



Validating a fear of being single scale for individuals in relationships

Do people in relationships also experience a fear of being single?
And if so, can the Fear of Being Single Scale be adapted and validated to measure it in such samples?

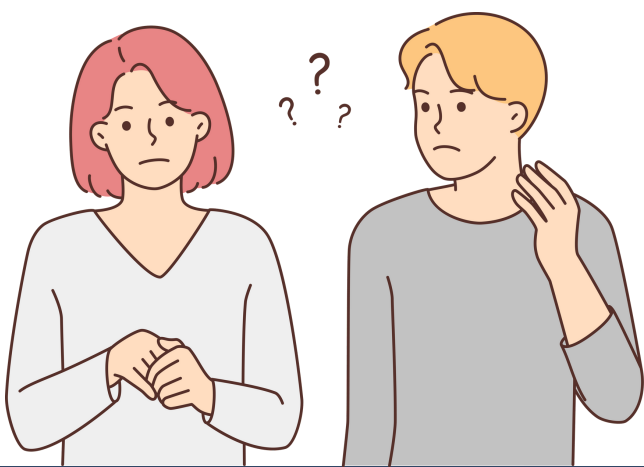
Fear of being single:

Feeling worried, anxious, or upset about being single now or in the future

We conducted three studies.

In the first study:

We tested whether the original scale measures fears of being single in people in relationships (in addition to those who are single) and had 276 singles and 172 people in relationships complete the scale.



We found that:

The behavior of the scores when comparing those single and partnered demonstrated that the original scale would **not** be an accurate measure of Fear of Being Single in **partnered** individuals.

In the second study:

We looked to develop a reliable and valid relationships version of the scale and had 3,470 partnered individuals complete a relationships version of the scale and report on related relationship constructs to compare its validity to the original scale when used in singles.

We found that:

Indeed, our developed relationships version was reliable and had similar validity as the original scale.



In the third study:

We wondered whether we can accurately **compare** the scores of single and partnered individuals taking each respective scale by having 1,524 singles take the original and 958 partnered individuals take the relationships version of the scale.



We found that:

After removing items that were answered differently by singles and partnered participants who had similar levels of Fear of Being Single, we ended up with three items from each that worked well for comparing fears of being single.

In Short:

Although appropriate for testing fears of being single in singles, the original Fear of Being Single scale should not be used with partnered individuals. We therefore developed a reliable and valid relationships version for testing in partnered individuals in addition to shortened versions of the scales for addressing research questions that require direct comparisons of Fear of Being Single across relationship status.

