that individuals with high RISC were more accommodating than individuals with low RISC, even at times of high depletion. On the whole, it appears that RISC provides individuals with greater motivation to accommodate to partner's transgressions even in times where personal demand is high. This adds to an existing body of research demonstrating that persons with a highly relational self-construal should be more likely than others to exhibit social behaviors that serve to support close relationships (Cross et al., 2002). Furthermore, the present research compliments past research by demonstrating that representations of close others affect cognitive and motivational processes (Cross et al., 2002). Future researchers should examine how individuals with High RISC explain

partner transgressions. Perhaps it is also easier to self-regulate because those with high RISC make more benevolent attributions for their partner's bad behavior.

Taken together, it appears that the presence of social motivation by means of culture and self-construal influence accommodation tendencies and self-regulation within a relationship context. I believe that in the short term this motivation leads people to self-regulate behavior in the best interest of their close relationships. Furthermore, over time, it may contribute to continual performance at self-control, thus eventually making it less effortful for some to accommodate than others. The ability to engage in the transformation of motivation appears to be facilitated for those individuals' whose self-concept is highly tied to relationships (e.g., Asian's and those with high RISC). As such individuals place a high degree of importance on their relationships; social motivation may function to give relationships a greater priority when faced with alternative competing pressures. Altogether, the results of the present study have implications for accommodation theory. Specifically, the present research has shown that the self-reported likelihood of responding in an accommodative manner varies with the function of cultural variation and self-construal. This may be useful for predicting responses to accommodative dilemmas in dating relationships. It also bolsters past research by further replicating that depletion levels influence an individuals' ability to engage in the pro-relationship transformation of motivation required to respond with accommodative responses to potentially destructive partner behavior (Finkel & Campbell, 2001).

The present study also lends to the self-regulation literature, further replicating the notion that self-regulatory ability is associated with high levels of accommodation. A vast body of literature has demonstrated the benefits of being able to execute adequate self-

control. However, efficient self-regulation for any given person may depend on the specific context and their individual capability. The present research extends past work to examine the direct motivational influence of culture and self-construal on accommodation explicitly in romantic relationships. If one values dyadic needs, such as, affiliation and nurturing needs, more so than personal needs, than he or she will most likely be able to demonstrate a higher level of self-control and thus more accommodative tendencies even in the light of a partner's negative behavior. Although dispositional self-control was not related to accommodation tendencies, contrary to past research (Finkel & Campbell, 2001), self-regulatory depletion levels were related to accommodation and non-accommodation.

Finally from a practical standpoint, the present research highlights the differences in communication and conflict resolution between the Asians and Caucasian ethnic backgrounds. More specifically in marriage or couples counseling, clinicians should be aware of potential cultural differences that may drive individuals to respond to interpersonal conflict in particular ways such as voicing concerns or exiting. On the same token, within the Caucasian population, the possession of a relational self-construal may be just as pertinent in guiding cognitions and behaviors as collectivist orientations have been to Asians communities. Thus, it may also be useful for counseling interventions and programs to be conscious of the driving force of such self-definitions in conflict resolution in romantic relationships. This self-construal may influence the individuals or couples ability to perform accommodative response.

Limitations

There are several limitations to this study. The primary limitation in all

correlational research is namely the ability to argue causation from obtained results. For instance, in this study it was suggested that culture influences accommodation. However, it is also possible that there is a third variable influencing this association. The experimental manipulation needed to demonstrate causality in this study would have been an actual suppression task to force participants into a depletion state. Along these lines, the present study heavily relied on self-report data, which may lead to inducing social desirability bias (i.e., higher scores for relationship constructive, accommodative behavior and lower scores for relationship-destructive, non accommodative behavior). Social desirability was measured and controlled for in the various analyses, however this study would have benefited from combining various methods (e.g., open-ended and structured diary responses, self report methods and experimental manipulations).

The current study also employed retrospective data to examine self-regulatory depletion. Such measures have not demonstrated firm reliability in the past because they are easily tainted by retroactive reconstruction by the participant. More specifically, individuals may be answering questions in a manner that shows them in a desirable and positive fashion.

A second limitation relates to the belief that social motivation affords persistent practice at self-regulation. However, because I did not ask participants to report the frequency of their self-regulatory efforts in the past, it is possible that the findings were not the social motivation and self-control result of chronic practice at self-control, but only the effect of another variable. Methods were taken to assess alternative variables that could be accounting for the explained variance such as social desirability and mood. Nevertheless, a better test of the motivation hypothesis might be to prime RISC and

culture. Priming could have also provided a remedy for the lack of predictive value of the INDCOL. Given that a high proportion of the Asians had stated living in Canada for over 5 years, they may have a greater degree of assimilation to the independent culture. Thus, they may not have been as readily aware of their cultural identity for it to have influenced their behavior. It may be that cultural identity needs to be activated for its' implications to have an effect. Therefore, the INDCOL may not have been the most suitable in measuring collective values and attitudes in the present study.

A third limitation with the present study is the sample population. It is made up only of those who are relatively young and who are still in university or new graduates. In another context (e.g., long-term, distressed, marital relationships), responses to accommodative dilemmas could reveal a quite different pattern (e.g., more use of neglect and exit, than loyalty and voice, and increased reported self regulatory depletion).

Future Directions

Finally, future research in this area would benefit by incorporating a task completely absent of social concerns to help clarify this issue. An example of this would be the addition of an emotional suppression task followed by a handgrip or Stoop task. This would also assess whether the self-reported behavior of being more depleted is actually experienced. In the meantime, the data still suggests that the findings were not driven solely by situational motivation as social desirability and mood were controlled for in all analyses. Future research should use a diary design to control for frequency and saliency of accommodative tendencies. A diary design will also give participants the chance to pick situations that reflect their cognitive view of conflict and accommodation.

This design would also ask specific behavior directed questions such as, “How many times did your partner act destructively?” or “What exactly did your partner do?”

Finally, in the future, it will be important to examine partner perceptions of motives behind chosen accommodation strategies. Accommodation may be more beneficial for relationships, so long as the partner believes that it is genuine and not motivated by avoidance.

Conclusion

Whether the impetus to accommodate was driven by cultural beliefs or self-conceptual information, the efforts put forth at self-control led to the same results. Thus, my data provide a link between the theory that a fundamental belongingness needs greatly influence our self-regulatory reserves (Heatherton & Vohs, 1998), and research demonstrating various benefits derived from the development of effective self-control (e.g., Baumeister & Leary, 1995).

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Appendix A Feedback Form

Feedback:

At this time there are a few additional things I would like to explain to you. At the beginning of the study you were told that this was a broad study to learn about situations in which individuals accommodate and do not accommodate in their romantic relationships. You asked to describe two instances in your own relationship one where you a) accommodating towards your partner and b) an instance marked by non-accommodation. You then were asked to indicate how you felt during the weeks leading up to the incident as well as at the time of the incident.

I am specifically interested in how cultural variables and individual difference variables influence and individual's ability to accommodate in relationships. In previous research, high dispositional self-control was found to be positively related to accommodation. Additionally, when individuals described instances of non accommodation, they also reported being increasingly depleted in other areas of their life such as work and school.

I am interested in examining the variables that motivate individuals to exert more self-control in their romantic relationships. In the current study, I am investigating cultural orientation and relational self-construal as possible factors. In regards to cultural orientation, past research has shown that individuals who endorse collectivist attitudes adjust their needs or behaviour to fit in with others (Ybarra & Trafimow, 1998). Research by Ybarra and Trafimow (1998) indicate that individuals primed with an individualistic self view intended to behave in accordance with their personal attitudes more than societal norms, whereas those primed with a collectivist self view placed increasing weight on subjective norms than on their own attitudes in deciding how to behave.

Relational-interdependent self-construal designates a cognitive-personality pattern in which positive feelings regarding the self is derived from developing and maintaining close personal relationships with others (Cross et al., 2000). Individuals high in interdependent self-construal define themselves, in large part, through their interpersonal relationships.

I hypothesize that both collectivist orientation and relational self construal will provide motivation to a) exert more self control and b) use more accommodation responses when faced with a partner's bad behaviour. I also hypothesize that when these motivated individuals are faced with situations that are marked by non-accommodation. They will rationalize their failures by reporting more depletion in other areas of their life. In essence both of these groups will have a greater self-regulatory reserve within the interpersonal domain and thus it will be harder to deplete them. However when they do fail to accommodate, they will rationalize their behaviour by indicating a greater frequency of depletion.

Once again, thank you for participating in our study. **Please do not discuss this experiment with other students who might participate.** The results of the study will be posted outside room P259 or by email, if you indicated this option on your consent form, in September 2008. Questions about this study can be directed to Simmi Mann in room P403 Duff Roblin. Complaints may be reported to the Human Ethics Secretariat at 474-7122.

Appendix B Informed Consent Form

Researcher: Simmi Mann, Graduate Student
 Department of Psychology, P403 Duff Roblin.
 Advisor: Marian Morry, Professor
 Department of Psychology, P508 Duff Roblin,

This consent form is only part of the process of informed consent. It should give you the basic idea of what the research is about and what your participation will involve. If you would like more detail about something mentioned here, or information not included here, you should feel free to ask. Please take the time to read this consent form carefully and to understand any accompanying information.

I agree to participate in the experiment “_____” which is being conducted by Simmi Mann and has been approved by the Psychology/Sociology Research Ethics Board at the University of Manitoba. I have been told that this study examines situations of accommodation in dating relationships. I understand that I will complete several measures about myself and my relationship, as well describe an instance of accommodation and non accommodation. I understand that the experimental session will last approximately 30 minutes and that I will receive 1 experimental credit toward my Introductory Psychology research participation requirement.

I also understand that all information obtained will be kept confidential. I have been informed that my name and student number will **NOT** be associated in any way with my responses. Finally, I understand that participation in this study is voluntary and that I can refuse to answer any question or withdraw my consent at any time without penalty or loss of my experimental credit.

I can receive the results of this study in September outside room P259 Duff Roblin. Any questions I have about this study can be directed to Simmi Mann in room P403 Duff Roblin. Any complaints I have may be reported to the Human Ethics Secretariat at 474-7122 or margaret_bowman@umanitoba.ca. I understand a copy of this consent form with these room and phone numbers will be given to me at the end of the study today. As per the American Psychological Association, the questionnaires will be shredded in 2013 at the earliest. Only Simmi Mann and her advisor will have access to this data.

My signature on this form indicates that I have understood to my satisfaction the information regarding participation in the research project and agree to participate as a subject. In no way does this waive my legal rights nor release the researchers, sponsors, or involved institutions from their legal and professional responsibilities. I am free to withdraw from the study at any time, and /or refrain from answering any questions I prefer to omit, without prejudice or consequence. My continued participation should be as informed as my initial consent, so I should feel free to ask for clarification or new information throughout my participation.

 I, _____, have read the above information and hereby consent to participate in this study.

Signature: _____ Student Number: _____
 Date: _____ Witness (Researcher): _____

Appendix C Accommodation/Non-Accommodation Scenarios

NOTE FOR COMMITTEE: Participants saw both of these instructions. The order of the accommodation scenarios were counterbalanced.

INSTRUCTIONS:

Accommodation Manipulation: As we indicated at the beginning of the study, we are interested in different accommodation experiences individuals have had in their dating relationships. In the course of all romantic relationships, it is inevitable that each member of the couple will behave badly at some point in time. After all, it is not possible to be on our best behaviour at all times. Please take a couple minutes to think of and write about an instance in which **your partner** behaved in a manner that was *potentially destructive* towards your relationship. This example should be a situation in which you immediately inhibited your urge to behave badly in return and instead behaved in a constructive manner for your relationship. That is, it should be an instance in which you were accommodating towards your partner. You may have accommodated by offering your support, actively trying to work on the issue or even by saying that you are sorry when it wasn't your fault. When describing this event, please try to include as much detail as possible. For example, you might include when this event occurred, what started the event, how you and your partner behaved, any emotions you felt, if other people were involved, etc. Please try to write enough to fill most of this page. If you need more space, please feel free to use the back of this page.

INSTRUCTIONS:

Non-Accommodation manipulation: As we indicated at the beginning of the study, we are interested in different accommodation experiences individuals have had in their dating relationships. In the course of all romantic relationships, it is inevitable that each member of the couple will behave badly at some point in time. After all, it is not possible to be on our best behaviour at all times. Please take a couple minutes to think of and write about an instance in which **your partner** behaved in a manner that was *potentially destructive* towards your relationship. I would like you to write about an instance in which you failed to inhibit your urge to behave badly and thus were **NOT** immediately so *accommodating*. Instead you may have retaliated against your partner's bad behavior by ignoring them, yelling back at them or even threatening to end the relationship. When describing this event, please try to include as much detail as possible. For example, you might include when this event occurred, what started the event, how you and your partner behaved, any emotions you felt, if other people were involved, etc. Please try to write enough to fill most of this page. If you need more space, please feel free to use the back of this page.

Appendix D The Self-Control Scale

Using the scale provided, please indicate how much each of the following statements reflects how you typically are from 5(not very much) to 1(not at all) (circle the number).

- | | |
|---|---------------------------|
| 1. I am good at resisting temptation. | 1-----2-----3-----4-----5 |
| 2. I have a hard time breaking bad habits. | |
| 3. I am lazy | |
| 4. I say inappropriate things. | |
| 5. I never allow myself to lose control. | |
| 6. I do certain things that are bad for me, if they are fun. | |
| 7. People can count on me to keep on schedule. | |
| 8. Getting up in the morning is hard for me. | |
| 9. I have trouble saying no. | |
| 10. I change my mind fairly often. | |
| 11. I blurt out whatever is on my mind. | |
| 12. People would describe me as impulsive. | |
| 13. I refuse things that are bad for me. | |
| 14. I spend too much money. | |
| 15. I keep everything neat. | |
| 16. I am self-indulgent at times. | |
| 17. I wish I had more self-discipline. | |
| 18. I am reliable. | |
| 19. I get carried away by my feelings. | |
| 20. I do many things on the spur of the moment. | |
| 21. I don't keep secrets very well. | |
| 22. People would say that I have iron self-discipline. | |
| 23. I have worked or studied all night at the last minute. | |
| 24. I'm not easily discouraged. | |
| 25. I'd be better off if I stopped to think before acting. | |
| 26. I engage in healthy practices. | |
| 27. I eat healthy foods. | |
| 28. Pleasure and fun sometimes keep me from getting work done. | |
| 29. I have trouble concentrating. | |
| 30. I am able to work effectively toward long-term goals. | |
| 31. Sometimes I can't stop myself from doing something, even if I know it is wrong. | |
| 32. I often act without thinking through all the alternatives. | |
| 33. I lose my temper too easily. | |
| 34. I often interrupt people. | |
| 35. I sometimes drink or use drugs to excess. | |

Appendix E Concurrent Depletion

How I Felt At the Time of the Incident

To what extent do the following statements describe how you have felt at the time of the incident and leading up to it?

1	2	3	4	5	6	7
I didn't feel		I felt somewhat			I felt very much	
at all this way		this way			this way	

At the time that I responded to this incident, I felt:

- | | |
|--|--|
| <p>___ 1. Tired</p> <p>___ 2. Busy</p> <p>___ 3. Content</p> <p>___ 4. Sober</p> <p>___ 5. Hungry</p> <p>___ 6. Preoccupied with other things</p> <p>___ 7. Rested</p> <p>___ 8. Excited</p> | <p>___ 9. Overwhelmed with work/school</p> <p>___ 10. Frustrated with other things</p> <p>___ 11. Happy</p> <p>___ 12. Social</p> <p>___ 13. Over-committed to obligations</p> <p>___ 14. Sleep Deprived</p> <p>___ 15. A lot of Stress</p> <p>___ 16. Bored</p> |
|--|--|

Appendix F Concurrent Depletion Scale

During the two or three day period leading up to this incident, I had been:

- | | |
|--|---|
| _____ 1. Trying to be more “responsible” | _____ 16. Working on improving my temper” |
| _____ 2. Concerned about my future | _____ 17. Cutting back on my ‘fun’ time |
| _____ 3. Experiencing family problems | _____ 18. Eating poorly |
| _____ 4. Studying a lot | _____ 19. Exhausted most of the time |
| _____ 5. Working long hours | _____ 20. Trying to spend less money than usual |
| _____ 6. On a diet | _____ 21. Staying up late to study a lot |
| _____ 7. Cutting down on alcohol/drugs | _____ 22. Taking a heavy class load |
| _____ 8. In a big fight with somebody else | _____ 23. Working hard to improve at a sport |
| _____ 9. Exercising more than usual | _____ 24. Practicing a musical instrument a lot |
| _____ 10. Studying more than usual | _____ 25. Overwhelmed with work/school |
| _____ 11. In need of a vacation | _____ 26. Frustrated with things in my life |
| _____ 12. Exerting a lot of “willpower” in my life | |
| _____ 13. Burdened by others’ expectations of me | |
| _____ 14. Helping a friend through a rough time | |
| _____ 15. Deliberately resisting sexual contact | |

Appendix G Individualism Collectivism Scale

Please indicate the extent to which you agree with each of the following 32 items by writing the appropriate number in the blank. Use the following 9-point scale.

- | | | | | | | | | |
|--------------------------|---|---|---|---|---|---|---|-----------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| <i>Strongly Disagree</i> | | | | | | | | <i>Strongly Agree</i> |
-
- ___ 1. I prefer to be direct and forthright when I talk to people.
 - ___ 2. My happiness depends very much on the happiness of those around me.
 - ___ 3. I would do what would please my family, even if I detested that activity.
 - ___ 4. Winning is everything.
 - ___ 5. One should live one's life independently of others.
 - ___ 6. What happens to me is my own doing.
 - ___ 7. I usually sacrifice my self-interest for the benefit of my group.
 - ___ 8. It annoys me when other people perform better than I do.
 - ___ 9. It is important for me to maintain harmony within my group.
 - ___ 10. It is important for me that I do my job better than others.
 - ___ 11. I like sharing little things with my neighbors.
 - ___ 12. I enjoy working in situations involving competition with others.
 - ___ 13. We should keep our aging parents with us at home.
 - ___ 14. The well-being of my co workers is important to me.
 - ___ 15. I enjoy being unique and different from others in many ways.
 - ___ 16. If a relative were in financial difficulty, I would help within my means.
 - ___ 17. Children should feel honored if their parents receive a distinguished award.
 - ___ 18. I often "do my own thing."
 - ___ 19. Competition is the law of nature.
 - ___ 20. If a co-worker gets a prize, I would feel proud.
 - ___ 21. I am a unique individual.
 - ___ 22. To me, pleasure is spending time with others.
 - ___ 23. When another person does better than I do, I get tense and aroused.
 - ___ 24. I would sacrifice an activity that I enjoy very much if my family did not approve of it.
 - ___ 25. I like my privacy.
 - ___ 26. Without competition it is not possible to have a good society.
 - ___ 27. Children should be taught to place duty before pleasure.
 - ___ 28. I feel good when I cooperate with others.
 - ___ 29. I hate to disagree with others in my group.
 - ___ 30. Some people emphasize winning; I am not one of them.
 - ___ 31. Before taking a major trip, I consult with most members of my family and many friends.
 - ___ 32. When I succeed, it is usually because of my abilities.

Appendix H Relational Self Construal Scale

Please indicate the extent to which you agree or disagree with each of these statements, where 1=Strongly disagree and 7=Strongly agree.

1) My close relationships are an important reflections of who I am.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
2) When I feel very close to someone, it often feels to me like that person is an important part of who I am.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
3) I usually feel a strong sense of pride when someone close to me has an important accomplishment.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
4) I think one of the most important parts of who I am can be captured by looking at my close friends and understanding who they are.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
5) When I think of myself, I often think of my close friends or family also.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
6) If a person hurts someone close to me, I feel personally hurt as well.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
7) In general, my close relationships are an important part of my self-image.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
8) Overall, my close relationships have very little to do with how I feel about myself.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
9) My close relationships are unimportant to my sense of what kind of person I am.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
10) My sense of pride comes from knowing who I have as close friends.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree
11) When I establish a close friendship with someone, I usually develop a strong sense of identification with that person.	1	2	3	4	5	6	7
	Strongly Disagree						Strongly Agree

Appendix I Accommodation Scale

Thinking about **yourself** with your relationship partner , please rate the extent to which each item describes **your** behaviour, where 1 = not at all and 7 = extremely.

1. You laughed and pretended it did not bother you.	1	2	3	4	5	6	7
	Not at all						Extremely
2. You told your partner you were upset and left.	1	2	3	4	5	6	7
	Not at all						Extremely
3. You took your partner aside and told him/her how they had upset you.	1	2	3	4	5	6	7
	Not at all						Extremely
4. For the rest of the time you were together you didn't act as friendly or affectionately as you usually do.	1	2	3	4	5	6	7
	Not at all						Extremely
5. You said nothing and simply forgave your partner	1	2	3	4	5	6	7
	Not at all						Extremely
6. You got angry and told your partner that he/she was very inconsiderate.	1	2	3	4	5	6	7
	Not at all						Extremely
7. You muttered a snide remark under your breath and ignored your partner for a while	1	2	3	4	5	6	7
	Not at all						Extremely
8. You refrained from yelling and told your partner that you didn't appreciate his/her actions.	1	2	3	4	5	6	7
	Not at all						Extremely
9. You got angry and ended the conversation.	1	2	3	4	5	6	7
	Not at all						Extremely
10. You forgave your partner and continued with the conversation	1	2	3	4	5	6	7
	Not at all						Extremely
11. You calmly discussed the situation to prevent repetition of the event.	1	2	3	4	5	6	7
	Not at all						Extremely
12. You complained to your partner and were distant for the rest of the conversation.	1	2	3	4	5	6	7
	Not at all						Extremely
13. You considered dating other people.	1	2	3	4	5	6	7
	Not at all						Extremely
14. You suggested changes in your relationship to solve the problem	1	2	3	4	5	6	7
	Not at all						Extremely
15. You refused to talk to your partner about what was bothering you.	1	2	3	4	5	6	7
	Not at all						Extremely
16. You accepted your partner's faults/weaknesses and did not try to change.	1	2	3	4	5	6	7
	Not at all						Extremely

Appendix J Social Desirability Scale

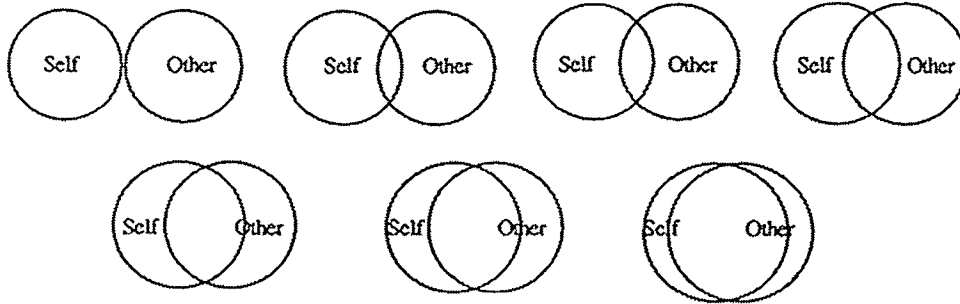
Listed below are a number of statements concerning personal attitudes and traits. Read each item and decide whether the statement is true or false as it pertains to you personally.

1. I never hesitate to go out of my way to help someone in trouble. (T)
2. I have never intensely disliked anyone. (T)
3. There have been times when I was quite jealous of the good fortune of others. (F)
4. I would never think of letting someone else be punished for my wrong doings. (T)
5. I sometimes feel resentful when I don't get my way. (F)
6. There have been times when I felt like rebelling against people in authority even though I knew they were right. (F)
7. I am always courteous, even to people who are disagreeable. (T)
8. When I don't know something I don't at all mind admitting it. (T)
9. I can remember "playing sick" to get out of something. (F)
10. I am sometimes irritated by people who ask favors of me. (F)

Appendix K Inclusion of Other in Self Scale

In the pictures below, the “Self” circle represents you, and the “Other” circle represents your current dating partner. More overlap of the circles indicates more closeness in the relationship.

Please circle the picture below which best describes your relationship



Appendix L Positive and Negative Affect Scale

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you feel this way right now, that is, at the present moment. Use the following scale to record your answers.

1	2	3	4	5
very slightly or not at all	a little	moderately	quite a bit	extremely
_____	interested	_____	irritable	
_____	alert	_____	distressed	
_____	excited	_____	ashamed	
_____	upset	_____	inspired	
_____	strong	_____	determined	
_____	attentive	_____	guilty	
_____	jittery	_____	scared	
_____	active	_____	hostile	
_____	afraid	_____	enthusiastic	
_____	proud			

Appendix M Relationship Satisfaction

Thinking about the relationship you have with your dating partner answer the following questions by circling the number between 1 and 7 that best describes your feelings and impressions.

1. How well does your partner meet your needs?	1 2 3 4 5 6 7
	Not well Very well
2. In general, how satisfied are you with your relationship?	1 2 3 4 5 6 7
	Not satisfied Very satisfied
3. How good is your relationship compared to most?	1 2 3 4 5 6 7
	Not good Very good
4. How often do you wish you hadn't gotten into this relationship?	1 2 3 4 5 6 7
	Not often Very often
5. To what extent has your relationship met your original expectations?	1 2 3 4 5 6 7
	Not met Very met
6. How much do you love your partner?	1 2 3 4 5 6 7
	Not much Very much
7. How many problems are there in your relationship?	1 2 3 4 5 6 7
	Not many Very many

Table 1. *Correlation Matrix of Dependent Measures*

Measures	1	2	3	4	5	6	7	8	9
1.Total Accommodation									
2.Ethnicity Self	.28*								
3.INDCOL	.09	-.11							
4.Dispositional Self Control	.03	-.12	-.10						
5.PANAS	.06	-.05	.13	.22					
6.SAT	-.06	.06	.10	.15	.35*				
7.RISC	.25*	.21	.08	.08	.24*	.31*			
8.Social Desirability	.01	.02	.05	.12	.13	.03	.11		
9.IOS	.19	.18*	.06	.20	.26*	.30*	.22	.03	

Note. INDCOL refers to the individualism-collectivism scale, PANAS refers to the positive and negative affect scale, SAT refers to relationship satisfaction, RISC refers to relational self-construal, and IOS refers to inclusion of other in self scale. * $p < .05$.

Table 2. Mean Depletion Scores for Ethnicity Collapsed Across Incident Type

Type of Response	Asians	Caucasians	<i>F</i>	<i>Partial</i> η^2
Total Depletion	4.89 (0.12)	3.12 (0.42)	7.10**	0.03
Concurrent Depletion	3.91 (0.10)	3.20 (0.18)	9.70**	0.02
Recent Depletion	3.89 (0.96)	3.00 (0.12)	7.47**	0.05

** $p < .01$, * $p < .05$

Table 3. Mean Depletion Scores for Incident Type Collapsed Across Ethnicity

Depletion Type	Non- Accommodation	Accommodation	<i>F</i>	<i>Partial</i> η^2
Total Depletion	4.89 (0.22)	3.12 (0.11)	9.23*	0.03
Concurrent Depletion	3.91 (0.20)	3.20 (0.05)	7.43**	0.01
Recent Depletion	3.89 (0.06)	3.00 (0.12)	3.47*	0.01

** $p < .01$, * $p < .05$

Table 4. *Mean Depletion Scores for Ethnicity prior to Accommodation and Non-Accommodation Descriptions*

Incident	Asians			Caucasians		
	Recent	Concurrent	Total	Recent	Concurrent	Total
Acc	3.36 _a (0.11)	3.31 _a (0.09)	3.51 _a (0.03)	3.48 _a (0.12)	3.21 _a (0.23)	3.42 _a (0.42)
Non-Acc	3.89 _b (0.04)	3.91 _b (0.15)	4.81 _b (0.11)	3.02 _a (0.22)	3.20 _a (0.21)	3.12 _a (0.21)

Note. The abbreviation Acc refers to accommodation and Non-Acc refers to Non-Accommodation. T-tests were conducted to compare differences for ethnicity and incident type on the three depletion types. In each column, means for the cells that were compared that do not share the same subscripts differ at $p < .05$.

Table 5. Mean Depletion Scores for Low and High RISC Collapsed Across Incident Type

Depletion Type	High RISC	Low RISC	<i>F</i>	<i>Partial</i> η^2
Total Depletion	3.86 (0.12)	3.12 (0.22)	8.21*	0.01
Concurrent Depletion	4.12 (0.33)	3.05 (0.22)	11.56**	0.03
Recent Depletion	3.71 (0.24)	3.18 (0.42)	2.56**	0.01

** $p < .01$, * $p < .05$

Table 6. Mean Depletion Scores Prior to Incident Type Collapsed Across RISC

Depletion Type	Accommodation	Non- Accommodation	<i>F</i>	<i>Partial</i> η^2
Total Depletion	2.86 (0.21)	3.21 (0.23)	8.01*	0.01
Concurrent Depletion	2.72 (0.13)	3.65 (0.18)	5.67**	0.03
Recent Depletion	2.81 (0.34)	2.80 (0.11)	1.30	0.00

** $p < .01$, * $p < .05$

Table 7. Mean depletion scores for High and Low RISC prior to Accommodation and Non-Accommodation Descriptions

Incident	High RISC			Low RISC		
	Recent	Concurrent	Total	Recent	Concurrent	Total
Acc	3.01 _a (0.11)	2.89 _a (0.23)	3.01 _a (0.11)	3.11 _a (0.08)	2.90 _a (0.11)	2.93 _a (0.23)
Non-Acc	3.89 _b (0.10)	3.81 _b (0.31)	3.81 _b (0.09)	3.02 _a (0.17)	3.10 _a (0.23)	2.95 _a (0.20)

Note. The abbreviation Acc refers to accommodation and Non-Acc refers to Non-Accommodation. RISC refers to relational self-construal. T-tests were conducted to compare differences for RISC and incident type on the three depletion types. In each column means for the cells that were compared that do not share the same subscripts differ at $p < .05$.

Table 8. *Item Parcels for Variables in the Study and Model Fit in Confirmatory Factor Analyses.*

Variable	Scale	Parceled items	χ^2/df	CFI	RMSEA
INDCOL	Singelis et al. (1995)	a. 1, 5, 6, 15, 21, 16, 17, 22, 28 b. 4, 8, 10, 12, 18, 23, 25, 30 c. 2, 3, 11, 13, 14 d. 7, 9, 24, 29, 31 e. 19, 26, 32, 20, 27	.70	.94	.25
Self-Control	Tangey et al. (2004)	a. 6, 8, 9, 13, 14, 20, 21 23, 25, 28, 29, 21, 32 b. 1, 2, 4, 10, 11, 12, 16, 19, c. 3, 5, 7, 15, 17, 18, 22, 24, 26, 27, 30	.91	.83	.42
RISC	Cross et al. (2000)	a. 1, 7, 8, 9, 10 b. 2, 3 c. 4, 5 d. 6, 11	.72	.90	.33
Accommodation	Rusbult et al. (1991)	a. 1, 5, 15, 10 b. 2, 6, 9, 13 c. 3, 8, 11, 14 d. 4, 7, 16, 12	.66	.81	.26

Figure 1. *The Proposed Model with Ethnicity Moderating the Relationship Between Self-Control and Accommodation.*

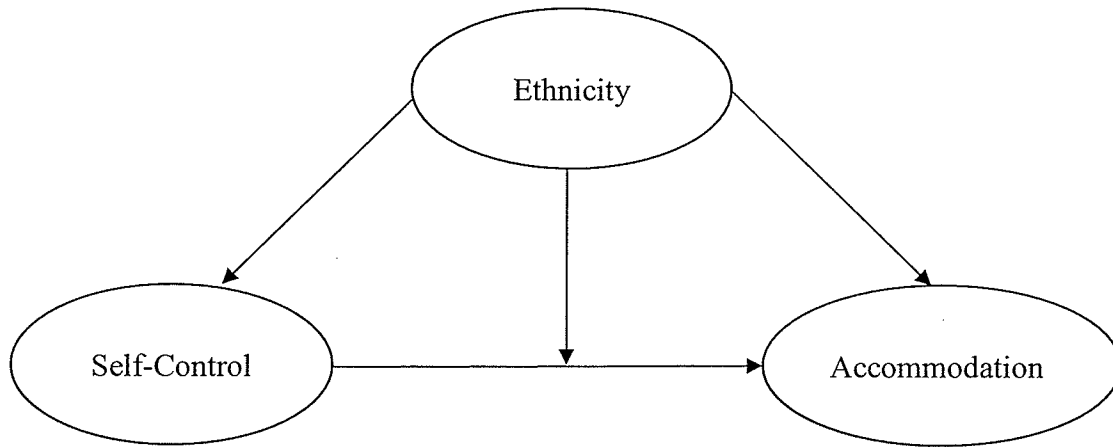


Figure 2. *The Proposed Model with RISC Moderating the Relationship Between Self-Control and Accommodation.*

