

A CROSS-SECTIONAL SURVEY OF ADULT FRIENDSHIPS IN THE U.S.

This paper is supplemental to a poster presentation given at the 1996 annual conference of the International Society for the Study of Personal Relationships in Banff, Alberta, Canada, August 4-8.

Roger Baumgarte, Ph.D.
Department of Psychology
Winthrop University
Rock Hill SC 29733 USA
E-mail: Baumgarte@earthlink.net

Elisabeth Gareis, Ph.D.
Department of Speech, Box G-1326
Baruch College/CUNY
17 Lexington Avenue
New York, NY 10010
E-mail: Elisabeth.Gareis@baruch.cuny.edu

Introduction: This study is based on a questionnaire that was originally developed to make cross-cultural comparisons of long-term friendship patterns among college students. In the course of gathering U.S. data, we have received a number of adult responses. It is these data, analyzed from an adult life-span perspective, that are being presented here.

The questionnaire: The questionnaire is four pages long and consists of three parts. Part 1 asks for minimal demographic information including age, sex, marital status, education and income. Part 2 asks respondents to focus on a specific "best friend." This term is not defined; rather, respondents are asked to choose anyone they consider a "best friend" with the sole restriction being the exclusion of anyone "with whom you currently have romantic interests." This section begins with demographic questions about this best friend: Age and gender, the length of the friendship, and their frequency of contact. The remainder of Part 2 consists of 93 Likert-style statements focusing on process aspects of this friendship (Blieszner and Adams, 1992): (1) their perceptions of the friend and their friendship, (2) levels of self disclosure, honesty and trust, (3) instrumental support, exchange and dependency, (4) emotional commitment, support, exchange and dependency, (5) feelings and expressions of criticism, and conflict management, (6) competition and jealousy, (7) identity issues such as perceived similarity, imitation, and mutual influence (8) typical activities, rituals, and the logistics of spending time with this friend. Part three consists of 36 additional statements, similar in content, but applied to close friends in general, rather than a specific friendship. This section also included items asking about the number of close male and female friends.

Respondents: There were 170 men 219 women, 389 respondents in all, ranging in age from 17 to 77, who participated in this study. Nearly half of the respondents live in North and South Carolina, with the others coming from Florida, Mississippi, New York, Massachusetts, Maine, Utah, Washington and California. Major metropolitan areas such as New York, Miami, and Los Angeles, and the entire midwestern and southwestern portions of the U.S. are not represented in this sample. Respondents were recruited by students in the first author's adult development courses, and by means of other psychology professors recruited via a professional bulletin board on the internet. Confidentiality was assured, and most respondents returned the questionnaires in pre-

addressed, postage-paid envelopes. Based on three items asking about income, education and occupation, we can infer that a wide range of social classes is represented in this sample. The majority could be considered middle class since 83% of them had at least some college or technical school training.

Data analyses: The data were divided into three roughly equivalent age groups: Ages 17-27, 28-44, and those 45 and over. The third age group consisted mostly of people in their forties and fifties with only 19 of the 118 people in this group being over age 60. In Part 2 of the questionnaire, which focused on a specific friendship, 16 percent of the men and 11 percent of the women referred to an opposite-sex friend. In Part 3, focused on close friends in general rather than on a specific friendship, roughly one third of the friendships were of the opposite sex, with men consistently reporting a larger proportion of opposite sex friends than did the women.

The Likert-scale items were factor analyzed using the varimax rotation procedure. Scree plots suggested that three factors should be extracted from the data in Part 2 of the questionnaire (focusing on a specific friend), and these factors accounted for 24% of the variation in these scores. Similarly, four factors were extracted from Part 3 (focusing on close friends in general), and they accounted for 30% of the variation in these scores. (Specific items for each factor are listed at the bottom of this document.) Factor scores were generated for each respondent and analyses of variance procedures were conducted to determine if the factor scores differed over the three age groups. Six of the seven factors resulted in significant differences over the age groups. These results are presented on the pages that follow. The first three factors were generated from Part 2 of the questionnaire, which asked respondents to focus on a specific close friend. The remaining three factors are based on Part 3, which concerned close friends in general.

Factor 1 was labeled as “emotional involvement” since it loaded on items that reflect self-disclosure, especially areas dealing with emotional communication, emotional dependence and emotional support. Women and the youngest age group scored significantly higher on this factor than men or those over 27. The interaction for this factor was not significant.

Factor 2 was labeled as “disappointment” and loaded on items reflecting conflict, disappointment, dissimilarity and a desire to change the friend for the better. Men scored significantly higher on this factor than women, and there was a linear decrease with age. The interaction was not significant.

Factor 3 was labeled as “admiration” and loaded on items suggesting that the respondent sees this close friend as superior, more supportive than the respondent and someone to imitate. Men showed a significantly greater degree of this factor than women, and both showed a decline with age. The interaction was not significant.

Factor 4 consisted of items for which it is difficult to find a simple label. We have called it “rivalry,” since it reflects notions of jealousy and competition, having friends in differing categories, and adjusting one’s own behaviors accordingly. This latter point

suggests a degree of self-monitoring. This factor significantly declined with age, but the difference between men and women was not reliable ($p = .07$). The interaction was not significant.

Factor 5 has been labeled “shallowness” as it is based on items suggesting a distance between the respondent and his/her friends. Men scored significantly higher than women, and scores on this factor increased with age. The interaction was not significant.

Factor 6 loads on only three items asking about the overall number of “best friends” and how many of them are male and female. For ease of interpretation, results are reported for item 117, which asks respondents to indicate the number of people they consider to be their “best friends.” The main effect of age was significant while gender was not. The interaction, however, was significant ($p = .05$). Generally, number of best friends increased with age, but this increase was due almost entirely to the large numbers given by the women in the oldest age group. The frequency distribution of number of best friends for the 53 women in this age group reflected a strong positive skew, with eight of them indicating over 10 best friends, while only two respondents indicated zero best friends. By contrast, among the 65 men in this group, only four indicated over 10 best friends, while nine of them indicated a zero.

There was one additional factor, generated from Part 3 of the questionnaire, which did not differ significantly over the three age groups. It could be referred to as “optimism” or “idealization” since it loaded on items that indicate good friends should have little conflict or competition, they should not criticize or show anger, and they should have lots of interests in common.

Factor scores were also compared across married versus single respondents, those with children living at home versus those without, and same-sex versus cross-sex friendships. Each of these will be summarized briefly focusing only on those comparisons that were reliable ($p < .01$). When married people were compared to single individuals, it was found that married respondents scored lower on Factor 1 (emotional involvement), lower on Factor 2 (disappointment), lower on Factor 4 (rivalry) and higher on Factor 6, indicating that married people reported a larger number of friends. In fact, married respondents reported an average of 3.99 friends, compared to 3.34 friends for single respondents. It should be noted that comparisons between single and married individuals are confounded by age, with older respondents more likely to be married. Those with children living at home scored lower on Factor 1 (emotional involvement), and higher on Factor 4 (shallowness). Cross-sex friendships scored higher on Factor 2 (disappointment), higher on Factor 3 (admiration), and lower on Factor 6 suggesting that those who reported on a cross-sex friendship in Part 2 of the questionnaire indicated a smaller number of “best friends” in Part 3. Comparing actual mean scores, those who reported on an opposite sex friend had an average of 2.59 best friends, whereas those who reported on a same sex friend, had an average of 3.74 best friends.

The amount of contact with the friend declined with age, with 63% of the youngest group and 38% of the oldest group reporting at least two experiences per week with the friend.

The amount of contact was negatively correlated ($r = -.40, p < .001$) with the length of the friendship.

Discussion: The clearest inference that can be derived from these data is that friendships are experienced with greater intensity among younger respondents than among those who are older. Both the benefits and the costs of friendship seem to be greater for younger adults. Young adults reported a significantly higher degree of emotional involvement and admiration of their friends, but also a greater amount of disappointment and rivalry. By contrast, the friendships of adults in their 40's and 50's could be characterized, in general terms, as less emotional and more shallow, but with less disappointment, rivalry or admiration for the friend. (Since only 19 of our respondents were over age 60, we cannot infer how these factors would be manifest in an older adult population.) These contrasts probably reflect the life-cycle issues of marriage, parenting and one's occupation, in addition to developmental changes in personality.

Since our youngest age group was dominated by single university students, we can infer that friendships tended to be the focus on their social and emotional needs. Most of our respondents in the other two age groups were married, and it is likely that a greater proportion of their emotional energies were focused on this primary relationship. Johnson and Leslie (1982), for example, in a test of the dyadic withdrawal hypothesis, concluded that with the development of romantic relationships, university students' friendship networks shrank and their emotional involvement with friends remaining in the network decreased. While we did not find that the number of best friends decreased with marriage, we found signs that married individuals had friendships that were less emotionally involved and more shallow. It is clear that with marriage, both contact (Milardo, Johnson, & Huston, 1983) and intimacy (Booth & Hess, 1974) with close friends decrease over time. Some of this loss of intimacy may be due to couples pursuing friendships with other couples, a less personalized approach to friendship than the more purely dyadic relationships that existed before marriage (Ryder, Kafka, & Olson, 1971).

Age is not only associated with marriage, but also with having children. Although friendship is probably quite important throughout the life-span, especially for companionship and support (Fischer, 1982), childrearing responsibilities, especially for women with young children (Fischer & Oliner, 1983), may leave less room for friendship. In addition, the kinds of friendships that are pursued during one's 30s and 40s may be more shallow. Rawlins (1994), for example, argues that the major cause of lower friendship participation in middle adulthood is the lack of time. While children may instigate relationships with neighboring parents, overall, they probably restrict opportunities for more emotionally involved relationships outside the family (Stueve & Gerson, 1977).

Age is also associated with greater engagement in occupational activities. The longer one participates in the work force, the more likely one is to mention co-workers as friends (Stueve & Gerson, 1977; Verbrugge, 1979). Concerns about competition, the instrumental nature of relationships on the job, and the high rate of job mobility in the U.S. may limit or complicate friendships with co-workers (Fine, 1986; Maines, 1981). In

addition, one's loyalty toward a friend can easily come into conflict with a sense of fairness often required of one's occupation (Bensman & Lilienfeld, 1979). The net result of these issues is that occupation-related friendships are more likely to be instrumental in nature, and probably engender a much lower level of emotional involvement.

Concerning the number of friends, the literature on this issue is quite mixed (Blieszner & Adams, 1992). Reisman and Shorr (1978), for example, reported no change in the number of friends after the third grade. Weiss & Lowenthal (1975) found that the number of close friends varied across the life span with newlyweds reporting the largest number. However, our data are consistent with a number of other sources. For the youngest age group Caldwell and Peplau (1982) reported a similar number of friends for young, single men and women. With marriage and children, Fischer and Oliner (1983) found that childrearing activities placed restrictions on women's friendships relative to men's. As the children develop greater independence, they noted an opposite trend, with women rekindling old or developing new friendships while men's networks became constricted. Farrell and Rosenberg (1981), Verbrugge (1983) also reported a decrease in men's friendships relative to women's in mid-life. Furthermore, men are more likely to view their wives as their most intimate best friend, whereas women are more likely to seek at least some emotional intimacy and support from other women (Oliner, 1989).

Frequency of contact on our questionnaire included face-to-face interactions as well as telephone calls and letters. Our data reflect a decline in frequency of contact with best friends as a function of age, a finding that parallels that of Steuve and Gerson (1977). Lower levels of contact were also associated with friendships of longer duration, a finding similar to that of Verbrugge (1983). On our questionnaire, those who chose an old friend to focus on in Part 2 typically had very little contact with this friend.

With respect to the differing patterns of friendship evidenced by men and women, our data are consistent with what has been well established on this topic in the literature and the reader is encouraged to see Fehr (1996, pp.113-154) for an excellent overview. Specifically, we found that men showed a lower degree of emotional involvement and a greater degree of shallowness in their closest friendships, and this finding was consistent across age groups. Typically, this difference is thought to reflect the tendency toward instrumentality in men's friendships and the more intimate, expressive and emotional nature of most women's friendships (Wright, 1982; Caldwell & Peplau, 1982; Aries & Johnson, 1983; Williams, 1985). In addition to these well-researched assertions, we also found that men scored consistently higher on "disappointment" and on "admiration" across the life span. A closer look at the items loading on these two factors renders this finding less paradoxical than what may seem at first glance.

The disappointment factor reflects occasional anger or conflict with the friend, some criticism, the desire to change, the perception of differences, and a lack of trust. Apparently, these descriptors are more characteristic of the friendships of men than they are of women. This finding is interesting given the tendency to view women's more expressive friendships as being more volatile. Research employing the construct of relationship satisfaction, however, has consistently shown that women derive greater

satisfaction from their friendships than do men (e.g. Jones, 1991). Also worth noting was the finding that cross-sex friendships scored higher on disappointment than did same-sex friendships. Since the disappointment factor declines with age, we surmised in the opening lines of this section, that this pattern reflects the greater intensity of friendships among younger adults. After all, greater disappointment implies higher expectations and perhaps a greater investment in the relationship. If we extend this interpretation to the gender difference, it would imply that at least this aspect of friendship is experienced more intensely by men than by women. The admiration factor is based on items reflecting a feeling that the friend is superior and more supportive, and that the respondent tends to imitate the friend. This factor suggests that some portion of men's friendships may be based less on equality than often thought.

To this point, the differences found in the six factors across age groups have been explained in terms of the roles and responsibilities characteristic of adult development. Still another explanation can be found in the personality developments that characterize adulthood. Young adulthood is the time of establishing and reinforcing one's identity and values. Normatively, this is the time for entering one's occupation and determining what role it will play in one's life. Young adults are expected to marry and develop a life style that fits their circumstances. One is at the beginning of many critical dimensions of one's life, and these beginnings are often faced with some degree of idealism and optimism. Friendships are cultivated within this context and not only ease many of these transitions, they also tend to determine and reflect one's developing sense of identity. Friends serve as sounding boards for making critical decisions, they facilitate the socialization processes involved with courtship and they provide a sort of camaraderie of cohorts experiencing the same life tasks. By sharing and talking, friends help clarify one's own thoughts and feelings, and indeed, one's own identity (Rosenfeld & Kendrick, 1984; Wright, 1978). From this perspective, it should not be surprising that friendships are felt as more important among younger as opposed to older adults. As one develops and becomes more established in the role of husband or wife, parent, and worker, identity issues are of less concern, and friendship plays a less critical role compared to the primary relationship of one's spouse. Weiss and Lowenthal (1975) have argued that notions of real and ideal friendships converge with age. The declines our respondents reported in emotional involvement, disappointment, and admiration may simply be another reflection of that interpretation. That is, with age, we tend to view our friendships more realistically.

Before concluding, it should be noted that despite the robustness of the findings, individual respondents evidenced a great deal of variability, even within age groups. The high error terms suggest caution in drawing age-related conclusions. It was also clear, based on the pattern of responding and the individually written comments, which often crowded the margins of the questionnaire, that most adults find their friendships to be very important aspects of their lives. The seventh factor, labeled optimism did not differ by age or gender. Apparently, all of our respondents felt optimistic about their friendships. The differences we did find across age groups should not detract from this very basic fact. Finally, the over-age-60 population is not represented in these data. It

would be interesting to know how these factors of emotional involvement, disappointment, etc. fare in later adulthood.

Summary and conclusions: These questionnaire data have resulted in six factors that differed over the three age groups. The first five factors reflected process variables or perceptions our respondents held of their friendships. Based on the factor loadings, we have labeled these factors as 1) emotional involvement, 2) disappointment, 3) admiration 4) rivalry, and 5) shallowness. We found that the first four factors declined with age, while the fifth factor showed an increase. Gender differences on these factors suggested greater emotional involvement within women's friendships and greater shallowness, disappointment and admiration within men's friendships. A sixth factor, a structural variable, simply reflected the number of close friends reported by the respondents. This factor was found to increase with age, primarily for women. A seventh factor was labeled "optimism," and it did not differ by gender or age group. The age-related trends were interpreted to reflect the greater emotional investment one makes to one's marriage, family and occupation, as well as the less important role that friends play in one's identity with development through adulthood.

Although precedents can be found in the literature for many of the findings in our research, there are, perhaps, two unique contributions arising from this work. The first can be derived from combining the five process factors into a single construct called relationship intensity. Operationally, relationship intensity can be defined as higher scores on emotional involvement, disappointment, admiration, and rivalry, and a lower score on shallowness. While the well-established measurement of relationship satisfaction carries exclusively positive implications, the construct of relationship intensity suggests both the pains and the pleasures, the rivalry and the camaraderie, the doubts and the reassurances, the frustrations and the fun, the jealousy and the admiration associated with cultivating friendships. Our research suggests that all of these descriptors apply more clearly to younger adults, compared to those in their 40's and 50's. A second contribution can be found in the area of gender differences. While it is difficult to break new ground on this issue, the finding that men scored consistently higher on the factors of disappointment and admiration is relatively unprecedented. This is especially true when one looks at the items that comprise these two factors. Disappointment was based on items reflecting feelings of anger, conflict, criticism, lack of trust and a desire to change the friend. Admiration was based on items implying inequality between the respondent and friend, seeing the friend as superior and more supportive, and as someone to imitate. These terms have seldom been applied to male friendship. They may help explain the lower satisfaction scores typically found in male friendships.

References

- Aries, E.J., & Johnson, F.L. (1983). Close friendship in adulthood: Conversational content between same-sex friends. *Sex Roles, 9*, 1183-1196.
- Blieszner, R., & Adams, R.G. (1992). *Adult friendship*. Newbury Park, CA: Sage.
- Booth, A., & Hess, E. (1974). Cross-sex friendship. *Journal of Marriage and the Family, 36*, 38-47.
- Caldwell, M.A., & Peplau, L.A. (1982). Sex differences in same-sex friendship. *Sex Roles, 8*, 721-732.
- Farrell, M.P., & Rosenberg, S.D. (1981). *Men at mid-life*. Boston: Auburn House.
- Fine, G.A. (1986). Friendships in the work place. In V.J. Derlega & B.A. Winstead (Eds.), *Friendship and social interaction* (pp. 185-206). New York: Springer-Verlag.
- Fischer, C.S. (1982). *To dwell among friends: Personal networks in town and city*. Chicago: University of Chicago Press.
- Fischer, C.S., & Oliner, S.J. (1983). A research note on friendship, gender, and the life cycle. *Social Forces, 62*, 124-133.
- Jones, D.C. (1991). Friendship satisfaction and gender: An examination of sex differences in contributors to friendship satisfaction. *Journal of Social and Personal Relationships, 8*, 167-185.
- Maines, D.R. (1981). The organizational and career contexts of friendship among postdoctoral students. In H.Z. Lopata & D. Maines (Eds.), *Research in the interweave of social roles: Friendship* (Vol. 2, pp. 171-195). Greenwich, CT: JAI.
- Milardo, R.M., Johnson, M.P., & Huston, T.L. (1983). Developing close relationships: Changing patterns of interaction between pair members and social networks. *Journal of Personality and Social Psychology, 44*, 964-976.
- Oliner, S.J. (1989). *Best friends and marriage: Exchange among women*. Berkeley: University of California Press.
- Rawlins, W.K. (1994). Being there and growing apart: Sustaining friendships through adulthood. In D.J. Canary & L. Stafford (Eds.), *Communication and relational maintenance* (pp. 275-294). New York: Academic Press.
- Reisman, J.M., & Shorr, S.I. (1978). Friendship claims and expectations among children and adults. *Child Development, 49*, 912-916.
- Rosenfeld, L.B., & Kendrick, W.L. (1984). Choosing to be open: An empirical investigation of subjective reasons for self-disclosing. *The Western Journal of Speech Communication, 48*, 326-343.
- Ryder, R.G., Kafka, J.S., & Olson, D.H. (1971). Separating and joining influences in courtship and early marriage. *American Journal of Orthopsychiatry, 41*, 450-464.
- Steuve, C.A., & Gerson, K. (1977). Personal relations across the life-cycle. In C.S. Fisher, R.M. Jackson, C.A. Steuve, K. Gerson, L.M. Jones, & M. Baldassare (Eds.), *Networks and places* (pp. 79-98). New York: Free Press.
- Verbrugge, L.M. (1979). Multiplexity in adult friendships. *social Forces, 57*, 1286-1309.
- Verbrugge, L.M. (1983). A research note on adult friendship contact: A dyadic perspective. *Social Forces, 62*, 78-83.
- Weiss, L., & Lowenthal, M.F. (1975). Life-course perspectives on friendship. In M.E. Lowenthal, M. Thurnher, D. Chiriboga, & Associates, *Four stages of life* (pp. 48-61). San Francisco: Jossey-Bass.

- Williams, D.G. (1985). Gender, masculinity-femininity, and emotional intimacy in same-sex friendship. *Sex Roles, 12*, 587-600.
- Wright, P.H. (1982). Men's friendships, women's friendships, and the alleged inferiority of the latter. *Sex Roles, 8*, 1-20.
- Wright, P.H. (1978). Toward a theory of friendship based on a conception of self. *Human Communication Research, 4*, 196-207.

ABSTRACT:
A CROSS-SECTIONAL SURVEY OF ADULT
FRIENDSHIPS IN THE U.S.

Roger Baumgarte, Ph.D.
Department of Psychology
Winthrop University
Rock Hill SC 29733 USA
E-mail: Baumgarte@earthlink.net

Elisabeth Gareis, Ph.D.
Department of Speech, Box G-1326
Baruch College/CUNY
17 Lexington Avenue
New York, NY 10010
E-mail: Elisabeth.Gareis@baruch.cuny.edu

Questionnaire data based on 389 adults in the U.S. resulted in six factors that differed over three age groups. The first five factors reflected process variables or perceptions our respondents held of their friendships. Based on the factor loadings, we have labeled these factors as 1) emotional involvement, 2) disappointment, 3) admiration, 4) rivalry, and 5) shallowness. We found that the first four factors declined with age, while the fifth factor showed an increase. Gender differences on these factors suggested greater emotional involvement within women's friendships and greater shallowness, disappointment and admiration within men's friendships. A sixth factor, a structural variable, simply reflected the number of close friends reported by the respondents. This factor was found to increase with age, primarily for women. A seventh factor, labeled "optimism," did not differ by gender or age group. The age-related trends were thought to reflect the greater emotional investment one makes to one's marriage, family and occupation, as well as the less important role that friends play in one's identity as one develops through adulthood. We have proposed a concept of relationship intensity as a combination of the five process factors. These data suggest that relationship intensity declines with age.

Factor 1: Emotional Involvement

Respondents rated these items in reference to a specific close friend.

- Item 102 We talk about sexual matters and experiences
- Item 111 We keep up with what is going on in each others' lives
- Item 70 This friend knows most everything there is to know about me
- Item 74 This friendship is a very important part of my life
- Item 86 I have helped this friend through emotional problems
- Item 51 I can talk about anything with this friend, even very taboo topics
- Item 109 This friend and I exchange gifts on special occasions such as birthdays
- Item 93 This friend and I share emotional feelings
- Item 58 This friend has been a very important influence in my life
- Item 104 I can tell how this friend is feeling
- Item 91 We spend our time together in conversation
- Item 56 Our friendship has survived many trials in the past
- Item 99 We talk about our personal experiences we have had with other friends and acquaintances
- Item 46 Even if we lived at some distance, our friendship would continue
- Item 53 I often cheer this friend up when he/she feels down
- Item 87 I help this friend with certain tasks
- Item 66 Even though we are very close, there are some personal matters I would never talk about (Note: this item is negatively related to the factor.)
- Item 49 It would seriously change my life to lose this person as a friend
- Item 55 When I have a problem, this friend always offers to help without me needing to ask

Factor 2: Disappointment

Respondents rated these items in reference to a specific close friend.

- Item 94 I have been very angry or disappointed with this friend
- Item 75 There are some things about this friend I find hard to accept
- Item 48 There are some things I would change about this friend if I could
- Item 38 I consider this friend to be a success (Note: this item is negatively related to the factor.)
- Item 45 On occasion I have been so upset with this friend I thought our friendship was finished
- Item 85 Conflicts enter into our friendship
- Item 25 This friend makes me feel good about myself (Note: this item is negatively related to the factor.)
- Item 40 This friend and I have very similar beliefs and values (Note: this item is negatively related to the factor.)
- Item 103 This friend criticizes me
- Item 52 This friend and I are so different, I don't understand how we ever became friends
- Item 23 In some ways, I don't completely trust this friend
- Item 69 I know that this friend and I will always be able to overcome our conflicts (Note: this item is negatively related to the factor.)
- Item 73 This friend and I have personalities which could be considered exact opposites
- Item 22 This friend always has my best interests in mind (Note: this item is negatively related to the factor.)
- Item 35 I have on occasion said things to this friend which were not true
- Item 105 I change my opinions to win favor with or to please this friend

Factor 3: Admiration

Respondents rated these items in reference to a specific close friend.

- Item 50 In many ways, I wish I were more like this friend
- Item 96 This friend and I combine our efforts on a common project or activity
- Item 62 This friend helps me with tasks more frequently (than I help him/her)
- Item 77 This friend is superior to me in most ways
- Item 60 This friend has more money than I
- Item 112 I find myself behaving similarly to the way this friend does
- Item 76 This friend is more emotionally supportive of me than I am of him/her

Factor 4: Rivalry

Respondents rated these items in reference to their friends, in general.

- Item 151 In different situations and with different people, I act like a somewhat different person
- Item 145 I have a slightly different personality when I am with each of my close friends
- Item 153 I am jealous of my friends
- Item 141 Even very good friends can be jealous of one another
- Item 147 Success makes someone much more attractive as a friend
- Item 149 I feel like I am smarter or more skilled than my friends
- Item 140 Each of my friends seems to belong to a different part of my life

Factor 5: Shallowness

Respondents rated these items in reference to their friends, in general.

- Item 125 The best way to deal with conflict or a disagreement is to talk about it (Note: this item is negatively related to the factor.)
- Item 139 If a good friend tries to help when I haven't asked for it, I find it annoying
- Item 129 Whom I would call a "best friend" might differ from month to month
- Item 123 It is bothersome when friends arrive unexpectedly
- Item 130 I don't like being friendly toward people who are not my friends
- Item 124 Asking a friend for help tends to make the friendship closer (Note: this item is negatively related to the factor.)

Factor 6: Number of friends

Respondents answered these items by indicating the number of close friends.

- Item 117 How many “best” friends do you have? Indicate the number of those you would consider to be your “best” friends. If you have not one you would consider a “best friend” then indicated that with a zero. _____
- Item 118 How many of these are males? _____
- Item 119 How many of these are females? _____