Turkish Adaptation of Romantic Relationship Sabotage Scale: Validity and Reliability Study

Özgür Maden[ID], Burcu Bakar Kahraman[ID], Meliha Zengin Eroğlu[ID]

[1]University of Health Sciences, Sultan 2. Abdülhamid Khan Training and Research Hospital, Mental Health and Diseases Clinic, Istanbul, Turkey

ABSTRACT

Background: The aim of this study is to perform the Turkish validity and reliability analyzes of the Romantic Relationship Sabotage Scale, which was developed to reveal why couples sabotage the relationship in romantic relationships, and to adapt this scale to Turkish culture.
Methods: The study group consisted of 495 individuals who did not have any psychiatric disorders and had a romantic relationship. The similarity of the results obtained with the factor analysis with the original scale showed that the scale provided construct validity.
Results: For the criterion correlation validity of the scale, the correlations between the Turkish Romantic Relationship Sabotage Scale—total score and Perceived Romantic Relationship Quality Scale ($r = -.384$, $P < .05$), The Love Attitude Scale (altruistic love $r = .163$, $P < .05$; friendship love $r = -.151$, $P < .05$; passionate love $r = -.435$, $P < .05$; practical love $r = .220$, $P < .05$; game-playing love $r = .213$, $P < .05$; possessive-dependent love $r = .439$, $P < .05$), and Self-handicapping Scale ($r = .443$, $P < .05$) were calculated. The reliability coefficient for the stability of the scale, which was administered to 102 participants twice with an interval of 4 weeks, was found to be 0.75, revealing that the scale was stable. The Cronbach's internal consistency coefficient on the scale was .81. There was a significant difference between the Turkish form of the Romantic Relationship Sabotage Scale—total score scores, the mean scores of defensiveness, and lack of relationship skills according to gender ($P < .05$).
Conclusion: This study confirms the validity and factor structure of the Turkish version of the Romantic Relationship Sabotage Scale, which is an acceptable tool that can be used to measure the sabotage levels of romantic relationships in individuals.

INTRODUCTION

Romantic relationship is a process of togetherness in which couples share cognitively, emotionally and behaviorally, mutual trust is ensured, and individuals adopt with their free will.[1-3] The sustainability of the relationship is related to the romantic bond established, the quality of the relationship, and the satisfaction received from the relationship.[4] As relationship satisfaction increases, couples feel happy and the relationship becomes permanent. In the study of Yılmaz & Gündüz (2021),[5] it was suggested that relationship satisfaction is one of the crucial factors that determines relationship continuity. Decreased relationship satisfaction indicates that couples are more likely to end their relationship.[6,7]

Childhood experiences,[8] attachment styles,[9] romantic relationship quality,[10] and self and relationship sabotaging behaviors [11] are among the factors affecting relationship satisfaction. According to the attachment theory, the bond established with the mother and/or caregiver during

childhood is the cornerstone of the formation of the bond established with the romantic partner in adulthood. Based on this relationship, Bowlby (1973)[12] discussed attachment styles under 2 headings, namely secure and insecure attachment styles. Individuals with insecure attachment patterns, such as anxious and avoidant, have difficulty in romantic relationships.[13,14]

It is stated that self-handicapping behaviors are also important in maintaining, disrupting, and ending romantic relationships.[11,15] Self-handicapping behavior prevents the person from achieving results that are suitable for his/her potential, thus negatively affecting motivation, self-esteem, and relationship satisfaction.[15,16] Peel et al (2019)[11] suggested that individuals who self-handicapped can sabotage their romantic relationships, and they defined sabotage in romantic relationships as engaging in behaviors that will cause the relationship to fail or exhibiting attitudes and behaviors that justify the failure of the relationship

by making no effort. Relationship sabotage behaviors are summarized under 12 headings, such as criticism, lack of communication skills, trust difficulties, sticky attitudes such as following the partner constantly and trying to be in constant communication, and destructive tendencies such as heavy alcohol use. When we look at the motivation behind the behaviors in this way, fear was observed as the most common motive.[17-19] Fear of rejection, fear of breaking, fear of abandonment, and fear of attachment were identified as the most basic fears.[11]

In the study conducted by Peel & Caltabiano (2021a)[20] on the experiences of individuals with ongoing relationship sabotage and relationship maintenance throughout their lives, the participants elucidated how relationship sabotage manifested for them. According to these results, defensiveness (DEF), trust difficulties (TD), and lack of relationship skills (LRSs) stand out as the most pronounced themes of relationship sabotage. Defensiveness is a self-preservation strategy in which the individual feels victimized in response to a perceived attack. In other words, this behavior can trigger a series of behaviors that lead to the dissolution of relationships of people who are criticized or despised by their romantic partner.[17]

Although many studies examining the causes and solutions of problems in romantic relationships are found in the literature, there are deficiencies in the understanding of relationship sabotage. Peel & Caltabiano (2021b)[21] developed the Romantic Relationship Sabotage Scale (RSS) to identify attitudes and behaviors that harm romantic relationships. The development process of this scale was conceptualized in 3 studies. The first study is a pilot study in which the scale items were tested using exploratory factor analysis (EFA). In the second study, scale items and factor structure were improved by using EFA and single homogeneous model analysis in 2 sections. In the third stage, the final form of the RSS was analyzed by confirmatory factor analysis (CFA) and reliability and construct validity analyses. Romantic Relationship Sabotage Scale has become a scale consisting of 12 items and 3 sub-dimensions (DEF, TD, and LRSs). This study aimed to adapt

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MAIN POINTS

- Studies show that people sabotage their romantic relationships.
- There is a need for an assessment tool that examines the level of sabotage in romantic relationships in Turkish-speaking people.
- The Turkish version of the Sabotage in Romantic Relationships Scale is a valid and reliable measure for assessing the way people in a romantic relationship sabotage their relationships.
- In addition, there is a relationship between the level of sabotage in romantic relationships and the level of self-handicapping, attitudes toward love, and perceived relationship quality.

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the RSS to Turkish, to analyze its validity and reliability, and to examine its psychometric properties.

MATERIAL AND METHODS

Research Group

This study was carried out on 495 individuals aged 18-65 years who came to the clinic for various reasons, did not have any psychiatric complaints, had no psychiatric pathology according to a psychiatric examination, and had a romantic relationship. In addition, the linguistic validity study of the scale was applied to 98 participants, and the test–retest study was applied to 102 participants.

Data Collection Equipment

Sociodemographic data form: This form, prepared by the researchers, is a form that questions the sociodemographic data of the volunteers such as age, gender, educational status, marital (relationship) status, and romantic relationship duration.

The Romantic Relationships Sabotage Scale: The scale developed by Peel & Caltabiano (2021b)[21] is a 7-point Likert-type scale (1=strongly disagree, 7=strongly agree) consisting of a total of 12 items. The RSS provides precise information about individual patterns in relationships and is designed to understand the mediating structures of relational outcomes in the scope of attachment in order to analyze the relationship and work toward relationship sustainability. The total scores obtained from the responses given to the scale items ranged from 7 to 84; 4 of the items (items 9, 10, 11, and 12) with positive expressions were scored in reverse. High scores on the scale explain the reasons why individuals engage in destructive behaviors in a relationship. The scale has 3 subtypes: DEF, TD, and LRSs. In the original form of the scale, the internal consistency coefficient was calculated as .77 for the total scale, .85 for DEF, .60 for TD, and .75 for LRSs. The mean inter-item correlation coefficient for all sub-factors showed a strong correlation between the items ($r \geq .3$). Construct validity was evaluated according to the correlation matrix. It was observed that there were significant correlations between total and subscale scores on the scale and perceived relationship quality, avoidant attachment, and anxious attachment. Correlation coefficients range from .18 to .57.

Perceived Romantic Relationship Quality Scale: The scale was improved by Fletcher et al[10] and adapted into Turkish by Sağkal & Özdemir (2018).[22] The scale items are scored on a 7-point Likert-type scale (1=not at all; 7=extremely). Total scores range from 6 to 42. An increase in the total score indicates higher relationship quality. While the internal consistency coefficient was found to be above .85 in the original form of the scale, the Cronbach's alpha coefficient was calculated to be .86, the construct

reliability was .87, and the test–retest reliability analysis coefficient was .81 in the adaptation studies of the scale.[22]

The Love Attitudes Scale: Short Form: The 24-item short form of the 42-item scale developed by Hendrick & Hendrick (1986, 1990)[23,24] was created by Hendrick, Dicke, & Hendrick (1998).[25] According to the person's love attitudes, love is classified under 6 sub-titles: passionate love (EROS), game-playing love (LUDUS), friendship love (STORGE), practical love (PRAGMA), possessive, dependent love (MANIA), and altruistic love (AGAPE). The scale items are scored on a 5-point Likert-type scale (1=absolutely false, 5=absolutely true), and high scores indicate that the participant prefers that form of love. The Turkish validity and reliability study of the scale was actualized by Büyükşahin & Hovardaoğlu (2004).[26] In this study, the Cronbach's alpha coefficient and split half reliability test coefficients were calculated as .70, and the internal consistency coefficients of the subscales ranged from .51 to .80. In the present study, the internal consistency coefficients of the subscales were found to range between .54 and .86.

Self-handicapping Scale: This scale was improved by Jones & Rhodewalt (1982).[27] Participants evaluate each item on a 6-point Likert-type scale, which varies according to the statements "strongly disagree (1)" and "strongly agree (6)." It is a self-report scale developed to measure individuals' self-handicapping perceptions. The original form of the scale was adapted to Turkish by Akın (2012).[28] Items 3, 5, 6, 10, 13, 20, 22, and 23 in the scale are reverse coded. High scores indicate high self-handicapping tendencies. The Cronbach's alpha coefficient of the Turkish version of the scale was calculated as .90, and the test–retest reliability analysis coefficient was .94. When the whole scale was examined in terms of linguistic equivalence, a correlation of .91 was obtained. In the present study, Cronbach's alpha value was found to be .62.

Process

First, the necessary permission was obtained via email for the Turkish adaptation of the RSS by contacting Racquel Peel, who developed the RSS. For language validity, the items in the scale were translated into Turkish by the first author who was fluent in both Turkish and English. Then, the scale items were evaluated by other authors working in the mental health field and know both languages well, by comparing them with the original form, and a trial form was obtained. In the next step, the trial form was applied to 18 people working in the clinic, and they were asked to identify clear and unclear statements. As a result of this application, an item that more than half of the employees thought was incomprehensible was expressed in a different way. Considering all the suggestions regarding the scale, a consensus was reached on the scale, and the items of the Turkish form were adjusted. The items translated into Turkish were back-translated by a graduate of English

Language and Literature, who is fluent in Turkish and English. In the evaluation, it was observed that the original items and the back-translated items overlapped. Thus, the Turkish Romantic Relationship Sabotage Scale (T-RSS) form of the scale took its final form.

Before starting the study, approval was obtained from the Ethics Committee of Health Sciences University (SBU) Haydarpaşa Numune Training and Research Hospital (HNH-KAEK/2021-323). During the data collection phase, the participants were informed about the study by a specialist psychiatrist, and it was stated that the participation was on a voluntary and confidential basis. Data collection forms were applied to the volunteers who agreed to participate in the study in the clinic. The application took about 20-25 minutes.

Statistical Analysis

Statistical analysis of the study was performed using Statistical Package for Social Sciences 22.0 package program (IBM SPSS Corp.; Armonk, NY, USA), and AMOS (Analysis of Moment Structures) 22.0 program for Windows. The normality test of the sub-dimension and total scores resulting from the reliability and validity analyses of the scale were examined with the skewness and kurtosis coefficients. Since the skewness values of the items ranged from –.268 to 2.255, and the kurtosis values of the items ranged between –1.493 and 2.715, it can be said that the multivariate normality feature was achieved. The values of skewness and kurtosis between –3 and +3 indicate that they are between normal values.[29] Since the scale and sub-dimension scores show normal distribution, the independent groups' t-test, 1-way analysis of variance (ANOVA) test, and the Tukey test were used for post-hoc analysis. The internal consistency reliability of the T-RSS was calculated with the Cronbach's alpha value. Test–retest reliability, concordance validity, and correlation between T-RSS scores and other scale scores were calculated with the Pearson correlation matrix. The construct validity of the T-RSS was examined by EFA using principal component method and varimax transform. In statistical analysis, values less than .05 were considered significant at the 95% CI.

RESULTS

Individuals, mostly between the ages of 18 and 25 (47.1%, n=233) and with a mean age of 29.47 ± 9.28, participated in the study. The majority of the participants were male (56.0%, n=277) and had a university degree (58.0%, n=287). According to the romantic partner status, more than half of the participants (53.5%, n=265) had a boyfriend/girlfriend. In terms of the duration of the romantic relationship, those who had a romantic relationship for 7 years or more (27.9%, n=138) made up the majority (Table 1).

Table 1. Sociodemographic Characteristics of the Sample Group

	Number (n=495)	Percent (%)
Sex		
Man	277	56.0
Woman	218	44.0
Age group		
18-25 years old	233	47.1
26-35 years old	150	30.3
36-45 years old	74	14.9
46 years and older	38	7.7
Education status		
Primary school	24	4.8
Middle school	35	7.1
High school	149	30.1
University	287	58.0
Marital (relationship) status		
Having a girl/boyfriend	265	53.5
Fiancee	14	2.8
Engaged	34	6.9
Married	182	36.8
Relationship duration		
Less than 1 month	21	4.2
2-3 months	28	5.7
4-6 months	54	10.9
7 months-1 year	62	12.5
1-2 years	61	12.3
3-4 years	84	17.0
5-6 years	47	9.5
7 years and up	138	27.9

Table 2. Linguistic Equivalence Findings of the Romantic Relationships Sabotage Scale (RSS)

Factor	Application	Mean	SD	r	P*
RSS total	English form	34.12	10.11	.91	<.001
	Turkish form	36.67	11.35		
Defensiveness	English form	12.52	6.86	.83	<.001
	Turkish form	13.35	7.04		
Trust difficulty	English form	14.06	5.01	.94	<.001
	Turkish form	15.04	5.85		
Lack of relationship skills	English form	7.54	3.43	.97	<.001
	Turkish form	8.29	4.48		

*P < .05.
r, Pearson correlation coefficient.

test should be significant.[30] The statistical significance of the KMO values and the Barlett sphericity test value in our study showed that the sample size was sufficient.

As a result of EFA, it was seen that the T-RSS, which consisted of 12 items, consisted of a 3-dimensional (factored) structure, and these 3 factors explained 68.023% of the total variance. In addition, DEF explained 23.14% of the variance, 18.80% of the TD, and 26.08% of the LRSs. **Table 3** shows the distribution of items according to factors and factor loads.

Table 3. T-RSS Items and Factor Weights

T-RSS items (n=495)	Factor weight
Factor 1: Defensiveness	
Item 3 (I feel constantly criticized by my partner.)	.86
Item 2 (I often feel misunderstood by my partner.)	.84
Item 1 (I am wrongly blamed for problems in my relationship.)	.80
Item 4 (My partner makes me feel inferior to what I am.)	.73
Factor 2: Trust difficulty	
Item 7 (I am often jealous of my partner.)	.84
Item 6 (I believe I need to know where my partner is to keep them safe.)	.77
Item 8 (Sometimes I check my wife's social media profiles.)	.75
Item 5 (I worry about how much time my spouse spends with his/her friends.)	.55
Factor 3: Lack of relationship skills	
Item 12 (I'm open to having my partner tell me what I need to do to improve our relationship.)	.91
Item 10 (I am open to finding solutions and solving problems in the relationship.)	.90
Item 11 (If I know I am wrong about something, I will confess to my partner.)	.88
Item 9 (When I realize my partner is upset, I try to put myself in his shoes to understand why.)	.80

T-RSS, Turkish Romantic Relationship Sabotage Scale.

Linguistic Equivalence

Findings from 98 individuals for the linguistic equivalence study of the RSS showed that the correlation coefficients between Turkish and original form scores were $r=.91$, $P < .001$ for the RSS—total scale, $r=.83$, $P < .001$ for the DEF, $r=.94$, $P < .001$ for the TD, and $r=.97$, $P < .001$ for the LRSs (Table 2).

Construct Validity

Exploratory factor analysis: Exploratory factor analysis was conducted to determine the construct validity of the scale and to reveal the factor structure. For this, principal components and varimax rotation methods are used. The Kaiser–Meyer–Olkin (KMO) sample adequacy value of the scale was .795, and the lowest KMO values calculated for each item was .715. In addition, the chi-square value $(\chi2_{(66)}=2805.18$, $P < .001)$ was determined as a result of the Barlett sphericity test. In order for the data to be suitable for factor analysis, the KMO sample adequacy value should be .60 and above and the Barlett sphericity

As seen in Table 3, the DEF consists of 4 items (items 1-4), the TD consists of 4 items (items 5-8), and the LRSs consist of 4 items (items 9-12). Factor loads were determined to be the lowest (.55).

Confirmatory factor analysis: Multifactor CFA was carried out using the AMOS 22.0 program to confirm the factor structure of the T-RSS in the target sample. The values of the obtained fit indices are as follows: $\chi2 = 182.970$, DF (Degree of fredom) = 50, $P < .001$, CMIN (Chi-square statistics)/DF = 3.659, RMSEA (Root Mean Square Error of Approximation) = .073, NFI (Normed Fit Index) = .935, CFI (Comparative Fit Index) = .952, IFI (Incremental Fit Index) = .952, RFI (Relative Fit Index) = .915, GFI (Goodness

of Fit Index) = .944, AGFI (Adjustment Goodness of Fit Index) = .912.

Factor loads of CFA analysis are shown in Figure 1.

Similar scale validity analysis: In order to determine the convergent-discriminant validity of the T-RSS, the correlations between the total mean score of the scale and the mean scores obtained from the Perceived Romantic Relationship Quality Scale (PRRQS), The Love Attitudes Scale: Short Form (LAS-SF) sub-dimensions, and the Self-handicapping Scale (SHS) were examined. While the T-RSS-total score was negatively associated with the PRRQS ($r = -.384$, $P < .001$) and LAS-SF subscales of STORGE
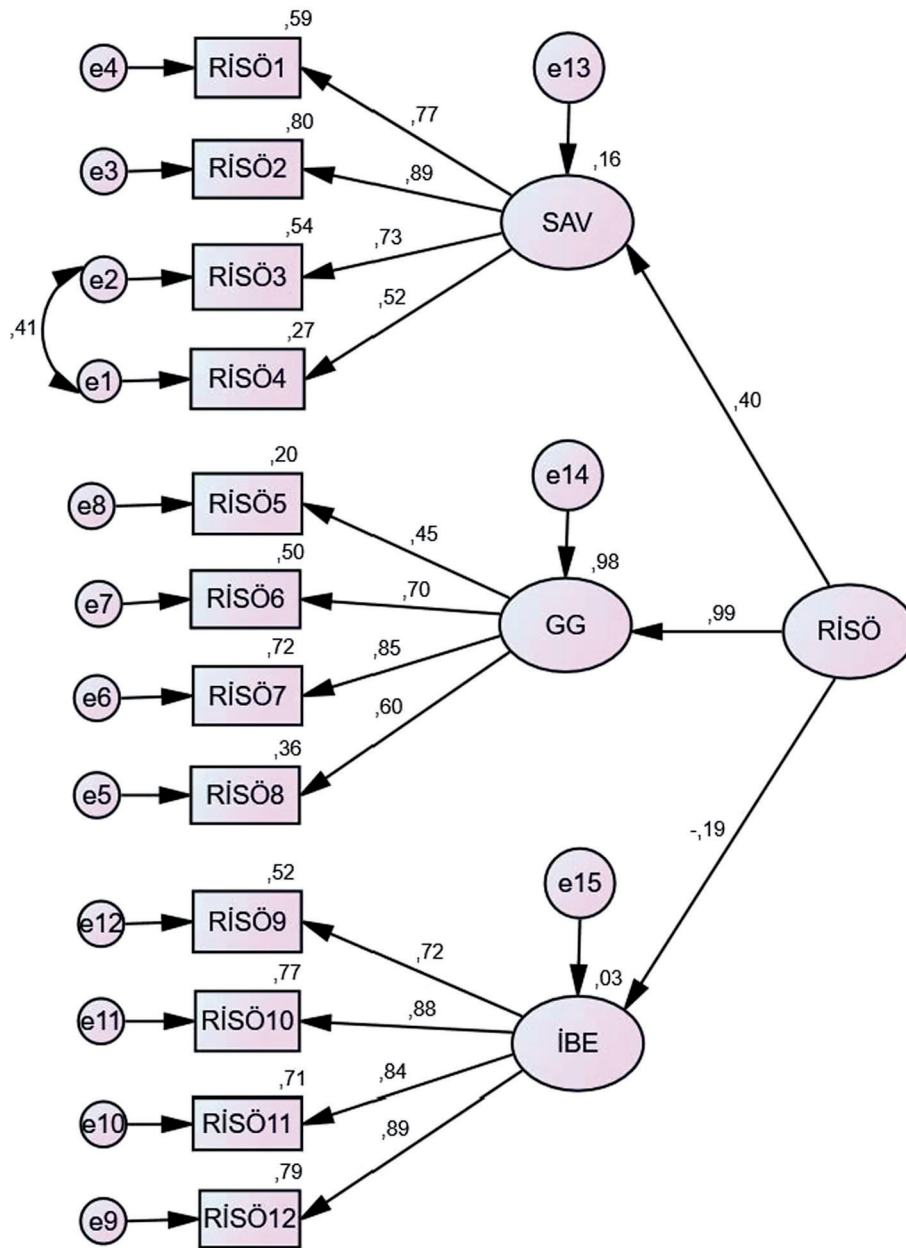

Figure 1. Turkish form of the Romantic Relationship Sabotage Scale Path Diagram. DEF, defensiveness; LRSs, lack of relationship skills; TD, trust difficulty.

(r=−.151, P < .001) and EROS (r=−.435, P < .001), it was found to be positively associated with the SHS (r=.443, P < .001), LAS-SF subscales of AGAPE (r=.163, P < .001), PRAGMA (r=.220, P < .001), LUDUS (r=.213, P < .001), and MANIA (r=.439, P < .001) (Table 4).

Reliability

Cronbach's alpha coefficient: Data on the reliability of the scale were obtained by looking at the Cronbach's alpha coefficient and test–retest reliability coefficient. In this analysis, the reliability of the scale was found to be .81. Cronbach's alpha reliability test was applied to a total of 67 items of the scale, and the Cronbach's alpha coefficient of the general scale was calculated as .81. Turkish Romantic Relationship Sabotage Scale subscale Cronbach's alpha coefficients were .73 for T-RSS total, .84 for DEF, and .74

for TD, and .89 for LRSs. The Cronbach's alpha coefficient of the original form of the scale was found to be .77.[21] For the scale to have high internal consistency, the Cronbach's alpha coefficient should be greater than .70.[31] According to these criteria, it is understood that the Turkish version of the scale has high internal consistency, similar to the original scale. These results provide evidence that the scale is a reliable tool.

Test-retest reliability coefficient: The score invariance of the scale was evaluated with the test–retest method. In the test–retest reliability analysis, T-RSS was applied to 102 participants in the sample group of the study twice with an interval of 4 weeks.[32] In the analyses performed, the test-retest reliability analysis coefficient of T-RSS was determined to be .75. Considering that the predicted reliability level for measurement tools that can be used in

Table 4. Pearson Correlation Coefficient Between the Turkish Romantic Relationship Sabotage Scale (T-RSS) and the PRRQS, LAS-SF Subscales, and SHS

		1	2	3	4	5	6	7	8	9	10	11	12
T-RSS													
1. T-RSS total			-										
2. Defensiveness	r	.772	-										
	P*	<.001											
3. Trust difficulty	r	.687	.358	-									
	P*	<.001	<.001										
4. Lack of relationship skills	r	.356	−.030	−.165	-								
	P*	<.001	.499	<.001									
PRRQS													
5. PRRQS total	r	−.384	−.423	−.071	−.205	-							
	P	<.001	<.001	.112	<.001								
LAS-SF													
6. AGAPE	r	.163	.110	.245	−.079	.243	-						
	P*	<.001	.014	<.001	.078	<.001							
7. STORGE	r	−.151	−.248	−.008	−.003	.361	.234	-					
	P*	.001	<.001	.862	.952	<.001	<.001						
8. EROS	r	−.435	−.494	−.069	−.229	.680	.319	.468	-				
	P*	<.001	<.001	.128	<.001	<.001	<.001	<.001					
9. PRAGMA	r	.220	.099	.257	.043	−.015	.261	.251	.077	-			
	P*	<.001	.028	<.001	.342	.731	<.001	<.001	.085				
10. LUDUS	r	.213	.144	.130	.121	−.126	.054	.050	−.124	.203	-		
	P*	<.001	.001	.004	.007	005	.232	.271	.006	<.001			
11. MANIA	r	.439	.383	.456	−.082	−.047	.406	−.030	−.001	.197	.170	-	
	P*	<.001	<.001	<.001	.070	.299	<.001	.500	.990	<.001	<.001		
SHS													
12. SHS total	r	.443	.388	.355	.039	−.265	.139	−.091	−.219	.109	.158	.437	-
	P*	<.001	<.001	<.001	.385	<.001	.002	.044	<.001	.015	<.001	<.001	

*P < .05.
LAS-SF, The Love Attitude Scale; PRRQS, Perceived Romantic Relationship Quality Scale; r, Pearson correlation coefficient value; SHS, Self-handicapping Scale.

Table 5. Romantic Relationships Sabotage Scale Corrected Item–Total Correlations and *t*-Values for 27% Sub-Super Group Difference

Factor	Item Number	r_{jx}	P*
Defensiveness	1	.48	<.001
	2	.57	<.001
	3	.51	<.001
	4	.44	<.001
Trust difficulty	5	.43	<.001
	6	.51	<.001
	7	.53	<.001
	8	.43	<.001
Lack of relationship skills	9	.37	<.001
	10	.38	<.001
	11	.40	<.001
	12	.38	<.001

*P < .05.
r_{jx}, item discrimination index; *t*, independent sample *t*-test value.

research is .70,[33] it is seen that the reliability level is sufficient for all subscales. The item–total test correlation and the relationship between each item in the scale and the total score are examined.

Item analysis: Corrected item–total test score correlation coefficient was used to determine the discriminative power of T-RSS items. As a result of the analysis, it was observed that the corrected item–total correlation coefficients of the scale ranged from ($r=.37$, $P < .001$) to ($r=.57$, $P < .001$) (Table 5).

Item–total test score correlations for subscales were also examined. Accordingly, the corrected item–test correlation coefficients for DEF items vary between ($r=.44$, $P < .001$) and ($r=.57$, $P < .001$), item–test correlation coefficients for TD items vary between ($r=.43$, $P < .001$) and ($r=.53$, $P < .001$), and item–test correlation coefficients for LRS items ranged from ($r=.37$, $P < .001$) to ($r=.40$, $P < .001$). The *t*-test values for the differences in the item scores of the 27% lower and upper groups according to the T-RSS total scores ranged from 16.82 ($P < .001$) to 91.17 ($P < .001$) (Table 5). The *t*-test results revealed that there was a 27% significant difference between the upper and lower group scores for all items and subscales. The minimum value required for the item–total test correlation to be sufficient is specified as .30 in the literature.[34] Accordingly, the high correlation of each item with the total test score indicates the consistency of the scale.

The Effect of Some Sociodemographic Characteristics on the Turkish Romantic Relationship Sabotage Scale Subscales

As a result of the independent sample *t*-test actualized to determine whether the total and subscale scores of T-RSS differ according to gender, there was no significant difference between the total and subscale scores on the scale according to gender.

As a result of the One-Way ANOVA test performed to observe whether the T-RSS total and subscale mean scores differ according to age, a significant difference was found between T-RSS total scores and T-RSS DEF, TD and LRSs subscale mean scores in terms of age. As a result of multiple comparisons made with the Tukey test, it was found that the mean of those aged 18-25 years was lower than the mean of those aged between 36 and 45 and those aged 46 and over in terms of DEF. In terms of LRSs, it was determined that the mean of those aged 18-25 was lower than the mean of those aged 36-45, while the mean of those aged 18-25 for T-RSS total scores was lower than the mean of those aged 46 and over (**Table 6**).

Table 6. Comparison of T-RSS Total and Subscale Mean Scores by Age Groups

		Defensiveness	Trust Difficulty	Lack of Relationship Skills	T-RSS Total
Age Group	n	Mean ± SD	Mean ± SD	Mean ± SD	Mean ± SD
18-25 years old	233	11.64 ± 6.30	15.26 ± 6.36	8.01 ± 5.28	34.91 ± 11.08
26-35 years old	150	12.77 ± 6.27	14.22 ± 5.44	8.20 ± 4.10	35.19 ± 10.95
36-45 years old	74	14.69 ± 6.16	13.45 ± 5.47	9.97 ± 5.99	38.11 ± 9.54
46 years and older	38	14.68 ± 6.16	15.63 ± 6.14	8.45 ± 4.23	38.76 ± 9.95
F, P		$F(3-491)=6.016$ $P < .001$	$F(3-491)=2.427$ $P=.065$	$F(3-491)=2.995$ $P=.030$	$F(3-491)=2.798$ $P=.040$
P/C, P		(A-B, P=.314)	(A-B, P=.319)	(A-B, P=.980)	(A-B, P=.995)
		(A<C, P=.002)	(A-C, P=.084)	(A-C, P=.062)	(A-C, P=.079)
		(A<D, P=.034)	(A-D, P=.986)	(A-D, P=.942)	(A-D, P=.143)
		(B-C, P=.132)	(B-C, P=.751)	(B-C, P=.105)	(B-C, P=.174)
		(B-D, P=.329)	(B-D, P=.571)	(B-D, P=.988)	(B-D, P=.223)
		(C-D, P=1.000)	(C-D, P=.260)	(C-D, P=.406)	(C-D, P=.987)

*P < .05.A, 18-25 years old; B, 26-35 years old; C, 36-45 years old; D, 46 years and older; F, analysis of variance value; P/C, pairwise comparisons; T-RSS, Turkish Romantic Relationship Sabotage Scale.

DISCUSSION

In recent years, research on the quality of romantic relationships has shown that the level of satisfaction in relationships is determinant in the sustainability of the relationship.[4,6,7] It is important that there is an increase in studies on the level of sabotage in romantic relationships, that the subject is discussed in intercultural platforms, that standardized measurement tools are developed, and that it is brought into the literature of countries. In this study, we aimed to adapt the RSS into Turkish and to analyze its validity and reliability.

For the linguistic equivalence study, which is integral to the adaptation of the scale, the correlation between the English and Turkish form total and subscale scores of the RSS was evaluated, and it was observed that there was a high level of consistency between the two form scores. This result showed that the Turkish translation process of the scale was completed successfully.

In our study, firstly, a 3-factor structure was obtained that explained 68.023% of the total variance according to the EFA result. Accordingly, it was concluded that T-RSS is a valid feature. This qualitative assessment was also adopted because it was compatible with the original factor structure of the scale. All items under the factors showed a 1-to-1 distribution in accordance with the factors in the original form. Since the factor loads of 12 items under these 3 factors were above the cutoff value, no item was removed from the scale as a result of the EFA,[35] and it was evaluated that the items contributed significantly to the factors. In addition, it is seen that the model fits well in terms of the fit index limits for CFA and that the original factor structure of the scale is compatible with the factor structure of the Turkish version.[36,37] It has been seen that the multifactor solution provides a better factor structure in terms of being conceptual and consistent with the original scale.

Secondly, correlations between T-RSS scores and three variables that are thought to be related to sabotage in romantic relationships in the literature were examined. The first of these variables is the quality of the romantic relationship. Romantic relationship quality and personality traits show that happiness is experienced at a high level.[38] The low quality of the romantic relationship sabotages the romantic relationship by negatively affecting the satisfaction and continuity of the relationship, the pleasure from the relationship, and the feeling of happiness. The findings of our study showed that there is a significant negative correlation between T-RSS total scores and PRRQS scores.

The second variable is the love attitude. Lee (1974)[39] emphasized that not everyone experiences similar feelings in a love experience and defined people's attitudes toward love in different ways. Accordingly, those who embrace

EROS are individuals who believe in love at first sight. Love often begins with a physical attraction. These individuals make a great effort to make their partner happy. They expect the same effort to be shown to them. Attachment is weak in LUDUS, love is like a fun game, and individuals prefer to have a new partner instead of working hard for the continuity of the relationship in any difficulty, and polygamy can be seen. In STORGE, it is important to establish a friendly relationship such as meeting mutual needs and finding common shares. The partner characteristics, which are believed to provide a positive future in PRAGMA, are decisive in the relationship. In this love, people care about achieving harmony in areas such as their partner's profession, education level, and family structure. In MANIA, intense fear of loss and jealousy, along with constant monitoring of the partner, and inability to give up even if there is a problem in the relationship are observed. In AGAPE, an approach that prioritizes the partner's well-being and that protects and supports him is observed.[40] In our study, it was observed that there was a negative relationship between T-RSS scores and EROS and STORGE scores and a positive relationship between LUDUS, PRAGMA, MANIA, and AGAPE. When the attitudes of the individuals who sabotage the romantic relationship toward love are evaluated, the ineffective physical attraction of the partner and/or the negative motivation toward the partner in this direction and the lack of harmony and sharing with the partner may cause the romantic relationship to be sabotaged. Attitudes and behaviors such as having more than 1 partner, clinging to the sociodemographic characteristics of the partner, experiencing excessive feelings of losing the partner, or always keeping the partner in the foreground and constantly supporting can also be explained by the sabotage of the romantic relationship.

The third variable is self-handicapping. The source of this attitude and behavior is negative beliefs about self and success that start from early childhood experiences and are shaped by lifelong experiences.[16,41] Throughout this whole process, interactions with the family and parental attitudes direct the individual's self-development.[42] These interactions also manifest themselves in romantic relationships in adulthood. The findings of our study revealed that there is a positive and significant relationship between T-RSS scores and SHS. It confirms the fact that individuals who self-handicapped also sabotage their romantic relationships.

It was observed that the gender variable was ineffective in romantic relationship sabotage when evaluating whether the scores obtained from the T-RSS differed according to gender and age. This result shows that men and women did not reveal any difference in sabotaging the romantic relationship. In contrast, age was found to be effective in romantic relationship sabotage. According to the findings

of our study, romantic relationship sabotage increases with age.

Considering the factor structure, validity and reliability coefficients of the T-RSS, and the expected relationship of the score obtained from the scale with the related variables, it is seen that it is a valid and reliable measurement tool that can be used to measure the level of sabotage of romantic relationships by adults. Since there is no measurement tool in the national literature that can evaluate the level of adult individuals sabotaging their romantic relationships, academic studies based on scientific data cannot be conducted in this field. It is thought that this shortcoming in the literature will be eliminated with the adaptation of RSS to Turkish, and it will contribute to the understanding of the concept of romantic relationship sabotage. To our knowledge, this is the first validity and reliability study outside Australia of this scale assessing romantic relationship sabotage in adults, and it also provides a cross-cultural conclusion.

Experts working in the field of family (spousal) therapy or couple therapy will determine the level of individuals sabotaging their romantic relationships with the use of this scale, and it will be beneficial to address the issues of displaying defensive attitudes and behaviors toward their relationships, experiencing TD, and LRSs during the therapeutic process.

A limitation of this research is that the sample group of individuals included who applied to the psychiatry clinic in a public hospital in Istanbul did not have a psychiatric diagnosis. Although Istanbul increases its power to represent different sociocultural groups due to the fact that it hosts individuals from different regions, it is difficult to say that it represents the whole of Turkish culture. There is a need for new studies to investigate the psychometric properties of the scale in samples representing different groups and psychiatric cases in Türkiye.

It is recommended that the validity and reliability of study of the T-RSS and the comparisons made on the scale scores in terms of gender and age should be reevaluated in different sample groups in future studies.

CONCLUSION

It is thought that the RSS will be adapted to Turkish for use in Türkiye, and its validity and reliability study, and the scale will be gained as an accepted measurement tool in the literature, as well as it will be functional in addressing the attitudes and behaviors of adults with romantic relationships sabotaging their relationships in therapy processes.

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Appendix 1. Turkish translation of the Romantic Relationship Sabotage Scale items
(Romantik İlişkilerde Sabotaj Ölçeği-RİSÖ)

Aşağıdaki ifadeler, romantik ilişkilerde nasıl hissettiğiniz ve nasıl davrandığınızla ilgilidir. Sadece mevcut bir ilişkide olup bitenlerle değil, genel olarak ilişkileri nasıl deneyimlediğinizle ilgileniyoruz. Eğer bir ilişkiniz yoksa, son ilişkinizi düşünün. Lütfen her bir ifadeye ne kadar katıldığınızı veya katılmadığınızı belirterek yanıtlayınız.

1	2	3	4	5	6	7
Kesinlikle Katılmıyorum	Katılmıyorum	Biraz Katılmıyorum	Kararsızım	Biraz Katılıyorum	Katılıyorum	Kesinlikle katılıyorum

1. İlişkimdeki sorunlar için haksız yere suçlanıyorum.
2. Partnerim tarafından sıklıkla yanlış anlaşıldığımı hissediyorum.
3. Partnerim tarafından sürekli olarak eleştirildiğimi hissediyorum.
4. Partnerim beni olduğumdan daha aşağı biriymişim gibi hissettiriyor.
5. Partnerimin arkadaşlarıyla ne kadar zaman geçirdiği konusunda üzülürüm.
6. Partnerimi güvende tutmak için nerede olduğunu bilmem gerektiğine inanıyorum.
7. Partnerimi sık sık kıskanırım.
8. Bazen partnerimin sosyal medya profillerini kontrol ederim.
9. Partnerimin üzgün olduğunu fark ettiğimde, nedenini anlamak için kendimi onun yerine koymaya çalışırım.
10. İlişkide çözüm bulmaya ve sorunları çözmeye açığım.
11. Bir konuda yanıldığımı biliyorsam, bunu partnerime itiraf ederim.
12. Partnerimin ilişkimizi geliştirmek için yapmam gereken şeyleri söylemesine açığım.

Değerlendirme:

Savunmacılık: 1,2,3,4. maddeler
Güven Güçlüğü: 5,6,7,8. maddeler
İlişki Becerileri Eksikliği: 9,10,11,12. maddeler (ters maddeler)
4-11 arası düşük
12-20 arası orta
21-28 arası yüksek