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HUSBAND'S RESPONSE TO INFIDELITY

THESIS

A thesis submitted in partial fulfillment of the
requirements for the degree of Master of Science in Family Sciences in the
College of Agriculture, Food and Environment
at the University of Kentucky

By

Toby Q. P. Jenkins

Lexington, Kentucky

Director: Ronald J. Werner-Wilson, Professor of Family Sciences

Lexington, Kentucky

2015

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ABSTRACT OF THESIS

HUSBAND'S RESPONSE TO INFIDELITY

Infidelity is the most often cited reason for divorce in the United States and much of the world. Providing therapy for a couple trying to recover from infidelity is one of the most difficult and complex presenting problems for therapists. Much of the existing research that predicts responses to infidelity subscribes to an evolutionary psychology perspective, predicting response by gender differently based on motives concerning procreation. Males would find sexual infidelity more threatening because paternity would be uncertain, females would find emotional infidelity more threatening because of the risk of resources and protection being diverted to another female's offspring. Much of the evolutionary psychology experiments utilize samples of college students responding to hypothetical infidelity scenarios. The current study includes 58 respondents who are currently in marriages where infidelity took place or previously in marriages where infidelity took place. Social construction theory and peripheral relational items (children) were used to analyze respondents' experiences in marriages where infidelity occurred. Results from the study indicate that not only is a couple's idealization of their gender roles predictive of whether the couple remains intact in the aftermath of infidelity, but also which spouse had the affair and the existence of children are significant variables.

KEYWORDS: Extradyadic sex, Gender, Infidelity, Sex differences, Social construction

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April 23, 2015

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I have to give a special thank you to the husbands who have trusted me with your deepest pain. For obvious reasons, you will remain nameless, but please know that through your painful experiences, insight was born, which will be turned into therapy solutions to help future husbands keep their families together and restore what was broken.

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Chapter One: Introduction

According to a 1997 national panel on reasons why couples in the United States divorce, infidelity was the number one reason, being cited in 19% of all divorces (Amato, 2003). The majority of these divorces being initiated by wives by an almost 2:1 ratio. It can be inferred from that data, that husbands were the predominant spouses to commit infidelity. However, in recent years since this 1997 panel, studies have indicated an increase in the number of wives who are getting involved in extra marital involvement (EMI).

In another 1997 study cited by Brand et al. (2007), a little over 12% of married women reported having EMI's. In a more recent study completed in 2011, Mark et al (2011) report that nearly 20% of married women report having EMI's. McGoldrick (2011) does not reference this study in particular, but acknowledges this shift in behaviors in women in the last ten years is due to more economic independence and more egalitarian roles in relationships. This represents a seismic shift not only for wives, but for the men they are married to, as women exercise new freedoms and behaviors as a result of these new freedoms, especially in western cultures. Although research on this perspective of marital infidelity is limited, recent studies would suggest men, in comparison to women, appear to be less inclined to continue in relationships where their wives have committed infidelity (Shackelford, 2002).

Many theoretical approaches have been used to explore the phenomenon of infidelity, from feminism, socialization, social interactionist, and cultural just to name a few. The approach that has generated the most published research on infidelity is evolutionary psychology (and also the most scrutiny). Evolutionary psychology

experiments generate large sample sizes by utilizing convenience samples of college students in forced choice hypothetical test. The benefit of these kinds of studies is that significant sample sizes can be generated that produce statistically significant results that are generalizable to the public. However, participants in these studies are not generally vetted on their relationship experiences nor is it known that participants have the investment in their relationships that actual married couples may have in their marriages (Blow, 2005).

The primary purpose of this study is to determine how husbands' experiences of infidelity is different from wives' and to better understand the variables involved in husbands' decision making after the disclosure of wives' EMI. This study also seeks to determine if husbands' decisions to end their marriage are the same when peripheral variables such as children, shared assets, intermingled family etc. exist in the relationship. The secondary purpose of this study is to use these findings to develop effective clinical approaches for couples seeking therapy when the wife has an EMI.

Infidelity Defined

One of the difficulties with generating consistent studies on the topic of infidelity is the inconsistency within infidelity research on the definition of infidelity itself. For most of the general public, infidelity is generally associated with a person having sexual intercourse with someone other than their primary relationship without the knowledge of the person they are in a primary romantic relationship with.

As stated by (Blow, 2005),

The first roadblock infidelity researchers encounter is agreement on how to define infidelity. Not only do researchers poorly define infidelity, but it is also poorly

defined at large. Infidelity cannot only be different things to different couples within the same culture, but infidelity can mean drastically different things from culture to culture.

Within the research literature, the range of what defines infidelity for study participants is very wide, with some studies defining infidelity from as little as handholding to as much as sexual intercourse. Across the theoretical approaches, studies that primarily rely on undergraduate participants have the widest range for of what defines infidelity. This tends to yield a wide range results from these participant based studies, usually made up of hypothetical scenarios related to infidelity type of behavior. Theoretical studies that rely on retrospective experiences of married adults, which this study will be, tend to have a narrower definition; however, retrospective studies have inherent shortcomings as well. The difficulty in experimenting and conducting studies on this population will be discussed later in this paper.

For this study, I am going to use the principled approach suggested by (Thompson, 1983) that defines the parameters of extramarital involvement (EMI) in three parts: whether the relationship is sanctioned by the primary relationship, a descriptor of the relationship outside of which the behavior occurs (i.e., is the behavior extramarital, extra-cohabiting, and so on), and a description of the behavior (intercourse, friendship, frequency, number of partners, and the like). Given the way that people increasingly connect through new ways, especially over digital mediums, this definition should be flexible enough to capture the wide range of ways participants may engage in EMI's but not so restrictive to rule out something not yet documented as a method to engage in EMI.

Literature Review

Evolutionary Psychology Perspective

An evolutionary psychology approach explains human behavior from a viewpoint that human behaviors evolve over time for reasons of survival and procreation (Berman & Frazier, 2005). Evolutionary psychology would describe the majority of human behaviors as being innate and automatic. As it relates to infidelity, evolutionary psychologists have developed theories for both genders that would motivate their responses to the specific threats of infidelity.

From an evolutionary standpoint, women would view their partner's intimate emotional relationship with another woman as more threatening than a sexual relationship (Berman & Frazier, 2005). The learned and developed response to an emotional affair is that women would view the emotional relationship as a threat to resources and commitment for her child being diverted to another woman (Cann, Mangum, & Wells, 2001). Evolutionary psychologists posit that appropriate jealousy responses have been developed by women when they feel their resources are threatened in order to restore their relationship and insure their children are provided for and nurtured (Burchell & Ward, 2011).

From an evolutionary standpoint, men would view a sexual relationship as more threatening because certainty of paternity would be in question (Cann et al., 2001). Men are thought to be motivated to avoid "cuckoldry", which is defined as unknowingly expending resources helping raise another man's child (Berman & Frazier, 2005). Men, according to evolutionary psychology, have developed appropriate jealousy and paternity

certainty behaviors that would insure their genes are being passed down to the next generation (Burchell & Ward, 2011).

The most current research and accompanying experiments all use hypothetical scenarios with a forced choice method to test responses to different situations of infidelity by their partner. In forced choice test, subjects are given two choices that are generally equally pleasing or displeasing and have to choose one. Most of the forced choice experiments were conducted on college campuses and were completed by college-aged students. This method of testing yields large sample sizes and results tend to be able to be replicated by other researchers who manipulate the forced-choice test to examine a different evolutionary developed characteristic or behavior.

Researchers tested several aspects of evolutionary response and successfully replicated gender-differences that are consistent with an evolutionary perspective. Researchers tested sex drive, emotional distress, and jealousy behaviors. Researchers who claim an evolutionary psychology approach and use forced choice responses generally get consistent results showing that men have a stronger response to their partner's sexual infidelity and women had a stronger response to their partner's emotional infidelity. However, it often the case that researchers replicating these experiments using other theoretical approaches often get results that are not gender specific to the type of EMI committed.

Anti-Evolutionary Theory

In terms of published articles, evolutionary psychology has by far the most articles explaining response to infidelity along gender lines. However, there are a significant number of studies that do not claim a theoretical approach, but contribute to

the literature of sound arguments that refute an evolutionary approach or either meta analysis of published studies or replications of evolutionary studies with slight modifications to disprove previous studies.

As stated by (Berman & Frazier, 2005) in their study, there are four philosophical reasons that evolutionary psychology studies are not valid research. First, Berman suggest that a forced choice survey elicits a cognitive response versus an innate, natural response. If the premise of the evolutionary psychology theory is based on each gender's motivation to insure procreation, none of the hypothetical scenarios include aspects that include procreation scenarios; they are all based on aspects of the intimate relationship.

Secondly, most participants in evolutionary studies are undergraduate students, often motivated by fulfilling a course requirement by participating in the research study. These participants have not been vetted to whether they have experienced intimate relationships or infidelity themselves, thus rendering their responses invalid since they are responding to a hypothetical scenario they may or may not be familiar with.

The third point (Berman & Frazier) makes is, consistent with feminist theory, power differentials in intimate relationships are ignored. In their replication of forced choice studies, (Carpenter, 2012) finds that only undergraduate men from the United States cite sexual infidelity as being the most threatening form of infidelity. When undergraduate men from the United States are excluded, there is no significant statistical difference between non-student men and women in their response to emotional infidelity as being the most threatening to their relationship. Carpenter suggests that these results are more consistent with a social cognitive approach found by (Harris, 2003), which

would attribute gender responses to be more dependent on cultural context than evolutionary influences.

To further undermine the validity of forced choice methods of studying infidelity (DeSteno & Salovey, 1996) propose that these particular forced-choice hypothetical studies suffer from the double shot phenomenon. Participants of infidelity forced-choice scenarios are not able to separate the existence of sexual and emotional infidelity in the hypothetical scenarios that are presented in prominent evolutionary studies conducted. When a participant is asked to imagine their partner having intercourse with someone else, the participants are not able to completely separate sexual intercourse from emotional involvement. When DeSteno rephrased hypothetical questions to make them more mutually exclusive, they found no significant gender difference in response to sexual versus emotional infidelity.

Non-Theory Based Infidelity Research

In infidelity research, there is a stream of researchers do not claim any theoretical approach. In an effort to be concise, I have included these studies together. These theories all predict and prove through experimentation that there is very little gender difference in response to infidelity. These other theories also find critical flaws in evolutionary methodology and take issue with subjects and testing procedures. These methodologies include research by Blow and Hartnett (which do not claim a theoretical perspective), social interaction theory, social contextual theory, and feminist theory.

The most thorough examination of current infidelity research, including evolutionary psychology perspective, was completed by Blow and Hartnett (2005) over two successive journal articles. Blow and Hartnett (2005) conclude that much of the

current claims by evolutionary psychology theorist is invalid and of little therapeutic use (Blow & Hartnett, 2005). Blow and Hartnett (2005) argue that trying to test behaviors that are supposed to be innate is impossible using hypothetical scenarios where respondents respond by consciously thinking about their response (Blow & Hartnett, 2005).

To further complement the lack of experiment validity argument, Blow and Hartnett (2005) also point out that if reproductive pressures drive an evolutionary perspective, then hypothetical scenarios that do not include a direct reproductive connection are therefore invalid (Blow & Hartnett, 2005). From that perspective, testing an innate response hypothetically may be impossible.

Blow and Hartnett (2005) also point out that research carried out to support evolutionist theory are not nearly robust enough and err on the side of convenience versus thoroughness. There is no evidence that experiment participants are vetted to have any relationship experience and the majority are college students. Blow and Hartnett find it implausible to then extrapolate these results to other married and/or committed relationships. To say it differently, the college students in these experiments do not have enough “skin in the game” to make the same kind of decisions about infidelity that a couple would make who have children together, intertwined extended families, and co-mingled finances.

In their follow-up journal article, Blow and Hartnett (2005) use surveys of many different populations to gather attitudes related to infidelity and survey other research for current trends in infidelity. In summary, there are attitude differences toward infidelity that are dependent on gender, however, trends would suggest that response to infidelity

are becoming more similar between men and women. Blow and Hartnett (2005) also find a correlation between attachment style and the prevalence of infidelity. Blow and Hartnett (2005) focus much of their efforts in developing practical therapeutic options for couples that are dealing with infidelity. What they find is that there is little practical research available for infidelity therapeutic practices, but make recommendations for clinicians to consider based on the trends they find from their own survey results.

Social Construction Theory

The primary principle of social construction theory is the concept that there are many things that people “know” or take to be “reality” that are at least, if not completely socially situated (Alsop, Fitzsimons, & Lennon, 2002). To take this concept a step further, Marecek (2004) has developed six basic assumptions of social constructionism, how individuals construct meanings of their experiences within specific social contexts.

They include:

1. Social constructionism focuses on how meaning is created.
2. Knowledge is a social product where a community of knowers produces accounts of reality.
3. Power and hierarchy underlie social construction such that individuals differ in status, entitlement, efficacy, self-respect, and other traits based on the kind of interactions one is involved in an subjected to.
4. Language is considered the building block of culture; it conveys meaning and creates the system of knowledge we participate in.
5. Social construction is a dynamic process, with an emphasis on the complexity of how knowledge is created in social interactions.

6. The individual and society are indissoluble, therefore social constructionist question the Western idea of an autonomous individual who can draw a clear line between self and society.

There are a number of theoretical approaches as it relates to infidelity that are derivatives of social constructionism; feminist theory, cultural theory, and social internationalist theory, all of which will be explored more. All of these theories base their hypothesis of gender reaction to infidelity or jealousy behaviors on socially learned behaviors, therefore, each theory has a different prediction to how individuals will respond to infidelity and they are not necessarily the same prediction although their foundations are the same.

One of the focal points of social constructionist research is the concept of gender, the premise being that gender itself is a socially created construct, which is generally the centerpiece of any infidelity related research using a social constructionist lens. This leads most social construction researchers such as Penn, (1997), Harris (1996) and Harris (2002) to hypothesize that gender will not be the determining factor in how individuals respond to sexual or emotional infidelity, but rather reaction will be the result of learned or socialized identities.

Feminist Theory

Feminist theory grew out of the feminist movement, which has its beginnings in the United States in the 1850's (Smith. & Hamon, 2012). By definition, feminism is the search for rights, opportunities, and identities women believe they deserve. Therefore, feminist theory is the extension of the definition into theoretical and philosophical domains.

In a similar fashion as social constructionism, feminist theorists challenge the traditional definitions of gender and the limitations in particular these definitions put on women. An often overlooked component of feminist theory is that feminist theorist also challenge the limitations placed on men. In infidelity research, feminist theory is diametrically opposed to premises of evolutionary psychology, which theorize that many behaviors of men and women are innate and developed for survival over many thousands of years (Buss, Larsen, Westen, & Semmelroth, 1992). Feminists believe that sex should refer to one's biological assignment, however, gendered behaviors are learned as a result of socialization and is therefore the result of social norms and culture (Smith. & Hamon, 2012).

As it relates to relationships, feminist theory is particularly attuned to male privilege and the power differential that exist in much of the world by men in relationships with women, whether it be in dating, cohabiting, or marriage. Traditionally, men/husbands have been the primary perpetrators of infidelity. From a feminist perspective, these extra marital relationships have been a product of the entitlement men often feel they have in relationships. For economic and other reasons, women have had to tolerate these transgressions and were often part of the blame for their husband's EMI. Feminist theorists are particularly critical of therapy practices that ignore these privileges and power differentials (Williams & Knudson-Martin, 2013).

Surprisingly, there is little feminist theory research dedicated to infidelity in general, but it seems with the increasing number of women participating in infidelity, this number having doubled by some estimations in the last 20 years (Amato & Previti, 2003),

this would be an opportunity not only from the shift in gender roles it represents, but also the impact on the woman on the other side of the EMI, the primary partner or wife.

Social Interactionist Theory

The published research of social interactionist (Haden & Hojjat, 2006), social contextuals (Allen, 2005), and feminist theorists (Williams, 2013) that contribute to infidelity research all take a position that gender is not the primary factor in response to sexual or emotional extra marital relationships based on their individual paradigms through which they explain behaviors.

Social interactionist theory takes the position that behaviors related to infidelity are developed to achieve certain goals, retribution, or justice (Haden & Hojjat, 2006). Based on the results of experiments conducted, the level of aggressiveness in response to infidelity is about the same between men and women. What is different is the style in which participants responded. Men, when completing the surveys, tended to choose more outward and violent responses to the disclosure of infidelity by their partner. On the other hand, women were shown to turn their aggression inward in the form of withdrawal, self-blaming, and depression (Haden & Hojjat, 2006). The authors do not offer reasons for the varied responses by each gender, but these responses would be consistent with socialization norms for men and women. Men are socialized to be tough and not display emotions that would show hurt feelings, anger is much more acceptable. Women, on the other hand, are socialized to be nurturers and the relationship monitors, so internalizing jealousy would be consistent with the study results; having the view of the infidelity as a failure they are responsible for (McGoldrick, 2011).

Cultural Lens

Culture is a lens that researchers often use to study infidelity. Culture is broadly defined as the beliefs and customs of a particular society (Penn, 1997). It is generally believed that these beliefs and customs are taught and passed on from generation to generation, thus making many aspects of a population's culture a learned and socially constructed behavior, thus linking it closely to social constructionism.

Culture does not represent a theoretical approach in itself; it is often a secondary factor of consideration under a more dominant theoretical approach. Most often, the primary theoretical approach is social constructionism or something closely related. In a few studies, the primary theoretical approach is evolutionary psychology, but this is generally the exception since in principle, these two concepts are not compatible.

Cultural research on the topic of infidelity will incorporate those aspects that multiple societies share, but have different practices or beliefs about. Much of this research will include parameters such as religion, ethnicity considerations, gender equality, rituals, and history (Penn, 1997). The most prominent way to stratify culture in this stream of research is to compare countries to one another. It is common to compare countries that are generally patriarchal to more liberal countries that are on opposite ends of the religious spectrum, or immigrant populations existing within other cultures.

Due the diversity of cultures, hypothesis in these studies related to gendered responses to infidelity will vary. Penn et al. in their study on African-Americans, Hispanic-Americans, and Asian-Americans finds similarities in extra marital relationship behaviors of Hispanic and Asian men, although the motivation is different. Both cultures are male dominated, however Penn found in the Hispanic culture, men were less likely to

see their wives in a romantic capacity and would seek romance and sex outside of their marriage, but culturally it is expected for this extra marital relationship to be secretive. In Asian-American culture, the husband's infidelity is more acceptable in the culture with wives being expected to tolerate the relationship and look the other way. In both of these cultures, wives' infidelity is not tolerated and viewed as the ultimate show of disrespect.

In this study (Penn, 1997), the African-American culture was the most unique. Gender roles tended to be more egalitarian with attitudes toward infidelity generally being more acceptable, especially for women due to the lower numbers of available men. African Americans in this study (as well as other studies) tend to have the highest divorce rates and the highest percentage of single parent homes.

In another study, Buss (1999) studied jealousy about infidelity with participants from the United States, Korea and Japan. This is an example of an evolutionary psychology study with a secondary cultural lens. Buss et al use the same experimental design as in previous evolutionary studies where participants are given forced choice questions based on hypothetical scenarios and required to pick one undesirable option from a list of equally undesirable options. This study included an additional step of having each person rate themselves and those of the opposite sex on which form of infidelity would be found to be the most distressful. Results from this secondary test were consistent with previous test except for how Japanese participants rated their own distress. Japanese participants did not display a sex difference when evaluating their personal level of distress.

Attachment

Attachment theory is mostly thought of in context to the caregiver-child relationship as developed by John Bowlby who categorized caregiver attachment into four categories, secure attachment, avoidant attachment, resistant attachment, and disorganized attachment (Bowlby, 1977). An outgrowth of this theory also applies to adults in romantic relationships, also developed by John Bowlby and known as adult romantic attachment theory (Kruger et al., 2013). In their study, (Belsky, Steinberg, & Draper, 1991) define adult romantic attachment as the mechanism that adults use to evaluate social conditions and choose a contextually effective sexual strategy to manage those intimate relationships. Belsky et al. predict non-secure adult romantic attachment on a continuum between two extremes, anxiety and avoidance, similar to how Bowlby previously defined attachment in children. These styles of attachment not only dictate how individuals view relationship threats, but also influence different motivations for participating in EMI's.

In a similar study, Allen et al. (2004) compliments these dimensions of attachment and provide more specific labels for the types adult romantic attachment. Low levels of both anxiety and avoidance characterize a secure adult romantic attachment. Similar to childhood attachment, this is the healthiest of attachments. In terms of being involved in EMI's, individuals with a secure attachment are the least likely to participate in EMI's and also the most likely restore their romantic relationship if their partner is involved in an EMI. Unlike some of the other attachment styles that will be discussed, a secure adult attachment style does not have a predominant gender

that exhibits this style. In Kruger's (2013) continuum, individuals with secure adult romantic attachment would be in the middle with equal balance of anxiety and avoidance.

The individual with the style most likely to be involved in EMI's according to Kruger (2013) are those with a dismissive style. A dismissing adult romantic style is characterized by high avoidance of intimacy and low anxiety along the continuum. With this style, individuals prefer not to get too close to partners and prefer some emotional distance. In their involvements in EMI, individuals with a dismissive style tend to have more partners and little emotional connection to their extra dyadic partners (Allen, 2004). When their partners demonstrate behaviors that threaten the relationship, individuals with this style do not get very alarmed. Men in most studies predominantly demonstrate this style.

The next adult romantic attachment style is preoccupied (Allen, 2004). The preoccupied style is characterized by high levels of anxiety and low levels of avoidance on the adult romantic attachment continuum (Kruger, 2013). In relationships, this individual wants to be close yet worried a great deal about their partner's feelings for them. A practical manifestation of this in a romantic setting is the person who seeks constant reassurance from their partner, but questions if their partner is being truthful. According to Allen (2004), people with this style will have more emotional motivation to participate in EMI's. In contrast, when their partners are involved in an EMI, individuals with a preoccupied style are more likely to exit these relationships, having their questioning notions of their partner's feelings being confirmed.

The last adult romantic attachment style defined by Allen (2004) as the fearful style. On the continuum defined by Kruger (2013), individuals with this style would be

characterized by high levels of both anxiety and avoidance. Their partner may observe behavior within the relationship as a fear of rejection, so they maintain some emotional distance but have intense feelings for their partner. In Allen's (2004) study, women with this style had the most EMI partners in the prior 2 years.

Hypotheses

Multiple theoretical approaches have been used to explain the difference in how husbands and wives respond to infidelity. The hypothesis of the current study is rooted in multiple theoretical approaches, with a primary focus on social constructionist theory. To be more specific, gender socialization has not kept pace with the changes in gender roles in the context of the marriage relationship. One trend that is evidence of these changes in gender roles is the increased number of women who report having EMI's, this number has nearly doubled in the last twenty years (Amato, 1997). With this change, more and more husbands are faced with relational decisions that perhaps they are not socialized to productively navigate, to forgive a difficult transgression that many husbands view as the worst betrayal.

With this as a backdrop, this study proposes several hypotheses.

Hypothesis 1. Individuals with less traditional role idealization will be less likely to dissolve their marriage as a result of an EMI, regardless of which partner has the EMI.

Hypothesis 2. In marriages with less traditional role idealization and the wife has the EMI, the marriage will have a lower probability of dissolving than those with more traditional role idealization.

Hypothesis 3. In couples that dissolve their marriages with children and the wife has had the EMI, marriages with more traditional idealization will take longer between

the infidelity being disclosed and dissolving the marriage than marriages where the husband has the EMI with similar idealization.

Hypothesis 4. Couples that dissolve their marriages without children and the wife has the EMI, husbands, relative to their gender role idealization will take less time between the infidelity being disclosed and dissolving the marriage than wives when husbands have the EMI and the couple does not have children.

Chapter Two: Method

Participants

Participants for this study were recruited using snowball sampling and chain referral sampling through local Divorce Recovery groups, church marriage ministries, email invitation, Facebook and Twitter. Participants who completed the survey, are currently in a marriage where infidelity occurred or previously in a marriage to a spouse where infidelity occurred. The desired number of participants for this quasi-static comparison is 30 (n=30). At the end of the survey, participants were invited to provide additional information related to their experience with infidelity that may be useful for this study.

Procedure

Participants that met the inclusion criteria for this quantitative study will complete an online questionnaire administered through Qualtrics, an on line survey provider. The questionnaire was submitted and approved by IRB prior to distribution and can be found in Appendix A and B. After solicitations and recruiting begins, the survey was available for four weeks. The survey could only be completed one time per participant. Participants were asked to electronically consent to a statement at the beginning of the survey to attest to the authenticity of the data provided in the survey. Participants were asked to electronically agree to a waiver of consent to participate in the survey.

Measures

For this quantitative study, participants completed a multi-path online Qualtrics questionnaire related to their experience with infidelity in their current or a previous

marriage. Depending on answers provided, participants will complete 20 to 30 multiple choice and open response questions. For this study, the variables to be analyzed will be:

For H1 and H2:

- Regression analysis was used to predict the probability of couples remaining intact after infidelity is disclosed.

For H3 & H4:

- Time in number of months between disclosure of infidelity and separation for marriages when wives have committed infidelity and do not have children (T_{W0}).
- Time in number of months between disclosure of infidelity and separation for marriages when husbands have committed infidelity and do not have children (T_{H0}).
- Time in number of months between disclosure of infidelity and separation for marriages when wives have committed infidelity and couple does have children (T_{WC}).
- Time in number of months between disclosure of infidelity and separation for marriages when husbands have committed infidelity and couple does have children (T_{HC}).

Analysis of Data

Data was extracted from Qualtrics, means and standard deviations were calculated for each of the four variables using SPSS 22, Excel, and Wizard. Each hypothesis was analyzed independently.

Hypothesis 1. Regression modeling was used to predict the likelihood the marriage dissolving given individual's social construction of gender role idealization.

Hypothesis 2. Regression modeling was used to predict the likelihood of the marriage dissolving with independent variables consisting of EMI by the wife and the individual's idealization of gender roles in the marriage.

Hypothesis 3. Regression modeling was used to compare the variance of the response between the disclosure of the EMI and separation given the impact of independent variables consisting of the presence of children, role idealization, and which spouse had the EMI as input variables with the dependent variable being the time between the disclosure of the EMI and marriage dissolution (T_{WC} & T_{HC}).

Hypothesis 4. Regression modeling was used to compare the variance of the response between the disclosure of the EMI and separation (T_{WC} & T_{HC}), given the impact of independent variables consisting of the absence of children, role idealization, and which spouse had the EMI.

Reliability Analysis

In the current study, participants were asked three Likert-scored questions to determine how the couple functioned within the range of social construction of gender between egalitarian and traditional roles. Egalitarian idealization can be summarized as sharing relational power, decision making, and responsibilities equally. Traditional gender role idealization is characterized by husbands being the breadwinners, decision makers and not sharing in housework or childcare. Wives in more traditional gender

idealization are primarily responsible for managing the home and child rearing. The three questions used to determine social gender role idealization were taken from two separate validated gender construction questionnaires.

The first two questions were taken from Sex Roles (Peterson, 1993). The first question, which is reversed scored, is “In my marriage, the husband equally shared housework and childcare.” Respondent answers were scored on a five point scale from strongly disagree translating into a score of 5, to strongly agree being scored as 1. The second question taken from the Sex Roles questionnaire is, “The husband loses respect if he talks about his problems.” This answer was also scored on a five point scale with strongly disagree scoring a 1, to strongly agree being scored as a 5.

The third Likert-scale question, “In my marriage, the husband made most of the major decisions.” The answer to this question was scored on a five-point scale with strongly disagree being scored a 1, with a score of 5 corresponding to the answer strongly agree. This question was adapted from Fredman (1987).

A reliability analysis was completed of respondent’s answers to these three questions using Cronbach’s alpha. The gender construction correlation from these questions were not proven to be highly reliable indicators on their own ($\alpha=.34$). However, using χ^2 analysis, there is a significant statistical correlation between the response to the question “In my marriage, the husband equally shared housework and childcare” and the likelihood of marriage dissolution (p-value = .032). This measure is also commonly used in sociology studies to approximate shared power in relationships. This will be discussed further in the future research and implications section of this paper. For the current study, this statistic has a significant correlation to act as a proxy for

social construction behaviors within the marriage and will be referred to as Husband Housework (HHW).

Chapter Three: Results

All data were imported from Qualtrics into SPSS, Excel, and Statistics Wizard for analysis and modeling. Fifty-eight (N=58) married or formerly married people completed the on-line survey ranging in age from 23 to 72 (M = 44.6, SD = 10.2). Of the 58 respondents, 39 were responding as the offended spouse, 19 were self-reporting their own EMI. A description of further demographic information is included in Table 3.1.

Hypothesis 1

Individuals with less traditional role idealization, who scored the HHW question at 3 or less, will be less likely to dissolve their marriage as a result of an EMI, regardless of which partner has the EMI.

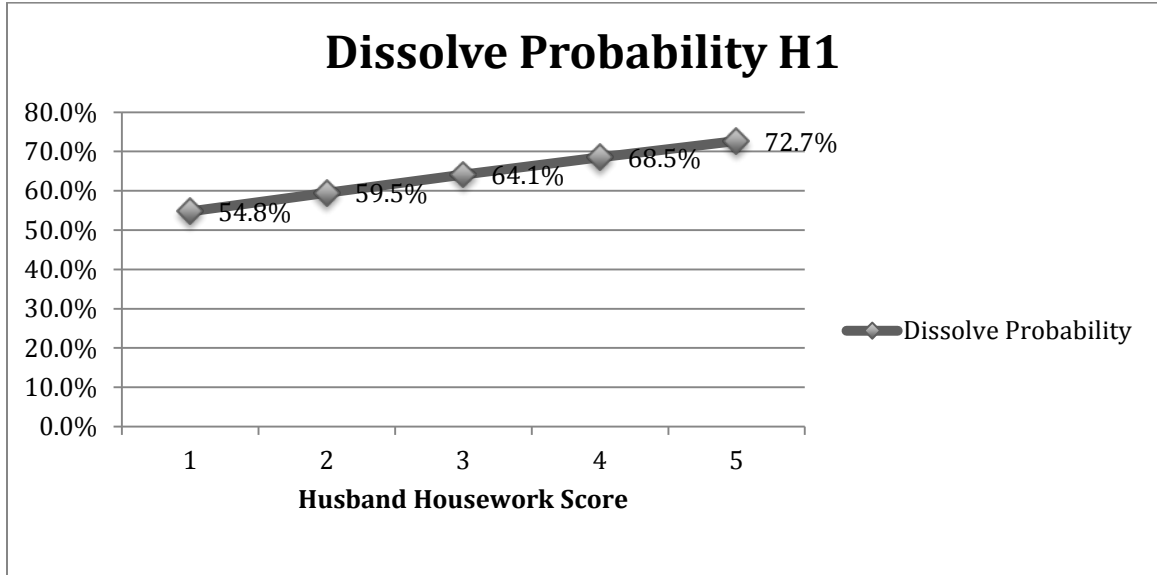
To understand relationship between traditional and more egalitarian role idealization in the marriage, HHW (proxy for gender role idealization) was treated as the independent variable to predict the probability of the marriage dissolving after the disclosure of infidelity. In this regression model, treating HHW as an independent variable with values of $\beta = .12$, $p = .024$, and $SE = .054$. Table 3.2 yields a probability for marriage dissolution for each HHW interval, with a score of 1 representing more egalitarian roles in the marriage to a score of 5 representing marriages that utilized more traditional roles. The logistic regression confirms hypothesis 1, couples with more egalitarian gender roles in their marriages are less likely to divorce after their partner's EMI than couples with more traditional gender construction roles (see Figure 3.1).

Table 3.1. Table demographics				
	M	SD	Min	Max
Age	44.6	10.2	23.0	72.0
Marriage Length	13.9	2.8	1	51
Marriage Age	25.9	1.53	18	43
			%	N
Gender				
	Wives		75%	44
	Husbands		25%	14
Committed EMI				
	Wives		33%	19
	Husbands		67%	39
Ethnicity				
	White		54.4%	32
	African American		31.6%	18
	Asian American		1.8%	1
	Hispanic American		3.5%	2
	Multi Racial		8.8%	5
Education				
	High School or equivalent		1.8%	1
	Vocational/Technical School (2 year)		1.8%	1
	Some College		21.1%	12
	College Graduate (4 year)		40.4%	23
	Master's Degree (MS)		21.1%	13
	Doctoral Degree (PhD)		12.3%	7
	Professional Degree (MD, JD)		1.8%	1
Income				
	Under \$25,000		3.5%	2
	\$25,001 - \$49,999		21.1%	12
	\$50,000 - \$74,999		17.5%	10
	\$75,000 - \$99,999		17.5%	10
	\$100,000 - \$149,999		7.0%	4
	\$150,000 and over		33.3%	20

Table 3.2. HHW linear regression outcomes H1

HHW Score	Dissolve Probability
1	54.8%
2	59.5%
3	64.1%
4	68.5%
5	72.7%

Figure 3.1 Dissolve probability of hypothesis 1



Hypothesis 2

In marriages with less traditional role idealization and the wife has the EMI (EMI_w), the marriage will have a lower probability of dissolving than those with more traditional role idealization.

In the analysis of hypothesis 2, a similar logistic regression model was utilized with HHW and EMI_w as the independent variables, and the probability of the marriage dissolving as the outcome variable. In this regression model HHW values are $\beta = .088$, $p = .030$, and $SE = .041$. The EMI_w variable in the model have values of $\beta = -0.598$, $p = .288$, and $SE = .0564$. The regression model yields the probabilities of the marriage dissolving in Table 3.3, which supports the hypothesis that in marriage where the wife has the EMI, marriages with more egalitarian gender roles will be less likely to dissolve their marriages (see Figure 3.2).

Hypothesis 3

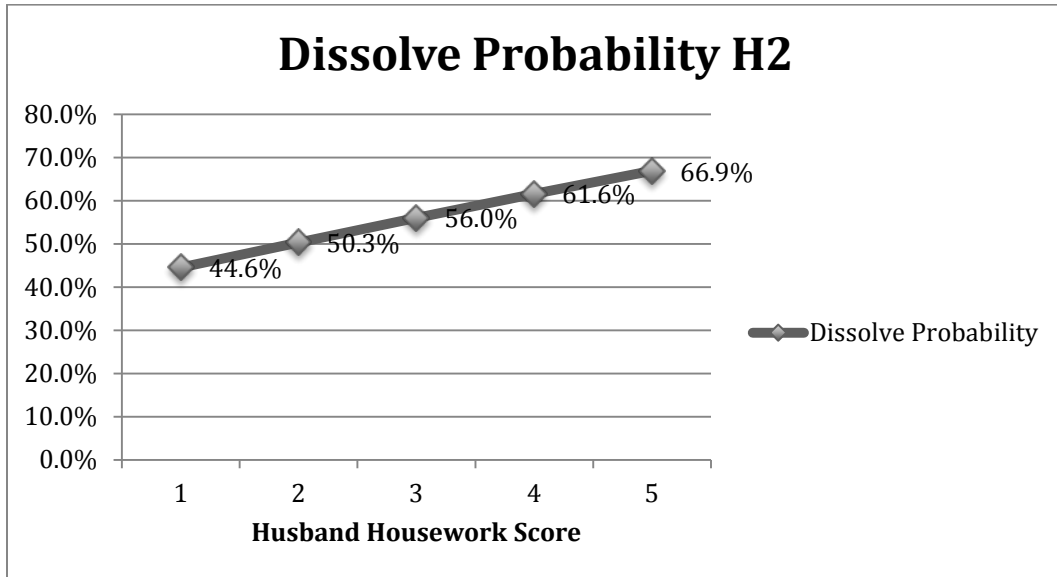
In couples that dissolve their marriages with children and the wife has had the EMI, marriages with more traditional idealization will take longer between the infidelity being disclosed and dissolving the marriage than marriages with similar idealization where the husband has had the EMI.

Using a Poisson regression, the outcome variable of time between the EMI being disclosed and marriage dissolution when husbands have the EMI (T_{HC}) and wives have the EMI (T_{WC}) can be predicted. Using the Poisson regression, all three independent have high model significance with $p < .001$. The independent variables consisting of HHW, $\beta = -.268$, $SE = .032$, $EMI(W)$ having values of, $\beta = .186$, and $SE = .103$, and the presence of children (C) having values of $\beta = .577$ and $SE = .11$. The results from the Poisson

Table 3.3. HHW wife EMI logistic regression outcomes H2

HHW Score	Dissolve Probability
1	44.6%
2	50.3%
3	56.0%
4	61.6%
5	66.9%

Figure 3.2. Dissolve probability of hypothesis 2



regression model (see Table 3.4) support the hypothesis that in marriages with children, where the wife has the EMI, the marriage will take longer to dissolve than marriages where the husband had the EMI (see Figure 3.3).

Hypothesis 4

Couples that dissolve their marriages without children and the wife has the EMI, husbands, relative to their gender role idealization will take less time between the infidelity being disclosed and dissolving the marriage than wives when husbands have the EMI.

Using an expanded Poisson regression, the outcome variable of time between the EMI being disclosed and marriage dissolution when wives have the EMI (T_{W0}) and husbands have the EMI (T_{H0}) were predicted. This model in particular, targeted the time the offended spouse took to end the relationship given their gender role idealization. The Poisson regression includes a variable for who had the EMI with values of $p=.003$, $\beta=.294$ and $SE=.1$. The HHW variable has values of $p=.250$, $\beta = -.042$ and $SE = .036$. The variable for children, (C) has values $p<.001$, $\beta =.455$, $SE = .114$. The variable for which spouse ended the marriage has values of $p<.001$, $\beta =-1.436$ and $SE = .178$. and offended spouse having values of , $\beta = -1.569$, $SE = .148$ (See Table 3.5)

The values generated from this model contradict hypothesis 4. Similar to hypothesis 3, this model predicted that husbands, when they are the spouse to end a marriage after an EMI by their wives take more time than wives in response to their husbands having an EMI (see Figure 3.4). This result is counter to the social construction concept of women being relationship monitors and managers. This result implies that

Table 3.4 Dissolution time poisson regression outcomes H3

HHW Score	T _{wc} (months)	T _{HC} (months)
1	31.7	26.3
2	24.3	20.2
3	18.6	15.4
4	14.2	11.8
5	10.9	9.0

Figure 3.3 Comparison of the time between EMI disclosure and marriage dissolution between marriages where the wife has the EMI and husband has the EMI

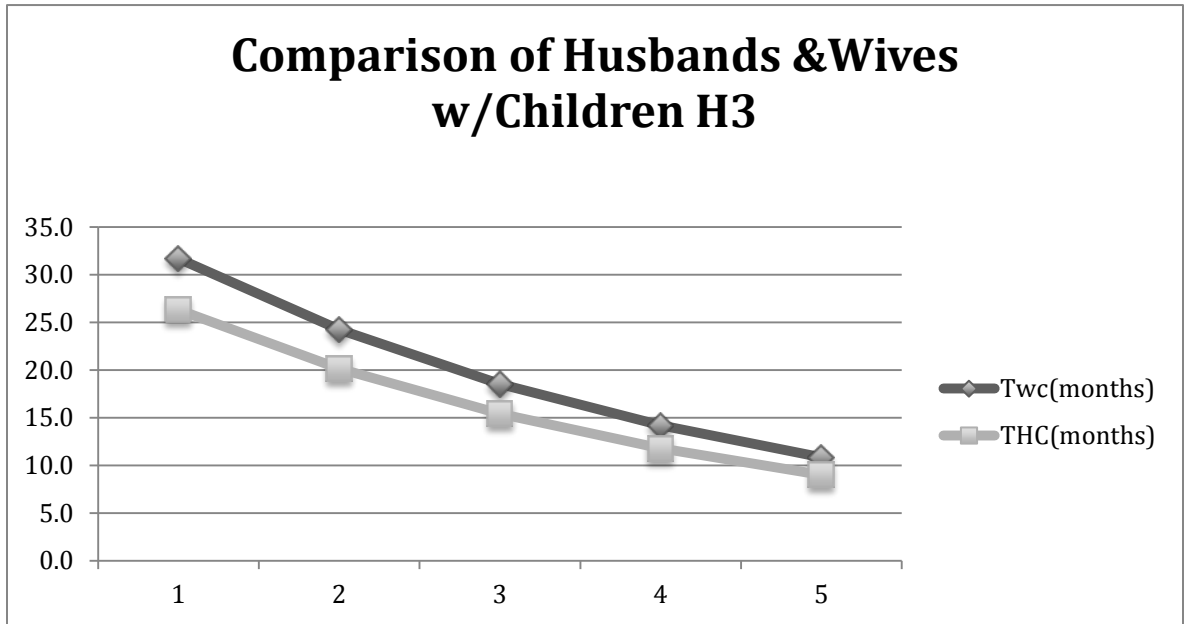
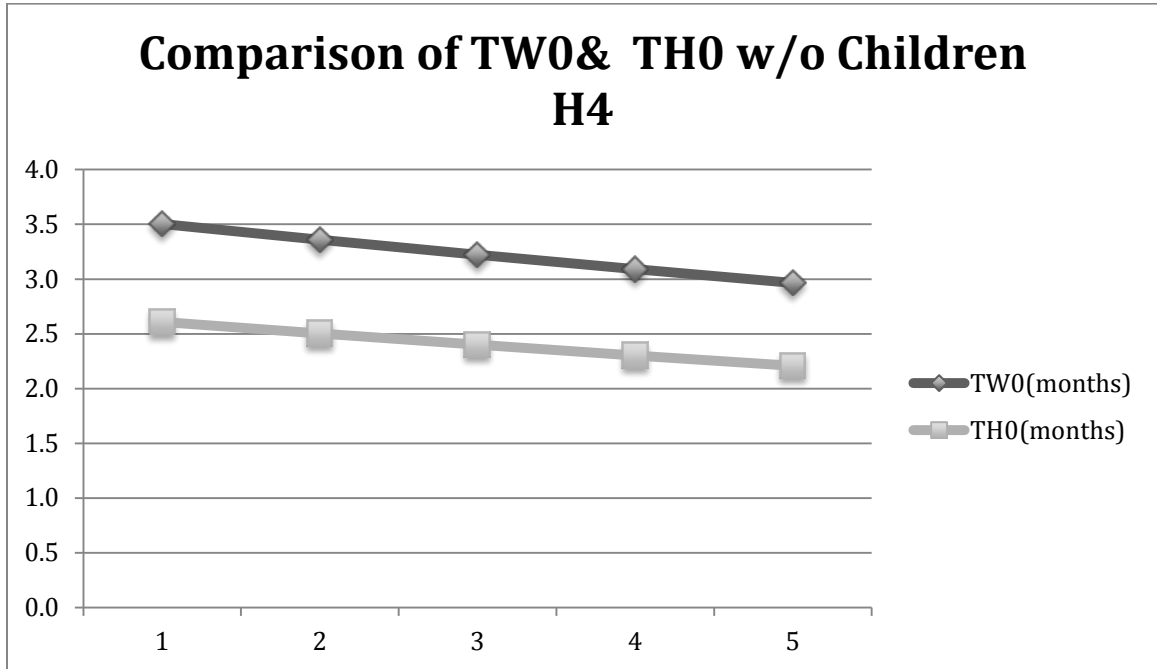


Table 3.5 Dissolution time poisson regression outcomes H4

HHW Score	T_{w0} (months)	T_{H0} (months)
1	3.5	2.6
2	3.4	2.5
3	3.2	2.4
4	3.1	2.3
5	3.0	2.2

Figure 3.4. Comparison of time between disclosure of EMI and dissolution of the marriage in marriages without children in marriages where the wife has the EMI and the husband has the EMI and the offended spouse ends the marriage



husbands may deliberate the decision to end the marriage more than making a decision out of impulse.

Chapter Four: Discussion

Hypotheses

Taking the four hypotheses of the current study collectively, including the contradictory results from hypothesis 4, the current study is informative in understanding how husbands and wives experience infidelity differently and thus warrant different therapeutic approaches as dictated by how the couples idealize their gender roles, which spouse has the EMI, and whether the couple has children. Perhaps the most surprising insight from the current study revolves around how much longer marriages last between a wife's disclosure of an EMI and dissolution of the marriage, even in the absence of children as predicted by hypothesis 4. This difference exists from the most egalitarian couple to the most traditional.

In analyzing the data further, some of this difference in time between the disclosure of wives' EMI and marriage dissolution may be explained partially in the reasons spouses gave in the survey as to why they wanted to save the marriage. Fifty percent of husbands whose wives had the EMI cited the desire to keep the family intact as their number one reason for saving the marriage. This is the case whether the couple has children or not. In contrast, wives who have committed EMI cite keeping the family intact 11% of the time and avoiding shame 33% of the time as their most important reason for wanting to salvage the marriage. This statistic could be interpreted as the double standard women still feel from having EMI's. To compliment this finding, avoiding shame is not a choice given by husbands who have EMI's with no children.

This combination of reasons to salvage the marriage may be an indicator of the importance of the other roles husbands may engage in within a marriage, namely the

importance of fatherhood. In contrast, wives have a high likelihood of fulfilling the role of mother whether the marriage where the EMI occurred continues or not.

The other result worth noting which may inform clinical practices is that at least as far as infidelity is concerned, more egalitarian couples are more tolerant of infidelity than more traditional couples. Prior assumptions about couples with more traditional role idealization would predict that more traditional gender role couples would also be more conservative morally, therefore less likely to divorce in general. Historically in the male breadwinner model of marriage, the wife tolerated her husband's infidelity due to the power and financial differential in the marriage (Williams, 2013). Culturally based infidelity studies, such as the one published by Penn (1997) illustrate this relational dynamic. However, data collected from participants of the current study suggest otherwise. In fact, not only do more traditional couples dissolve their marriages faster after the disclosure of an EMI, more traditional marriages are more likely to dissolve as a result of EMI. Regression modeling would suggest more traditional marriages are 30% more likely to divorce as a result of EMI than more egalitarian marriages.

With social construction of gender as a basis for hypothesis 4, I predicted that in marriages without children where the wife commits infidelity, husbands would not be motivated to resolve the relational issues to reconcile the relationship; therefore the husband would end the relationship relatively quickly. The data suggest otherwise, not just in egalitarian couples, where 40% of marriages stayed intact after the disclosure of wives' EMI and 50% of more traditional marriages. The more surprising statistic was that in more traditional marriages where the wife had the EMI and there were no children, 100% of marriages remained intact, which directly contradicts hypothesis 4.

In exploring these marriages on a case-by-case basis, there are some similarities that provide some insight into husbands' decision making when they are the offended spouses. The first observation is that none of the marriages that did not have children participated in therapy, with both citing wanting to avoid previous pain/trauma as the reason for not seeking help. Another response that is noteworthy is that in these marriages, post disclosure marital satisfaction is equal to or worse than pre disclosure marital satisfaction. This supports the reasons for not participating in therapy which could be interpreted as husbands being more willing to accept the conditions of the marriage, even if they are not happy, versus going through any process to improve the marriage that could potentially be emotionally painful.

Another set of statistics that may provide some insight into how husbands and wives experience infidelity differently is the statistics related to the decision to end the relationship after the disclosure of an EMI. In this sample of respondents, wives are twice as likely as husbands to make the decision to end the marriage after the disclosure of an EMI by their spouse at 40% and 20% respectively. Husbands, when they were the spouses to have had the EMI, were less likely than wives to end the marriage compared to wives when they have had the EMI at 16% and 20% respectively. Couples in this sample were more inclined to make a joint decision to end the marriage when the wife had the EMI than when the husband had the EMI at 60% and 40% respectively.

With these statistics in mind in relation to the contrary results of hypothesis 4, the data would suggest that even when wives have had the EMI, they still maintain the role of relationship manager by functioning as the primary decision maker as to whether the marriage stays intact or not. In exploring the post EMI disclosure decision-making

statistics, I conducted regression modeling based on the data provided with EMI having $p = .599$ and $X^2(2) = 1.026$, the existence of children having $p = .335$ and $X^2(2) = 2.185$, and HHW having $p = .074$ and $X^2(2) = 5.217$. In modeling the decision making of the offended spouse, at every interval of the HHW measure, wives were more likely than husbands to make the decision to end the marriage (see Figure 4.1). By contrast, in analyzing the regression model of the spouse ending the marriage that had the EMI, wives were the least likely to make the decision end the marriage after their EMI (see Figure 4.2). The explanation that can be drawn from this as it pertains to hypothesis 4 is that in the scenario where the couple does not have children and wife had the EMI, the wife is the least likely to make a decision to end the marriage and the husband is the least likely to end the marriage as the offended spouse, so the marriage stays intact.

Difference Between Hypothetical and Experience

One of the elements that is different about the current study as compared to previous studies that gauge attitudes of infidelity based on hypothetical situations is that the current study is based on experiences of those that have experienced infidelity in marriage. Previously published studies focused on gender differences based on the kind of infidelity committed. In the current study, the kind of infidelity was not statistically as relevant as gender role idealization, having children, or home ownership. One of the findings that clearly illustrate the difference between hypothetical scenarios and the respondent's reality is the contradictory results of hypothesis 4, in which a high percentage of husbands not only tolerated their wives' sexual EMI, but reconciled the relationship.

Figure 4.1. Regression model of the probability of the offended spouse to end the marriage.

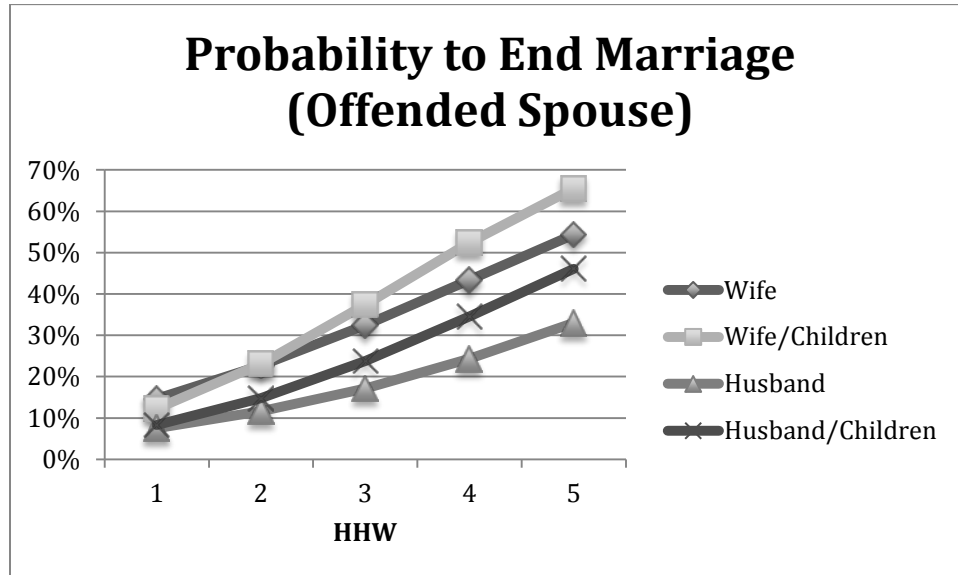
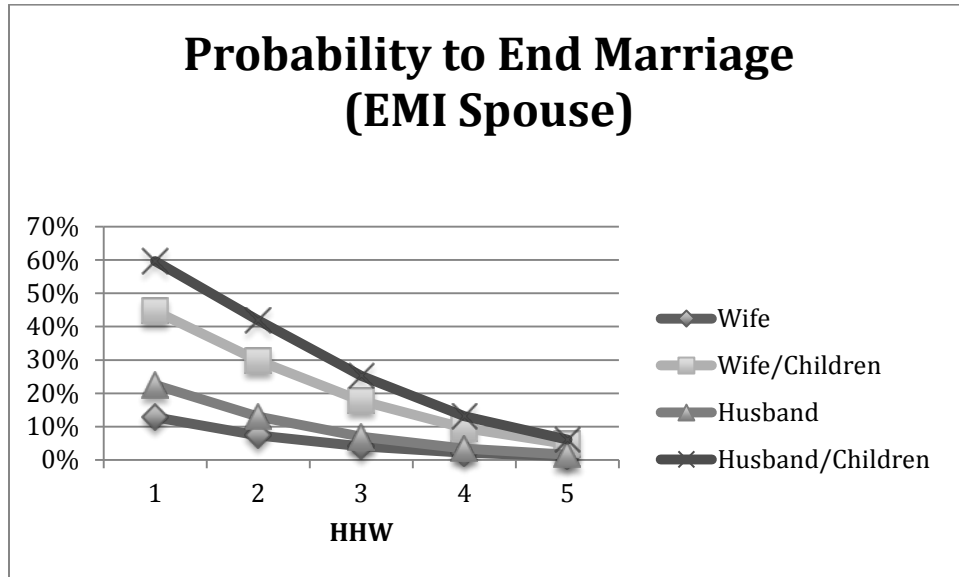


Figure 4.2. Regression model of the probability of the EMI spouse to end the marriage



Another difference between the current study and studies based on hypothetical scenarios is that in the current study, respondents were not limited to selecting one type of infidelity. Only 3 of the fifty-eight respondents selected one type of EMI. This may suggest, consistent with Shackelford (2002) who describe the double shot phenomenon, that not only does the type of infidelity not really matter, but that people are not able to clearly distinguish one type of infidelity from the other, particularly emotional and sexual. The combination of sexual and emotional EMI appears together 39 times to describe the kind of infidelity committed, including 24 times as self-reported by the spouse who had the EMI.

This data would support the perspective of critics of evolutionary psychology who posit that findings that relate sexual infidelity as being more distressful to males and emotional infidelity being more distressful to females as having little to no clinical application. This data suggest that the offended spouse, whether male or female, does not make any distinction in the type of EMI their spouse committed.

House and Children Matter

Conventional wisdom suggest that people should not remain in marriages just because of the children, however, statistically the data provided by respondents for the current study suggest statistical significance between the number of children and the likelihood of the marriage not dissolving. Chi square analysis yield a p-value of 0.024, which suggest a strong correlation. In terms of number of children, having three or more children is highly correlated with marriages remaining intact after the disclosure of an EMI.

Statistically, owning a home together is also significant with a p-value of 0.068 in relation to the variable of the marriage dissolution. In analyzing respondent data, home ownership and the existence of children accompanied each other 55% of the time. Marriages where neither home ownership nor children were present dissolved 75% of the time.

What This Study Contributes

The purpose of the current study is to provide insight into how husbands and wives experience infidelity differently and thus provide more effective therapy approaches, particularly when the wife has the EMI. As highlighted in the literature review, many of the previous studies focus on the kind of EMI committed (sexual or emotional) from an evolutionary standpoint, with non-married participants, and with little clinical application from these findings.

The result of hypotheses 1 verifies that from a social construction of gender role standpoint, along with sharing of power and responsibilities in the marriage, some of the double standards that existed before with infidelity have subsided. What this study contributes clinically, particularly when examining marriage dissolution rates for study participants that participated in therapy, is that clinical approaches may also need to be rethought as clinicians begin to see more couples where the wife has had the EMI.

Clinical Applications

Although the hypotheses of the current study are not directed at the therapy experiences of participants of the study, there is helpful information that can be gleaned from the data participants provided.

In this population of participants, 38% of couples who went to therapy to resolve infidelity issues in their marriage stayed together, compared to 33% of couples who chose to work it out on their own. Of the 10 participants that chose not to go to therapy, 7 cited that their marriage was not salvageable; one cited a distrust of therapist.

When examining who is more likely chose therapy over a do-it-yourself approach to resolving issues with infidelity, there are a few demographic statistics of the sample that stand out. First, not only does the presence of children appear to matter, but the number of children also matters. Secondly, in combination with the presence of children, which spouse has the EMI also has significance.

Of the twenty-six respondents that chose therapy, twenty, or 76% of them had children together, as compared to 59% of couples with children that chose not to go to therapy. Comparing marriage survival rates of those that attended therapy and those that did not, 45% of couples with children that attended therapy stayed together compared to 38% of couples that did not participate in therapy. In terms of number of children, three or more seems to be the magic number. In this sample of participants, eleven had three or more children. Of this sample seven (63%) chose to attend therapy and 71% of these couples remained together. Of the four couples that chose not to go to therapy, three (75%) remained together. None of the couples in the sample that had one child stayed together whether they went to therapy or not (Appendix C).

In the therapy field, it is well known that husbands in general are anti therapy and it is usually considered a bonus to get husbands involved. The data from the current study is consistent with that notion, but a few things stand out. Depending on which spouse has the EMI, there is an approximate 60/40 split in terms of choosing therapy or

not. When husbands have the EMI, approximately 40% end up participating in therapy. When the wife has the EMI, the ratio flips with approximately 60% of couples participating in therapy. Overall, when husbands have the EMI, 50% that participate in therapy keep their marriages together as compared to 20% that do not chose therapy.

What stands out the most are the statistics from this sample when the wife has the EMI. The combination of spouse having had the EMI and the presence child that most frequently participates in therapy is when the wife has the EMI and the couple has children at 73%. However, the data suggest under each scenario where the wife has the EMI that not participating in therapy has a much higher percentage of marriages remaining intact, with 71% overall, 67% with children, and 75% without children.

My interpretation of this data is somewhat consistent with my clinical observations and experiences in marriage ministry. In these settings, husbands are not willing to do the same kind of emotional reconciliation or confronting of the hurt and humiliation that many models of therapy require to heal and forgive their wives after an EMI. In those couples that chose not to participate in therapy where the wife has the EMI and there are children in the marriage, I have observed husbands repress or compartmentalize their wives' EMI for the sake of keeping their family together, "out of sight, out of mind."

In this survey, participants who did participate in therapy were asked to evaluate on a scale of 1 to 10 how much they trusted their therapist and how effective their therapist was in helping the couple resolve their relational issue. Since these dimensions were on a scale, I used a logistics regression model to compare therapist effectiveness and therapist trust to predict the outcome of the marriage.

In this model, therapist trust has a $p = .187$, $\beta = -.722$, and $SE = .547$. Therapist effectiveness has values of $p = .741$, $\beta = -.136$, and $SE = .411$. The p-values of the variables in the model are not at the desired .001 level, however the modeling does provide an indicator that participants viewed trust of the therapist as being much more important than anything the therapist actually did during therapy.

For therapist, this may be an indicator to resist the urge to jump right into doing “therapy” and really take time early in the process to bond with each partner. Providing therapy for couples dealing with infidelity is extremely challenging with many setbacks, not just for the couple, but also for the therapist. This kind of data may be comforting to therapist who cannot tell if what they are doing is helping, but the couple keeps coming back for help. This data provides some insight into approaching therapy with couples dealing with infidelity from a one-down perspective when therapy may seem stuck, by asking the couple what they would suggest to get therapy unstuck.

In the data, there is evidence that some couples experience tremendous improvement in the satisfaction in their marriage in the aftermath of infidelity. As a future therapist, I assumed all these couples that reported greater than a 3 point improvement in their satisfaction were a result of participating in therapy, however, upon further investigation, I found that not to be the case.

In total, the number of participants that report drastic improvement is small, 6 participants. While it is not possible to draw any generalizable conclusions from these 6 couples, this phenomenon at a minimum paints a different picture of what is possible in working with couples dealing with infidelity. I have included some of the comments left by participants that experienced significant improvement after infidelity.

The following is the comment left from a participant who participated in therapy and went from a pre disclosure marital satisfaction of a 3 to a post infidelity marital satisfaction of a 9. “We worked really hard to find the reason for the affair then decided if saving the marriage was worth it versus making the immediate decision to save the marriage.”

The following comment was left from a participant that went from a 4 to a 9 after therapy.

“I had to revisit his past, family life and understand our value differences. We both were more committed to our marriage. Forgiveness and understanding my husband and loving him unconditionally. I felt that once we talked and we both committed to each other that we were better than ever. I made a commitment to GOD and I had to remember that this was for life, until death do us part. Yes, we were so young when we got married, but I will always love him. It was not easy, but I am very happy today and we are great.”

The following comment was left from a participant that went from a 5 to a 7 after therapy. “Do not be selfish. Recognize your personal shortcomings. Be open to change. If it happens more than once-get real.”

The following quotes are from participants who did not participate in therapy. They both have similar themes as the quotes of those that did participate in therapy. The first participant went from a pre EMI disclosure marital satisfaction rating of a 4 to a post EMI marital satisfaction rating of 10. “Put God first. Then your spouse. Learn forgiveness & trust.” The last quotation comes from a participant that went from a 7 to a 10, post EMI marital satisfaction rating.

“...accepted some responsibility for emotional distance and loneliness in our relationship. He didn't blame it all on me, and was willing to hear my side even though it was upsetting to listen to. We exploded at each other when we tried. So one day I wrote him a letter, and he wrote back. The letters let us talk about painful things w/out risk of hurting each other or ourselves even more.”

The common themes in all of these comments is a commitment to the other person and the marriage, a willingness for the offended spouse to accept some responsibility for the EMI, and a willingness of each spouse to work through the really difficult parts of their relationship that are extremely uncomfortable.

Limitations and Future Directions

Study design. Although the current study is on a small scale in terms of participants (N=58), there are several questions the collected data pose that would be worthwhile exploring in a longitudinal manner or by increasing the sample size to several hundred participants. First, a larger sample size would offer validation for the statistics particularly when wives have the EMI. There are two particular combinations of who committed the EMI and whether the couple has children that this study found that were surprising and could warrant deeper study from a larger sampling. The first being couples in the current study when the wife commits the EMI, the couple has children, and they participate in therapy. The second combination that a larger sample size would be beneficial is when the husband has the EMI; the couple does not have children. Both of these combinations have extremely low survival rates, particularly the more traditional the couple's social construction of gender role idealization appears to be.

Individual versus couple design. The design of this study is not couple based, but individual based. Executing a larger study with the couple being the unit of study, particularly when the wife has the EMI, could help therapist better understand the relational dynamics at play. The benefit of executing this study on an individual basis was to increase the likelihood of participation, however, this study is somewhat like doing couples therapy with only one spouse. The current study raises some very good questions to further investigate, but getting both perspectives on the relationship would be extremely valuable.

Difference in T. In each of the regression models, the fact that the time between EMI disclosure and marriage dissolution is consistently greater when the wife has the EMI would be informative to explore as a qualitative study to help determine why. I have not observed in any other literature where this difference has been explored. Doing so in a quantitative study is informative in that it provides clues as to how each spouse experiences the disclosure of an EMI differently, but being able to interview couples and code responses would be helpful to develop this line of thinking even more.

In looking through the data of the current study, it may be logical to focus the attention in this scenario on the offended spouse, the husband who generally has a longer T, however a greater level of scrutiny should be given to how wives who had EMI's respond after their EMI is disclosed as well. Do they have a harder time forgiving themselves, as indicated by wives citing avoiding shame more often than husbands when they have EMI's? Do they expect their husbands to "suck it up" or "get over it"? As suggested by one of the comments provided by a participant, is there more of a lack of support wives give their husbands after an EMI disclosure? These are all worthwhile

dynamics that could be very helpful for clinicians in understanding how to better serve the population of couples who chose therapy as their means to overcome a wife's EMI. These are the kind of questions that can be answered in more depth in a larger study, targeting couples where the wife has had the EMI.

Better without therapy. Gathering more data from couples where the wife has the EMI and the couple participates in therapy would be extremely beneficial for clinicians. The low survival rates for marriage with children (25%) and without children (0%) was one of the bigger surprises from the data. With such a small sample size that meet this criteria (N=10), this could be an anomaly, but what makes this statistic more important is the current trend of increasing EMI's by wives (Appendix D). Coupling this trend with the data would suggest, this combination of family demographic is the most likely to seek therapy going forward and the mostly likely to dissolve their marriage as a result of choosing therapy. The data from the current study suggest these couples have a much greater chance of remaining a couple if they fix things on their own.

This finding is even more intriguing and in need of more exploration considering that marriages where the husband has the EMI and children have a nearly 60% success rate in therapy and couples where the wife has the EMI and children also have a greater than 60% chance of staying together without therapy. This data strongly states husbands and wives not only experience their partner's EMI differently, but also experience recovery differently. The vast difference in survival rates indicates if it could be verified in a larger study, suggest that clinicians have an opportunity to make significant contributions to a population of clients that are currently not being served very well.

Role expanded therapy. In exploring reasons husbands cited for wanting to remain in a marriage after EMI, nearly 50% cited keeping the family together even when the couple did not have children together. This finding may be an indicator of how important the role of being a father and other peripheral aspects of being married may be to husbands. Most therapy approaches when dealing with infidelity, focus on the marital relationship exclusively. This data, and other findings from this study, may suggest a need for an alternative approach to therapy that incorporates a broader definition of the roles of the husband in a marriage.

Social construction tool. To determine social construction of gender idealization, the questionnaire consisted of three Likert-scaled questions taken from two other reliable questionnaires. The three questions used did not prove to be reliable on their own, however, using the question related to how much of the housework and childcare was used as a proxy determination, this is a common question used in sociology research. Using both, the three questions and the housework question alone in regression modeling yielded very similar results in terms of calculating probabilities of couples surviving EMI's.

In future studies, it would be worthwhile to develop a 12 to 15-item tool catered for married people to gauge gender role idealization that would be reliable on its own. In the current study, the researchers wanted the online questionnaire to be completed on average in ten minutes. To incorporate a more reliable gender socialization tool and capture data about EMI, perhaps future studies could incorporate compensation for participants, given that a questionnaire with these features may include forty to sixty questions and could take thirty to forty minutes to complete.

Appendix A: IRB Approval



Office of Research Integrity
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Initial Review

Approval Ends
January 8, 2016

IRB Number
14-0957-F4S

TO: Toby Jenkins
Family Studies
205 Scovell Hall
(859) 257-7755

FROM: Chairperson/Vice Chairperson
Non-medical Institutional Review Board (IRB)

SUBJECT: Approval of Protocol Number 14-0957-F4S

DATE: January 23, 2015

On January 21, 2015, the Non-medical Institutional Review Board approved minor revisions requested at the convened meeting on January 9, 2015 for your protocol entitled:

Husbands' Response to Infidelity

Approval is effective from January 9, 2015 until January 8, 2016 and extends to any consent/assent form, cover letter, and/or phone script. If applicable, attached is the IRB approved consent/assent document(s) to be used when enrolling subjects. **[Note, subjects can only be enrolled using consent/assent forms which have a valid "IRB Approval" stamp unless special waiver has been obtained from the IRB.]** Prior to the end of this period, you will be sent a Continuation Review Report Form which must be completed and returned to the Office of Research Integrity so that the protocol can be reviewed and approved for the next period.

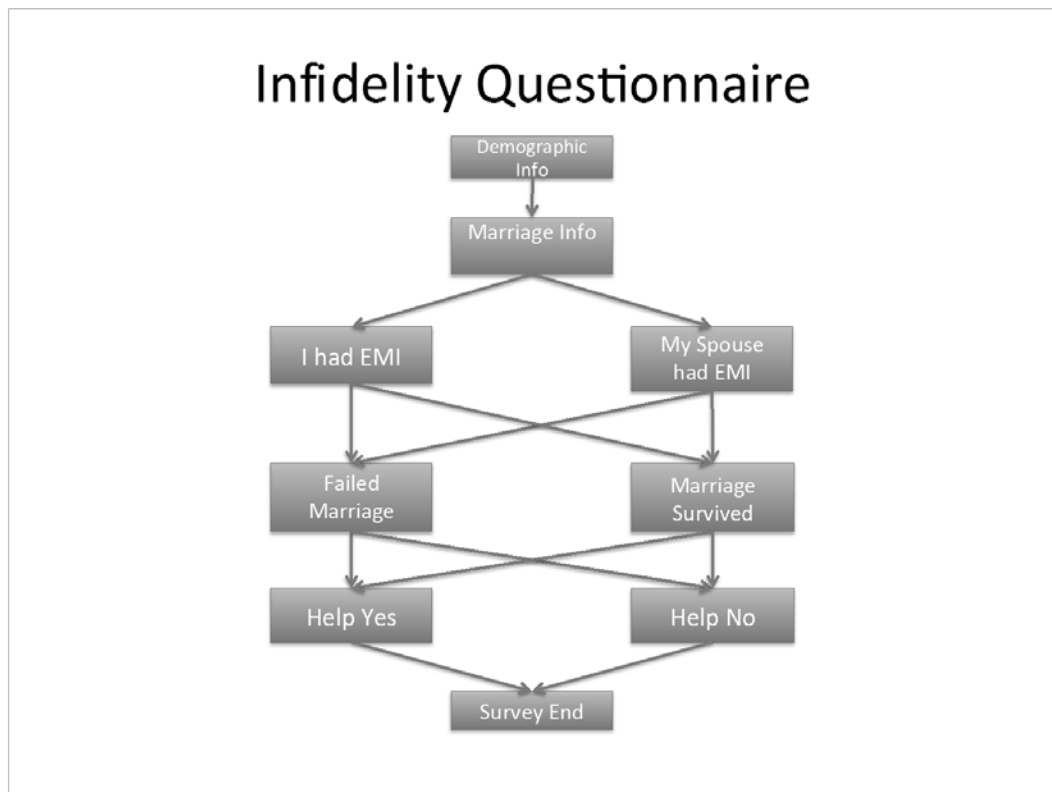
In implementing the research activities, you are responsible for complying with IRB decisions, conditions and requirements. The research procedures should be implemented as approved in the IRB protocol. It is the principal investigator's responsibility to ensure any changes planned for the research are submitted for review and approval by the IRB prior to implementation. Protocol changes made without prior IRB approval to eliminate apparent hazards to the subject(s) should be reported in writing immediately to the IRB. Furthermore, discontinuing a study or completion of a study is considered a change in the protocol's status and therefore the IRB should be promptly notified in writing.

For information describing investigator responsibilities after IRB approval has been obtained, download and read the document "PI Guidance to Responsibilities, Qualifications, Records and Documentation of Human Subjects Research" from the Office of Research Integrity's IRB Survival Handbook web page [<http://www.research.uky.edu/ori/IRB-Survival-Handbook.html#PIresponsibilities>]. Additional information regarding IRB review, federal regulations, and institutional policies may be found through ORI's web site [<http://www.research.uky.edu/ori/>]. If you have questions, need additional information, or would like a paper copy of the above mentioned document, contact the Office of Research Integrity at (859) 257-9428.

A handwritten signature in black ink that reads "N. Van Tubergen, PhD/ah". Below the signature is a horizontal line, and underneath the line, the text "Chairperson/Vice Chairperson" is printed in a small, sans-serif font.

Chairperson/Vice Chairperson

Appendix B: Infidelity Questionnaire



Appendix C: Survey

Consent Info

Dear Survey Participant:

The purpose of this research study is to develop better clinical practices for couples dealing with infidelity in their marriage. You are being asked to participate in this study because you have been or are currently in a marriage that experienced infidelity by you or your partner. Although you will not get personal benefit from taking part in this research study, your responses may help us understand more about developing effective therapeutic approaches for couples seeking therapy after infidelity.

We hope to receive completed questionnaires from about 30 people, so your answers are important to us. By agreeing to participate in this study, you are agreeing to answer the following questions as truthfully as possible, of course you have the choice about whether or not to complete the survey/questionnaire, but if you do participate, you are free to skip any questions or discontinue at any time.

The survey/questionnaire will take about 10 minutes to complete.

Although we have tried to minimize discomfort, some questions may make you upset or feel uncomfortable and you may choose not to answer them. If some questions do upset you, there is a hyperlink at the end of the survey that will assist you in finding a local therapist to help you with these feelings.

Your response to the survey is anonymous which means no names will appear or be used in research documents, or be used in presentations or publications. The research team will not know that any information you provided came from you, nor even whether you participated in the study.

Please be aware, while we make every effort to safeguard your data once received from the online survey/data gathering company, given the nature of online surveys, as with anything involving the Internet, we can never guarantee the confidentiality of the data while still on the survey/data gathering company's servers, or while en route to either them or us. It is also possible the raw data collected for research purposes may be used for marketing or reporting purposes by the survey/data gathering company after the research is concluded, depending on the company's Terms of Service and Privacy policies.

If you have questions about the study, please feel free to ask; my contact information is given below. If you have complaints, suggestions, or questions about your rights as a research volunteer, contact the staff in the University of Kentucky Office of Research Integrity at 859-257-9428 or toll-free at 1-866-400-9428.

Sincerely,

Toby Jenkins
Family Sciences/School of Human Environmental Sciences, University of Kentucky
PHONE: 859-257-7755
E-MAIL: tq.jenkins@uky.edu

Agree to participate in this study

I DO NOT agree to participate in this study

Demographic Info

Your age.

Gender

- Male
- Female

Ethnicity?

- White
- African American
- Asian American
- Hispanic American
- Multi Racial

Please indicate the highest level of education completed.

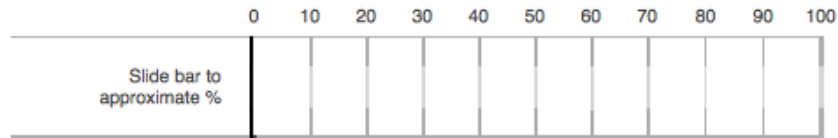
- High School or equivalent
- Vocational/Technical School (2 year)
- Some College
- College Graduate (4 year)

- Master's Degree (MS)
- Doctoral Degree (PhD)
- Professional Degree (MD, JD, etc.)
- Other

Please indicate your approximate yearly household income before taxes. (Include total income of all adults living in your household.)

- Under \$25,000
- \$25,001 - \$49,999
- \$50,000 - \$74,999
- \$75,000 - \$99,999
- \$100,000 - \$149,999
- \$150,000 and over

Percentage of household income you contributed.



Marriage Info

Your age at the time you married spouse that committed infidelity.

Was/Is this marriage your first marriage?

- Yes
- No

Was/Is this marriage the first marriage for your spouse?

- Yes
- No

Do you have children with the spouse in the marriage where the infidelity occurred?

- No
- If yes, how many?

Did you own a home with your ex-spouse? (or currently own a home together)

- Yes
- No

What other joint assets did you own with your ex-spouse? (or currently own together)

- Automobile
- Retirement accounts
- Rental or other property
- Other

Length of marriage in years.

Rank order the below roles by moving the below roles into the order that best reflect your priorities.

Husband/Wife

Parent

Career/Job

Outside interest such as hobbies (golfer, scrap booker, volunteer etc.)

Other

On a scale of 1 to 10, with 1 denoting bad and 10 being good, how would you rate your marriage prior to the infidelity?

	1	2	3	4	5	6	6	7	8	9	10
Slide to appropriate number.											

Please select option below

- My spouse had an affair
- I had the affair

I had EMI

What was the primary reason for your extra marital relationship?

- Dissatisfaction in spouse/marriage
- Opportunity/availability
- For the excitement or romance
- Didn't think spouse would find out
- Unexpected connection with other person that grew into affair.
- Other

How was your infidelity disclosed to your spouse?

- Spouse discovered the relationship.

- I self-disclosed relationship.
- Other person disclosed relationship to your spouse (ex. mistress, friend etc.).
- Other

What was the length of your extra marital relationship?

- One-night stand
- 1-5 months
- 6 months to a year
- Over a year
- Other in years

What type of infidelity did you commit?

- Emotional
- Sexual
- Cyber
- Other

Did your marriage end in separation/divorce?

- Yes
- No

Failed Questions

What was the most important reason you tried to work it out?

- Keep family together/children
- Still in love with spouse
-

- Joint assets (home etc.)
 - Community identity
 - Avoid shame
 - Financially dependent on spouse
 - Felt marriage could be saved
 - Religious reasons
 - Other
-

What was the second most important reason you tried to work it out?

- Keep family together/children
 - Still in love with spouse
 - Joint assets (home etc.)
 - Community identity
 - Avoid shame
 - Financially dependent on spouse
 - Felt marriage could be saved
 - Religious reasons
 - Other
-

Primary reason attempts to work it out failed

- Relationship with other person continued.
 - Could not trust spouse anymore.
 - Kept having flash-backs (intrusive thoughts) of spouse's affair.
 - Could not forgive spouse.
 - Better for children/family if marriage ended.
 - Other
-

Which spouse made the decision to end the marriage?

- Spouse who did NOT have the affair
- Spouse who had the affair
- Joint decision

Length of time between the discovery of the affair and separation from spouse. (in months)

How has experiencing infidelity affected your level of trust in subsequent romantic relationships?

	0	1	2	3	4	5	6	7	8	9	10
0 - Not at all. 10 - Cannot trust anyone.											

Did you and your spouse seek help after the affair was disclosed?

- Yes
- No

Help Yes

What kind of help did you seek?

- Therapy/Counseling
- Church/religious
- Friends/Family
- Other

Were you both fully committed to the therapy process?

- Yes, both fully committed.
- My spouse was more committed than me.
- I was more committed than my spouse.

On a scale of 1 to 10, how much did you trust your therapist help you and your spouse recover from the infidelity?

	1	2	3	4	5	6	6	7	8	9	10
0 - Not at all, 10 trust completely											

On a scale of 1 to 10, how effective was your therapy in helping you and your spouse overcome the infidelity?

	1	2	3	4	5	6	6	7	8	9	10
Slide bar to appropriate number.											

Closing Questions

If you would like to be contacted to provide further information for this study, please provide contact information below.

First Name (Optional)

Email Address (Optional)

Phone Number (Optional)

Would you like a copy of the final results of this study, check "Yes" below. Copy will be sent to email

address provided above.

- Yes
- No

If you would like to speak to a therapist in your area, please utilize the links below.

[Find a local therapist](#)

or if you live close to the University of Kentucky, please visit the [UK Family Center](#)

Help No

Reasons for not seeking help.

- Thought we could do it ourselves.
- Don't trust therapy/counselors
- Did not want the shame of divulging details of infidelity.
- Did not want to get into prior emotional/trauma in therapy.
- Marriage was not salvagable
- Other

Survived Questions

What was your primary reason for staying in the marriage after the disclosure of the affair?

- Keep family/children together.
- Still in love with spouse.
- Joint assets/home etc.
- Community identity.
- Avoid shame.
- Financially dependent of spouse.
- Felt marriage could be saved.
- Religious reasons.

Other

What was your second most important reason for staying in the marriage after the disclosure of the affair?

Keep family/children together.

Still in love with spouse.

Joint assets/home etc.

Community identity.

Avoid shame.

Financially dependent of spouse.

Felt marriage could be saved.

Religious reasons.

Other

On a scale of 1 to 10, how would you rate the health of your marriage after the disclosure of the infidelity.

	1	2	3	4	5	6	6	7	8	9	10
Drag slider to the appropriate number.											

Did you and your spouse seek help after the affair was disclosed?

Yes

No

My Spouse had EMI

How was your spouse's infidelity disclosed to you?

- Discovered by you.
- Spouse self-disclosed.
- Other

What was the length of your spouse's extra marital relationship?

- One Night Stand
- 1-5 months
- 6 months to year
- More than 1 year
- Other in years

What type of infidelity did your spouse commit?

- Emotional
- Sexual
- Cyber
- Other

Did the marriage to your spouse that committed infidelity end in separation/divorce?

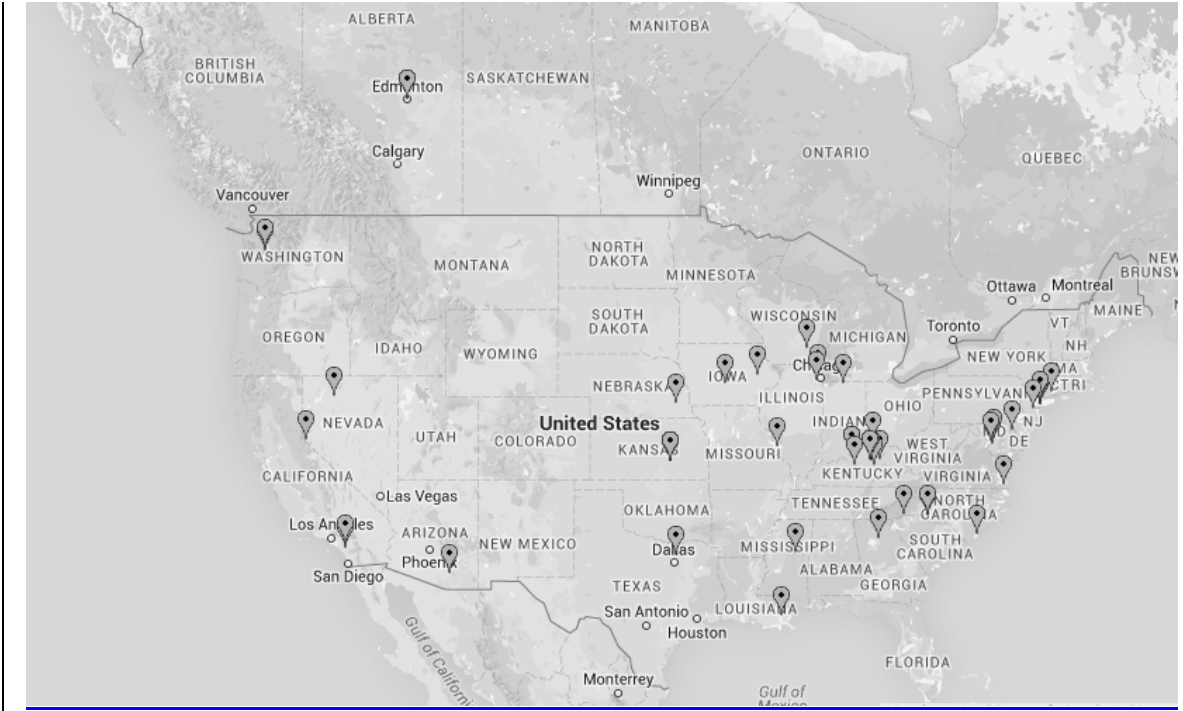
- Yes
- No

Appendix D: Survival Rates

Husband EMI	Overall	Survival %		With Kids	Survival %		W/O Kids	Survival %
Therapy No	56%	20%		52%	31%		64%	0%
Therapy Yes	44%	50%		48%	58%		36%	25%

Wife EMI	Overall	Survival %		With Kids	Survival %		W/O Kids	Survival %
Therapy No	41%	71%		27%	67%		67%	75%
Therapy Yes	59%	20%		73%	25%		33%	0%

Appendix E: Map of Participants



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Vita

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B.S., Industrial Engineering, 1995
North Carolina AT&T State University
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PROFESSIONAL POSITIONS HELD

Proctor & Gamble Mfg. Co. St. Louis Plant, 2002-2004
Packing Core Operations Leader

Proctor & Gamble Mfg. Co. Iowa City Plant, 1995-2001
Distribution Process Engineer
Packing Team Manager
Department Manager
Department Line Manager
Distribution Core Operations Leader