

**Attachment Styles, Dark Tetrad Personality And Friendship Quality In
Young Adults**



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Certificate of Research Completion

It is confirmed that the study included in this thesis, which is titled “**mindfulness, emotional intelligence and academic adjustment in college students**” has been carried out and completed by **Ms. Ayesha Azam**, Student ID: **SP20-BPY-003**: Student of BS Psychology, session 2020 – 2024. This study is an independent research work and carried out under given instructions and consideration.

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Declaration

I, Ms. Ayesha Bibi, Student ID: SP20-BPY-032, student of BS Psychology, session 2019-2023, hereby declare that the material printed in this thesis titled “**Attachment Styles, Dark Tetrad Personality and Friendship Quality in Young Adults**” is original work and has not been printed, published, or submitted as research work, thesis, or publication in any form in any university or research institution in Pakistan or abroad.

Dated: _____

Signature: _____

Dedication

With the name of Allah, the Most Gracious and the Most Merciful. My sincere gratefulness goes to my beloved parents, my dearest siblings, my respected supervisor and my closest friends for their endless support and encouragement.

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In the name of Allah Almighty the Creator and Sustainer of this world.

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Abstract

The purpose of the present study was to investigate the relationship between Attachment styles, Dark tetrad personality and Friendship Quality in young adults. A correlational design was used, and the sample consisted of 400 young adults, including males (n=192) and females(n=208) with age range 18 to 25 with (M = 20.84, SD = 1.53). The study variables were evaluated using self-report instruments such as a demographics questionnaire, Adult Attachment Scale (RAAS; Collins, 1996), Dark tetrad personality scale (Jones, 2018), and Friendship Quality Scale (Bukowski, Hoza, and Boivin, 1994). Dark tetrad traits had a significantly positive correlation with attachment styles and friendship quality. Moreover, Close and Anxiety are positive predictors of Dark tetrad personality whereas Depend was a negative predictor of Machiavellianism, Psychopathy, Sadism and positive predictor of Narcissism. Dark tetrad personality mediated the relationship between Attachment (close, depend, anxiety) and Friendship quality. Attachment styles were predictors of Dark Tetrad Personality traits. This study helps in understanding how small changes in Attachments or behavior can affect Personality changes and in turn help the society understand people with Dark Tetrad Personality Traits and help them in their lives and prevent such condition to introduce new Dark Personalities. This also helps in building strong and long living Relationships and Friendships. The implications of present study has been discussed.

Keywords: Attachment Styles, Dark Tetrad Personality, Friendship Quality in young adults.

Chapter I

Introduction

In the realm of human psychology, interpersonal relationships play a fundamental role in shaping an individual's emotional well-being, social development, and overall life satisfaction. Having a strong network of friends and family can help reduce stress levels by providing emotional support and a sense of belonging. Interpersonal relationships can improve mental health by increasing self-esteem and reducing feelings of loneliness and isolation. Interpersonal relationships are important for survival and cognitive and social development because the attachments formed within them provide security and present the opportunity for learning and socialization. Moreover, interpersonal relationships are important for developing a healthy sense of self.

This study delves into the intricate interplay between attachment styles, the Dark Tetrad personality traits, and friendship quality, aiming to unravel the nuanced dynamics that underlie human connections. Attachment styles, rooted in early experiences, significantly influence individuals' emotional bonds and interpersonal behaviors. Concurrently, the Dark Tetrad personality traits—Machiavellianism, narcissism, psychopathy, and sadism—add a distinctive dimension, characterizing individuals with potentially manipulative tendencies. Understanding how these psychological dimensions intersect offers valuable insights into how they collectively impact the depth and satisfaction of friendships. By exploring the relationships between attachment styles, Dark Tetrad traits, and friendship quality, this study contributes to a comprehensive understanding of the intricate factors that shape the fabric of interpersonal relationships.

Attachment Style

Attachment style refers to the enduring patterns of emotions, behaviors, and cognitions that individuals develop in response to their primary caregivers' availability and responsiveness during infancy and childhood (Levy, Ellison, Scott, & Bernecker, 2011).

The theory classifies attachment styles into four main categories: secure, anxious-preoccupied, dismissive-avoidant, and fearful-avoidant. (Meyer & Pilkonis, 2001) Securely attached individuals generally exhibit trust and comfort in close relationships, while anxious-preoccupied individuals tend to be more dependent and anxious about abandonment. Dismissive-avoidant individuals often avoid emotional intimacy, and fearful-avoidant individuals struggle with a combination of anxiety and avoidance in relationships.

Furthermore, research has shown that an individual's personality traits can also have a significant impact on the quality of their friendships. Among the various personality traits, dark trait personality has garnered considerable attention in recent years. Dark traits encompass a cluster of malevolent traits such as narcissism, Machiavellianism, psychopathy, and sadism. (Furnham et al., 2013). These traits are characterized by an exploitative and antagonistic interpersonal style that can have detrimental effects on the formation and maintenance of friendships.

Given the importance of interpersonal relationships and the limited research examining the simultaneous influence of attachment style and dark trait personality on friendship quality, this thesis aims to explore the complex interplay between these variables in young adults. Young adulthood is a critical life stage characterized by significant changes and explorations in various domains, including romantic relationships, career choices, and friendships

Attachment style refers to the relatively stable patterns of emotional, cognitive, and behavioral responses that individuals develop in their early interactions with primary caregivers. (Levy et al., 2011)

It represents the internal working models that individuals form about themselves and others, which shape their expectations and behaviors in close relationships throughout their lives. Attachment theory emphasizes the critical role of early childhood experiences in shaping attachment patterns, which can have a profound impact on an individual's social and emotional development.

Types of attachment Styles

Secure Attachment. Individuals with a secure attachment style tend to have positive views of themselves and other people around them. They feel comfortable with intimacy and are able to trust and rely on their partners or friends. They have confidence in seeking support from others when needed and can effectively balance autonomy and closeness in relationships. They use their caregiver as a secure base to explore the world and develop a sense of trust. When the caregiver leaves, they may be distressed but can be comforted upon the caregiver's return. (Fraley & Roisman, 2019)

Anxious-Preoccupied Attachment. Those with an anxious-preoccupied attachment style typically have low self-esteem and a high need for approval and reassurance from others. They often worry about rejection or abandonment and may display clingy or demanding behaviors in relationships. Such individuals are hyper-vigilant to signs of rejection and tend to exaggerate problems, leading to emotional highs and lows in their interactions. They often worry about whether the caregiver will be there for them and seek constant reassurance. They may display clingy or possessive behavior in their relationships (Levy et al., 2011).

Dismissive-Avoidant Attachment. Individuals with a dismissive-avoidant attachment style often prioritize independence and self-reliance. They downplay the importance of close relationships and may suppress emotional needs and vulnerability. **Fearful-Avoidant Attachment:** Also known as anxious-avoidant or disorganized attachment, this style is characterized by a combination of anxious and avoidant tendencies. They downplay their

emotional needs and distance themselves from their caregivers. They appear self-reliant and may avoid showing vulnerability or seeking comfort. Independence is highly valued, and they may struggle with emotional expression. (Fraley & Roisman, 2019)

Fearful-avoidant Attachment. People with fearful-avoidant attachment styles experience internal conflicts, as they desire close relationships but also fear rejection and intimacy. They may display ambivalent behaviors in relationships, alternating between seeking and distancing from emotional intimacy. They have conflicting emotions about close relationships. They desire emotional closeness but are simultaneously afraid of getting hurt or rejected. This attachment style is often associated with a history of inconsistent caregiving and may lead to unpredictable behavior in relationships (Levy et al., 2011).

Subscales of Attachment Style

The adult attachment scale measures attachment styles in individuals using 3 basic subscales, they are listed below (Frías et al., 2015).

Close. The degree to which an individual feels at ease with intimacy and proximity is gauged by the close scale (Frías et al., 2015). Social closeness is a measure of how much a person is connected to other members of a community or organisation and It has been considered a fundamental element of peoples' perceptions of social support (Nardi et al., 2005).

Depend. The depend scale gauges how much a person believes they can rely on other people to be there for them in an emergency (Frías et al., 2015). Dependency generally describes a relationship in which there is an overwhelming reliance on other people or drugs to satisfy one's bodily, psychological, or emotional requirements (Pincus AL et al., 2001).

Anxiety. The anxiety subscale gauges a person's level of anxiety over being abandoned or unwanted (Frías et al., 2015). Anxiety is described as a feeling of fear, tension, or unease resulting from the expectation of danger, which might come from external or internal sources (Xi et al., 2020).

Factors determining Attachment Style

Attachment style is primarily formed during early childhood through interactions with primary caregivers, typically parents or caregivers who provide consistent care and emotional responsiveness (Levy et al., 2011). Secure attachment is more likely to develop in the presence of warm and responsive caregiving, which establishes a sense of safety and trust in the child. In contrast, inconsistent or neglectful caregiving can lead to the development of anxious or avoidant attachment styles, where the child learns to cope with their emotional needs independently or anxiously.

According to (Fraley & Roisman, 2019), attachment style is shaped by early interactions with primary caregivers and plays a crucial role in shaping individuals' emotional development.

(Belsky, 2002) proposed a four-category model of attachment styles, including secure, anxious-preoccupied, dismissive-avoidant, and fearful-avoidant styles. People with a secure

attachment style tend to have positive views of themselves and others, and they feel comfortable with intimacy and trust (Meyer & Pilkonis, 2001)

Correlates of Attachment Style

Attachment style influences various aspects of individuals' lives, including their emotional regulation, self-esteem, coping strategies, and interpersonal relationships. Research has shown that attachment styles established in early childhood can persist into adulthood and significantly impact the quality of romantic relationships, friendships, and overall social functioning (Levy et al., 2011).

Securely attached individuals tend to experience more satisfying and fulfilling relationships. Their ability to trust and rely on others fosters deeper emotional connections and effective communication with partners and friends (Mikulincer & Shaver, 2007). Secure attachment promotes better emotional regulation. When faced with stressful or challenging situations, individuals with secure attachment styles are more likely to seek support from others, leading to effective coping strategies (Vivona, 2000). Higher Self-Esteem: Securely attached individuals often have higher self-esteem and a positive self-image. The consistent care and responsiveness they received in early childhood contribute to a stronger sense of self-worth and self-confidence (Mikulincer & Shaver, 2007). Secure attachment acts as a protective factor in times of adversity. Securely attached individuals are better equipped to bounce back from setbacks and life challenges due to the emotional support they receive from their close relationships (Meyer & Pilkonis, 2001). Securely attached individuals are more likely to be empathetic and compassionate towards others. Their positive experiences with caregiving in childhood promote prosocial behaviors and emotional attunement to the needs of others (Mikulincer & Shaver, 2007).

Anxious-preoccupied individuals may struggle with excessive dependency on their partners or friends. Their fear of abandonment and constant need for reassurance can lead to

clingy and demanding behaviors, which may strain relationships (Mikulincer & Shaver, 2007). Dismissive-avoidant individuals may have difficulty forming and maintaining close relationships due to their tendency to avoid emotional intimacy. They may keep others at arm's length and struggle to express their own emotional needs (Baek et al., 2014).

Anxious-preoccupied individuals often experience emotional highs and lows in relationships. Their fear of rejection and intense need for approval can lead to fluctuations in mood and emotional intensity (Levy et al., 2011). Both dismissive-avoidant and fearful-avoidant individuals may find it challenging to seek emotional support from others. Both dismissive-avoidant and fearful-avoidant individuals may find it challenging to seek emotional support from others. Their inclination towards self-reliance and fear of rejection can hinder their ability to open up to others (Mikulincer & Shaver, 2007). Fearful-avoidant individuals may experience conflicts in relationships due to their ambivalent behaviors. Their simultaneous desire for intimacy and fear of rejection can lead to inconsistent and confusing interactions with others (Baek et al., 2014). Attachment style can significantly influence an individual's overall well-being. Securely attached individuals generally experience better mental health, higher life satisfaction, and lower levels of stress compared to those with insecure attachment styles (Mikulincer & Shaver, 2007).

Association between attachment styles and dark tetrad personality

The relationship between attachment style and dark tetrad personality traits is an intriguing and important area of study within psychology. Research has shown that there can be associations between certain attachment styles and the manifestation of dark tetrad traits, although the nature of these relationships can be complex and may vary based on individual differences.

Secure Attachment and Dark Tetrad Traits. Securely attached individuals tend to have more positive and adaptive interpersonal behaviors. They are generally more empathetic, trusting, and caring in their relationships (Mikulincer & Shaver, 2007). As a result, they are less likely to exhibit the manipulative and exploitative behaviors associated with the dark tetrad traits. Secure attachment provides a foundation for healthier relationship dynamics, which may act as a protective factor against the development of dark tetrad characteristics (Dang et al., 2019).

Insecure Attachment and Dark Tetrad Traits. Following is mentioned the association between dark tetrad traits and types of insecure attachment styles.

Anxious-Preoccupied Attachment and Dark Tetrad Traits. Individuals with an anxious-preoccupied attachment style often experience high levels of emotional turbulence, dependency, and fear of rejection in their relationships and friendships (Levy et al., 2011). These anxieties and insecurities can sometimes be associated with dark tetrad personality traits, particularly with narcissism. An anxious-preoccupied individual's constant need for validation and admiration may lead to narcissistic tendencies, seeking excessive attention and approval from others to soothe their insecurities from the people in their surroundings or rapport. (Dang et al., 2019).

Dismissive-Avoidant Attachment and Dark Tetrad Traits. Dismissive-avoidant individuals tend to avoid emotional intimacy and may suppress their emotional needs (Baek et al., 2014). This emotional detachment can sometimes be linked to traits like Machiavellianism, where the individual prioritizes self-interest and manipulation of others for personal gain. Their detachment and lack of emotional investment may lead them to exploit and manipulate others strategically (Dang et al., 2019).

Fearful-Avoidant Attachment and Dark Tetrad Traits. Fearful-avoidant individuals experience a combination of anxiety and avoidance in their relationships, making it difficult for them to trust others and seek emotional intimacy (Mikulincer & Shaver, 2007). This internal conflict may be associated with various dark tetrad traits, as they may feel the need to protect themselves from potential harm while also desiring closeness and validation from others (Baek et al., 2014)

Theoretical perspective of Attachment Style

The earliest attachment theorist was British psychologist John Bowlby (1969). According to him, attachment is a "permanent psychological connection between human beings." In the 1970s, psychologist Mary Ainsworth significantly extended Bowlby's first research. Her research demonstrated the significant impact of connection on behaviour. The three main types of attachment styles identified by Ainsworth are avoidant-insecure attachment, ambivalent-insecure attachment, and secure attachment. Disorganized-insecure attachment is the fourth attachment pattern that researchers Main and Solomon (1986) introduced after doing their own study.

Dark Tetrad Personality

The Dark Tetrad personality refers to a set of malevolent personality traits that are characterized by manipulative, exploitative, and antagonistic behaviors. These traits have been the subject of extensive research in the field of personality psychology due to their association with various negative outcomes in interpersonal relationships, work settings, and society as a whole (Jonason & Webster, 2010).

Types of Dark tetrad personality

Narcissism. Narcissism involves a grandiose sense of self-importance, a preoccupation with fantasies of unlimited success and power, and a constant need for admiration and attention from others (Raskin & Terry, 2017). Individuals high in narcissism tend to prioritize their own needs and desires over those of others, and they often lack empathy and consideration for the feelings of others (Vazire & Funder, 2006).

Machiavellianism. Machiavellianism is characterized by a strategic and manipulative approach to social interactions. Individuals high in Machiavellianism are skilled at using deception and exploitation to achieve their goals, often at the expense of others (Christie & Geis, 2008). They tend to be cunning, calculating, and willing to employ unethical tactics to gain advantages in various situations.

Psychopathy. Psychopathy involves a lack of empathy, remorse, and moral responsibility. Psychopathic individuals may engage in impulsive and antisocial behaviors, displaying little regard for the well-being or rights of others (Fraley & Roisman, 2019). They often have a superficial charm that masks their true intentions and a tendency to manipulate and exploit others for personal gain.

Sadism. Sadists are a part of Anti-Social Personality Disorder now. In the past, they had a separate diagnosis under the old DSM formats. The name Sadism comes from Marquis de Sade (1740-1814) a French philosopher and writer. His works combined philosophy with sexual

fantasies and violent behavior. Sadists are individuals who crave cruelty. It is not clear whether this behavior is inherited, developed or learned. Not all sadism is sexual or involves killing, rather it is about inflicting pain on others that Sadists find exciting or pleasurable. Unlike Psychopaths, they are not as calculating about the abusive behavior, instead, it is all self-pleasuring.(Fraley & Roisman, 2019)

Correlates of dark tetrad personality

The Dark Tetrad personality traits, including narcissism, Machiavellianism, psychopathy and sadism, have been studied in relation to various correlates and outcomes in psychological research. Below are some common correlates of the Dark Tetrad personality traits.

Manipulative and Exploitative Behavior. Dark tetrad traits are associated with manipulative and exploitative behaviors in interpersonal relationships. Individuals high in these traits tend to use others for personal gain, deceive them, and engage in tactics that serve their own interests (Jonason & Webster, 2010). This manipulative behavior is a defining feature of the Dark Tetrad traits and can have significant consequences for their relationships and interactions with others.

Low Empathy and Emotional Detachment. Psychopathy, in particular, is characterized by low empathy and emotional detachment. Individuals with psychopathic tendencies lack the ability to understand and share the feelings of others, making them less responsive to the needs and well-being of those around them (Hare, 2001). This lack of empathy can lead to callous and harmful behaviors towards others.

Narcissistic Grandiosity. Narcissism is associated with grandiose beliefs about oneself, a sense of entitlement, and an excessive need for admiration and attention (Raskin & Terry, 2007). Individuals high in narcissism often display an inflated sense of self-importance and a desire for constant validation from others.

Superficial Charm and Deceptiveness. Individuals with dark tetrad traits, especially those high in Machiavellianism, can be charming and charismatic on the surface. They may use their charm to manipulate and deceive others, often appearing trustworthy while concealing their true intentions (Jonason & Webster, 2010).

Aggressive and Antisocial Behaviors. Dark tetrad traits personality, particularly psychopathy, have been associated with aggressive and anti-social behaviors towards people in their rapport and surroundings. Psychopathic individuals may engage in impulsive and harmful actions towards others, disregarding social norms and moral standards (Hare, 2001).

Short-Term Mating Strategies. In the realm of romantic relationships, individuals high in dark tetrad traits tend to adopt short-term mating strategies, seeking casual and uncommitted relationships rather than long-term partnerships (Jonason, Li, & Czarna, 2013).

Lower Relationship Satisfaction. Dark tetrad traits have been linked to lower levels of relationship satisfaction in both romantic and non-romantic relationships (Jonason, Li, & Czarna, 2013). Their manipulative and exploitative behaviors can lead to conflicts and dissatisfaction in their interactions with others.

Career and Workplace Outcomes. Dark tetrad traits may also have implications for career and workplace outcomes. For instance, individuals high in Machiavellianism may use manipulative tactics to advance their careers, while psychopathy has been associated with poor job performance and problematic interpersonal behaviors in the workplace (O'Boyle et al., 2012).

Factors affecting dark tetrad personality

The development and expression of dark tetrad personality traits can be influenced by a combination of genetic, environmental, and social factors. While the exact causes of these traits are not fully understood, researchers have identified several factors that may contribute to the emergence of dark tetrad personality characteristics.

Genetics and Heritability. Some studies suggest that there may be a genetic component to the dark tetrad traits. Twin studies have shown moderate heritability for traits such as narcissism and psychopathy, indicating that genetic factors may play a role in their development (Vernon et al., 2008; Rønningstad et al., 2016). However, it is essential to note that genetics alone cannot fully account for the development of dark tetrad personality traits.

Early Childhood Experiences. Early childhood experiences, particularly those related to attachment and parenting styles, can significantly impact the development of personality traits. Insecure attachment styles, such as inconsistent caregiving or neglect, may contribute to the emergence of dark tetrad traits in some individuals (Vachon et al., 2014). For example, children who experience inconsistent or unreliable caregiving may develop manipulative and exploitative behaviors as a way to cope with a lack of consistent support and care.

Environmental and Social Factors. Environmental and social factors, such as exposure to aggression or trauma, can also influence the expression of dark tetrad traits. Individuals who grow up in environments characterized by violence or instability may develop callous and antisocial behaviors as a means of adaptation (Jonason & Webster, 2010). Additionally, social reinforcement and rewards for certain behaviors, such as manipulation and deceit, may encourage the development of dark tetrad traits in some individuals.

Personality and Individual Differences. Personality factors and individual differences can also play a role in the expression of dark tetrad traits. For instance, individuals with certain personality traits, such as low agreeableness or high extraversion, may be more prone to exhibiting narcissistic or Machiavellian behaviors (Fraley & Roisman, 2019).

Cognitive and Emotional Processes. Cognitive and emotional processes can shape the development of dark tetrad traits. For example, individuals high in narcissism may engage in cognitive distortions that promote feelings of superiority and entitlement (Vazire & Funder,

2006). Similarly, individuals with psychopathic tendencies may have deficits in emotional processing, leading to a lack of empathy and remorse (Hare, 2001).

The development of dark tetrad personality traits is likely influenced by a combination of genetic, environmental, social, and individual factors. Early childhood experiences, social reinforcement, personality characteristics, and cognitive processes may all contribute to the emergence of these malevolent traits. Understanding the factors that affect dark tetrad personality can provide valuable insights into the complexities of human personality and behavior. Genetic factors may play a role in the development of dark tetrad personality traits, as twin studies have shown moderate heritability for traits like narcissism and psychopathy (Vernon et al., 2008; Rønningstad et al., 2016). Early childhood experiences, such as inconsistent caregiving or neglect, may contribute to the emergence of dark tetrad traits in some individuals (Vachon et al., 2014). Environmental and social factors, including exposure to aggression or trauma, can also influence the expression of dark tetrad traits (Jonason & Webster, 2010). Individual differences, such as personality traits like low agreeableness or high extraversion, may be associated with the manifestation of dark tetrad traits (Furnham et al., 2013). Cognitive and emotional processes can shape the development of dark tetrad traits, as seen in individuals high in narcissism engaging in cognitive distortions that promote feelings of superiority (Vazire & Funder, 2006).

Association between dark tetrad personality and friendship quality

The relationship between dark tetrad personality traits and friendship quality has been a subject of interest in psychological research. Dark tetrad traits, including narcissism, Machiavellianism, psychopathy, and sadism, are associated with manipulative, exploitative, and antagonistic behaviors that can have implications for the quality of interpersonal relationships, including friendships.

Narcissism and Friendship Quality. Narcissistic individuals often prioritize their own needs and desires over those of their friends (Vazire & Funder, 2006). They may seek friendships that provide them with admiration and validation, rather than genuine emotional support and connection. This self-centered focus and lack of empathy can lead to strained and less satisfying friendships (Jonason, Li, & Czarna, 2013).

Machiavellianism and Friendship Quality. Individuals high in Machiavellianism tend to be strategic and manipulative in their interactions (Jonason & Webster, 2010). They may view friendships as opportunities for personal gain and advancement, using their friends as tools to achieve their objectives. Such instrumental view of friendships can undermine trust and intimacy in these relationships, resulting in lower friendship quality.

Psychopathy and Friendship Quality. Psychopathic individuals display a lack of empathy, remorse, and moral responsibility (Hare, 2001). Their callous and manipulative behaviors can be harmful to their friends emotionally and psychologically. Their tendency to exploit others and disregard their well-being can lead to toxic and unsatisfying friendships.

Sadism and Friendship Quality. The relationship between friendship quality and sadism is a multifaceted and intriguing area of study. Sadism, characterized by the enjoyment of inflicting pain or suffering on others, can have significant implications for the quality of friendships. Individuals with sadistic traits may engage in behaviors that harm their friends emotionally, such as manipulation, betrayal, or hurtful pranks, leading to conflicts and a decline in friendship quality. These tendencies may also hinder their ability to empathize with their friends' needs and emotions, resulting in a lack of emotional support and understanding within the friendship.

Theoretical perspective dark tetrad personality

The term "Dark Triad" was first used by Paulhus and Williams (2002) to describe a grouping of three socially unacceptable psychological traits: psychopathy, narcissism, and

Machiavellianism. In 2013, Buckels, Jones, and Paulhus added sadism to this trio, becoming the Dark Tetrad. Researchers are now utilising this catch-all phrase to describe actions that are morally, socially, and ethically dubious since the term's development. (Anton et al., 2012)

Friendship Quality

Friendship is a close and mutually satisfying interpersonal relationship between two or more individuals who share affection, trust, and a sense of companionship. It is characterized by emotional support, empathy, and a willingness to invest time and effort in each other's well-being and happiness. Friends typically engage in shared activities, communicate openly, and offer both instrumental and emotional assistance during times of need (Fehr, 2004).

Friendships are voluntary and non-familial relationships that develop based on shared interests, values, and experiences. They provide individuals with a sense of belongingness, social validation, and a space to express themselves authentically without fear of judgment (Rawlins, 2004).

Types of friendship quality

Friendship quality can be categorized into several types or dimensions, each representing different aspects of the friendship relationship. These dimensions help capture the diverse elements that contribute to the overall satisfaction and depth of a friendship. Here are some common types of friendship quality.

Emotional Support. This dimension reflects the extent to which friends provide understanding, empathy, and comfort to each other during times of joy or distress. Emotional support involves being there for one another emotionally and offering a listening ear and a caring (Levy et al., 2011)

Trust and Reliability. Trust is a fundamental and a vital aspect of friendship and a relationship quality, reflecting the belief that one can completely rely on their friend or partner

to keep promises, stay loyal and sincere, maintain confidentiality, and be dependable during challenging situations (Laursen & Collins, 1994).

Communication and Openness. Effective and open communication is essential for a high-quality friendship. Friends should feel comfortable expressing their thoughts, feelings, and needs, and be receptive to each other's communication styles (Buhrmester & Furman, 2007).

Shared Activities and Interests. Engaging in shared activities and having common interests can strengthen the bond between friends. Participating in enjoyable experiences together can create positive memories and foster a sense of camaraderie (Ladd & Ettekal, 2013).

Conflict Resolution. How friends navigate conflicts and disagreements can significantly impact the quality of their friendship. Constructive conflict resolution involves listening, empathy, compromise, and finding solutions that benefit both parties (Laursen & Collins, 2004).

Acceptance and Nonjudgmental Attitude. Feeling accepted and valued for one's authentic self is crucial for friendship quality. Nonjudgmental attitudes promote a sense of safety and trust within the friendship (Laursen & Collins, 2014).

Companionship and Availability. This dimension relates to the companionship and shared time spent together. Friends who are available and willing to spend time with each other contribute to a satisfying and enjoyable friendship experience.

Empathy and Understanding. Empathy involves the ability to understand and share the feelings of a friend, providing a supportive and caring environment that fosters emotional closeness and connection.

Factors affecting friendship quality

The quality of friendships can be influenced by various factors, and understanding these factors is essential for fostering positive and satisfying relationships. Below are some key factors that can affect friendship quality, along with references and in-text citations.

Communication Skills. Effective communication is crucial for maintaining high-quality friendships. Friends who engage in open, honest, and respectful communication are more likely to understand each other's needs and feelings, leading to greater satisfaction in the relationship (Buhrmester & Furman, 2007).

Trust and Reliability. Trust is a fundamental aspect of friendship quality. Friends who demonstrate trustworthiness and reliability in keeping promises and maintaining confidentiality are more likely to experience a deeper sense of trust and satisfaction in their friendships (Laursen & Collins, 2014).

Emotional Support. Friends who offer emotional support and empathy to one another during challenging times foster a sense of closeness and connection. Providing understanding and comfort can enhance friendship quality and create a supportive environment (Buhrmester & Furman, 2007).

Shared Activities and Interests. Engaging in shared activities and having common interests can strengthen the bond between friends. Participating in enjoyable experiences together fosters positive memories and a sense of companionship (Ladd & Ettekal, 2013).

Conflict Resolution Skills. How friends navigate conflicts and disagreements can significantly impact friendship quality. Constructive conflict resolution, characterized by active listening, empathy, and finding mutually acceptable solutions, promotes a healthy and satisfying friendship (Laursen & Collins, 2014).

Empathy and Understanding. The ability to understand and share the feelings of a friend contributes to emotional closeness and connection. Friends who display empathy and

understanding create an environment of emotional support, enhancing the quality of their friendships.

Self-Disclosure and Intimacy. Friends who engage in self-disclosure, sharing personal thoughts and feelings, tend to experience higher levels of intimacy in their friendships. Intimacy and emotional closeness are associated with higher friendship quality (Ladd & Ettekal, 2013).

Similarity in Values and Beliefs. Having similar values and beliefs can create a sense of compatibility and understanding between friends. Shared beliefs often lead to more harmonious interactions and higher friendship satisfaction (Laursen & Collins, 2014).

Association between personality type and friendship quality

The relationship between personality type and friendship quality is a complex and multifaceted one. Numerous studies have investigated how various personality traits influence the formation, maintenance, and overall satisfaction within friendships. Different personality traits can impact how individuals approach and experience their friendships, ultimately shaping the quality of these relationships.

Narcissism and Friendship Quality. Narcissistic individuals often prioritize their own needs and desires over those of their friends (Vazire & Funder, 2006). They may seek friendships that provide them with admiration and validation, rather than genuine emotional support and connection. This self-centered focus and lack of empathy can lead to strained and less satisfying friendships (Jonason, Li, & Czarna, 2013).

Machiavellianism and Friendship Quality. Individuals high in Machiavellianism tend to be strategic and manipulative in their interactions (Jonason & Webster, 2010). They may view friendships as opportunities for personal gain and advancement, using their friends as tools to achieve their objectives. Such instrumental view of friendships can undermine trust and intimacy in these relationships, resulting in lower friendship quality.

Psychopathy and Friendship Quality. Psychopathic individuals display a lack of empathy, remorse, and moral responsibility (Hare, 1991). Their callous and manipulative behaviors can be harmful to their friends emotionally and psychologically. Their tendency to exploit others and disregard their well-being can lead to toxic and unsatisfying friendships.

Theoretical perspective of friendship quality

According to Hays (1988), friendship is a dyadic relationship defined by shared activities and interests as well as varying degrees of closeness, affection, and assistance to one another. Researchers frequently use the term "quality" to refer to the more "qualitative" rather than "quantitative" aspects of friendship. Independent of one another, friendship quality has two good and negative aspects, each with a variety of characteristics including closeness, support, and conflict (Bukowski et al., 2009; Furman & Buhrmester, 1985).

Chapter II

Literature Review

Following is the review of the literature on attachment styles, dark tetrad personality, and friendship quality.

Attachment Styles and Dark Tetrad Personality Trait

The two core psychological concepts that are receiving more and more focus in this study are Attachment Styles and Dark Tetrad Personality Traits. Attachment Styles can be described as incarnated or personalized mental representations within our-self and with others in a close rapport. Dark Tetrad Personality Traits are described as a assemblage of three interconnected hostile personality characteristics namely, sadism, narcissism, psycho-pathy and Machiavellianism.

A study conducted by Martinez et al. (2021) to investigate the relationship between Attachment Styles and the development of Dark Tetrad Personality Traits in his study. The results showed that individuals with anxious attachment at the initial assessment were more likely to show an increase in narcissistic traits over time. Avoidant attachment was linked to an increase in psychopathic tendencies. Secure attachment acted as a protective factor against the development of these dark traits.

A research presented by Shima hagnaseeb et al. (2021) research to examine the relationship between two variables namely, Dark Triad Traits of Personality and Attachment Styles with couple burn-out. The results showed that unsuitable social conduct of people with high scoring of dark triad of personality leads to lack of love between couples, decreased intimacy and contentment, which eventually leads to couple burn-out.

According to a research conducted by Andrea Nickisch et al. (2020) to investigate the relationship between Dark Tetrad Personality Traits and Attachment Styles. The outcome demonstrated that positive relationship was found between Machiavellianism, psycho-pathy,

sadism and both types of attachment styles namely avoidant and anxious attachment styles, while magnificent narcissism was seen in inverse correlation with anxious attachment.

A research was held by Lee et al. (2020) who explored the connection between Dark Personality Traits and Attachment Styles within romantic relationships. The study revealed that individuals with avoidant attachment were more likely to exhibit Machiavellianism and psychopathy. Anxious attachment was positively correlated with narcissism. Secure attachment was associated with lower scores across all dark traits.

Johnson et al. (2019) conducted a study to find the effect of Dark Personality Traits on Attachment Styles. It was found by results that individuals with anxious attachment were more likely to score higher on Machiavellianism and narcissism. Moreover, avoidant attachment was positively correlated with psychopathy. Secure attachment was associated with lower levels of all three Dark Personality Traits.

A famous researcher, Smith et al. (2017) examined the association between Attachment Styles and Dark Triad Personality Traits such as narcissism, Machiavellianism, and psychopathy in a study. The findings indicated that individuals with anxious attachment were more likely to exhibit higher levels of narcissistic traits, while those with avoidant attachment displayed tendencies toward psychopathy. Securely attached individuals demonstrated lower scores on all three Dark Tetrad Personality Traits.

These studies collectively emphasize the intricate relationship between Attachment Styles and Dark Tetrad Personality Traits. Anxious attachment tends to be linked with narcissism, avoidant attachment with psychopathy, and secure attachment with lower levels of these dark traits. Understanding these connections can contribute to a better understanding of personality dynamics and their implications.

Attachment styles and Friendship Quality

Two main psychological terminologies namely, Attachment Styles and Friendship Quality, are brought in light in this part of study. High friendship-Quality is described by some factors including strong rapport, friendship, high-levels of intimacy and other positive factors and low-levels of any sort of dispute, rivalry, hatred and other negative factors. Quality friendships require time to be developed and this is influenced by two main components namely, behavior and social skills.

Maryum Altaf et al. (2023) conducted a study to investigate the relation between Attachment Styles, Friendship Quality and Psychological-Capital in adults. The outcome shows that secured and fearful Attachment Styles, age and number of friends and Friendship Quality had a positive correlation with Psychological capital. Indicating that Attachment Style has an effect on the number of friends and Friendship or Relationship Quality, ultimately affecting the Psychological capital. However it did not affect situations that required hope.

A study conducted by Nugent et al. (2021) to evaluate that Attachment Styles are a causative agent of depressive symptoms friendship quality or not, its difference was also evaluated in both genders. The results showed that Attachment Styles were not proved to affect Friendship Quality in males and females. Further studies were required to investigate the factors that are related with gender difference in attachment relationships and depressive symptoms.

A research was conducted by a group of researchers, including Tracy K et al. (2020) to find the relationship between Parental Attachment and Friendship Qualities. In this study the child's gender and age were also considered. The outcomes show that Maternal Attachment, either avoidance or anxiety, was connected to Friendship Qualities among boys. Paternal Attachment anxiety was directly related with power issues among junior-high school boys, and with negative interplay among boys and senior high-school girls as well. It was found that

Paternal and Maternal Attachments, both were not associated with Friendship Qualities among junior high school girls.

A group of researchers namely, Jocelyn A et al. (2005) conducted a research to investigate the relation between Attachment Style and Friendship Qualities. The results showed that closely attached people had higher levels of surpassing hurdles in their friendships and lower levels of disputes, while avoidant people showed higher levels of disputes and lower levels of rapport. Relationship between Attachment Styles, participant's gender and gender of the friend (either same or opposite) had a combined impact on Friendship Qualities.

A study was conducted by Agnor et al. (2009) to investigate that Attachment Relationships with moms affects the quality of kid's rapport with other kids at school and their acceptance by other children in the classroom. The results showed that attachment reliability provides new paths for the children's social success, and it depends on the child's gender. Girls mostly value being in a dyadic relation, as it gives emotional rapport and proximity. Boys' road to success with children maybe from close attachment rapport with their mom, rather than a close friend. Hence the Attachment Relationship supplies rapport and proximity, and their friends in class provide a contrasting role. No evidence was found for the fact that Friendship Quality interfered with the relationship between attachment and social accomplishment.

A combined research was conducted by Barbara L et al. (2004) to investigate that whether adolescent Attachment Style is connected to Friendship Interaction and awareness of Friendship Quality. The results showed that Attachment Security, rather than insecurities, has a major effect on rapport in a friendship.

A study was submitted by Livesey et al. (2018) who investigated if Social Anxiety and Attachment Styles, for instance fearful avoidant, pre-occupied and dismissing attachment had an effect on the Quality of Friendship and romantic relations. The results showed that secured

attachments had a better Quality Friendship and Relationships. Fearful avoidant attachment had a poor Quality Friendship and Relationship, while Pre-occupied attachment had better Quality Friendship and Relationship. It was also found that higher the Social Anxiety levels, the poorer the Quality of Friendships.

A research was held by Lim et al. (2021) to demonstrate an important connection between Attachment Style, Friendship Quality and communication in young adult friendships. The results showed that people with good communications skills had better Friendship Quality. Moreover, securely attached people enjoyed better Relationship Quality with their friends, but fearfully attached people were reviewed of having low quality friendship and relations. Communication skills were however not considered to affect the attachment styles. In short, communication skills were seen to effect Friendship Quality but not Attachment Styles, while Attachment Styles had a significant effect on the Friendship and Relationship Quality.

A study was set up by Erin L et al (2013) to evaluate the relationship between Attachment Style and Friendship Contentment and connection with wellbeing, including depression, isolation and meaning in life. The outcome shows that there was a connection between Attachment Style and Friendship Contentment, and this contentment impacts the older adult female's experience of depression, isolation and life's meaning. A woman who has a secured Attachment Styles, has higher levels of Friendship Quality and decreased levels of depression and isolation. However, the number of female companions a woman has, was inversely related with the female's levels of depression and isolation. Moreover, the number of female companions a woman had was directly related with the presence of meaning in her life.

These researches provide evidence of the fact that Attachment Styles have a deep effect on the Friendship and Relationship Quality. The better the Attachment Style or Attachment Relationship between people, the better will be the Friendship Quality. It is seen in the

researches that secured relationships had better rapport than fearful avoidant relationships and pre-occupied relationships as well. Understanding these connections between Attachment Styles and Friendship Quality can contribute to a better understanding of personality dynamics and their implications.

Dark Tetrad personality trait and Friendship Quality

This part of the literature is going to focus on the relationship between two core terms, namely Dark Tetrad Personality and Friendship Quality. The Friendship Quality involves feelings of trust, loyalty, and mutual support, as well as effective communication while dark trait personality involves sadism, narcissism, psycho-pathology and Machiavellianism.

A research set up by Claire A.J et al. (2021) to examine the connection between parental and intimate adult, either best friend or a partner, attachments with Dark Personality Traits and lack of rapport in women. The outcome showed that psycho-pathology was directly and indirectly connected with intimate adult life Attachment Insecurity, while narcissism was affiliated with secure attachment by reduced anxious attachment with best friends. Lower levels of empathy interfered with the relationship between psycho-pathology and caused an increase in avoidant attachment, it also caused lowering of anxious attachment. These outcomes are found to be a possible cause from parental to intimate adult life attachment difficulties in women with Dark Traits particularly psycho-pathic traits.

A study held by Tas Ferencz (2022) and co-workers in order to find the siblings Relationship Quality and parental bringing up style influence on the development of Dark Triad Personality Traits. The results show that amount of disputed among siblings teenage was directly correlated with Machiavellianism and psycho-pathology. The feeling of rapport with the siblings gave negative correlation with Machiavellianism. If the parents were biased towards other sibling, this ultimately increased the chance of narcissism. It was also found that the amount of parental emotional support was negatively associated with psycho-pathology, while

ignorant or overprotected behavior caused high chances of psycho-pathology among children. In the second study it was found that, parents emotional support lead to narcissism while rejected prevented the development of narcissist trait. Machiavellianism was positively correlated with the quantity of disputes with siblings, and was negatively correlated with rapport with siblings. In the third study outcome showed that sibling's relationship quality had a considerable impact on the primary psycho-path and borderline traits. Parent's ignorance and over-protection had an impact on border-line traits and unsafe narcissism. These outcome shows how environmental factors, especially the Relationship Quality between family members impacts the development and formation of Personality.

A study held by Peter K. Jonason et al. (2012) to investigate how Dark Triad Personality Traits including narcissism, psychopathy and Machiavellianism help the formation of a person's social environment or friendship environment in case of same and opposite gender friends. The outcome shows that Dark Triad Traits were found to make friends for planned motive and to form strained conditions. Narcissistic people had more reasons to make friendships and relationships including shared profits, to make them feel pleased and intelligent. Women, who are high in narcissism, tend to choose same gender friends who are alluring, while women, who are high on Machiavellianism, tend to choose same gender friends who have higher social status. Men who are high on psychopathy traits are connected with good social friendships and relations in return of such friends who could help their mating efforts and to balance risks that occurred in their life.

A research was submitted by Gayle Brewer (2023) and co-workers to evaluate the connection between the Dark Triad Traits and the methods used during the ending of Romantic Relationships. The outcome shows that Machiavellianism adopted the methods of avoiding, withdrawing, manipulating and de-escalating when ending a Romantic Relationship and lower their meetings. Psychopaths adopted the methods of manipulating and reduced communication

with a negative tone, self-blaming and openly confront when ending a Romantic Relationship. In the second study it was found that psychopaths adopted more distant communication and Machiavellianism did not use much strategies to end up a relationship, narcissism was seen to be less connected with breaking up plans than Machiavellianism or psychopaths, indicating towards open confrontation with romantic partners only.

These study indicate the different ways an individual with Dark Tetrad Personality Traits behaves in a Friendship or Relationship and affect its Quality and how different types of Relationship or Friendship Quality impacts a person's personality and cause him or her to adopt Dark Traits. Both these terms, Dark Tetrad Personality Trait and Friendship Quality are inversely related, development of Dark Traits leads to lowering of Friendship and Relationship Quality.

Attachment Styles, Dark Tetrad Personality Trait, and Friendship Quality

The relationship between Attachment Styles, Dark Tetrad Personality Trait and Friendship Quality are described under this part of research. It is seen through literature how all three terminologies are connected with each other and have a high impact on one another. The better the Attachment Style, the better will be the Personality and absence of Dark Personality Traits and hence, the better will be the Friendship and Relationship Quality.

A study conducted by Loren Abell et al. (2014) to find the relationship between Parental Bonding (Attachment Style), Machiavellianism and adult Friendship or Relationship Quality. The results suggest that reduced levels of maternal care and increased levels of paternal care are related to Machiavellianism, which is a Dark Personality Trait, this in turns causes lowering of adult Friendship Quality. The Machiavellianism individual does not trust the partner and emotionally detaches from the friendship and reduces the investment placed in the friendship or relationship as they have a fear that they might be utilized.

Two researchers, Demircioğlu et al. (2020) conducted a research to investigate the impact of Attachment Anxiety, Attachment Avoidance on social media addiction and cyberbullying as distal measures and partial interfering effects of Dark Triad Personality Traits, angry and anxious rejection sensitivity, as well as Friendship Quality among teenagers. The outcome shows that the Attachment Anxiety was a considerable factor of social media addiction among teenagers. The impact of Attachment Anxiety on cyberbullying was not significant. However angry and anxious rejection sensitivity fully interfered with the connection between Attachment Anxiety and Friendship Quality. The connection between Attachment Avoidance and cyberbullying was interfered by psychopathy. Machiavellianism and psychopathy were partially arbitrated between the link of Attachment Avoidance and Friendship Quality.

A study was proposed by Zeynep Işıl Demircioğlu et al. (2021) to examine the arbitrating effects of Attachment Styles, Rejection Sensitivity and Dark Personality Traits on the connection between Friendship Satisfaction and social media addiction. The outcome demonstrated that Friendship Satisfaction was a considerable factor of social media addiction and it also interfered with the connection of fearful attachment with social media addiction. Moreover the direct connection between Fearful Attachment, Rejection Sensitivity, Machiavellianism and psycho-pathology to social media addiction was significant.

A researcher named Uysal, A. N. (2016) conducted a research which aimed to evaluate the role of Dark Triad Personality (including narcissism, Machiavellianism and psycho-pathology), love attitude and Attachment Styles (including anxiety and avoidance attachment) on relationship or Friendship Satisfaction. The outcome showed that psycho-pathology, Attachment Anxiety and ludus love style had a negative effect on Relationship Satisfaction, while Attachment Avoidance had a positive effect on the Relationship Satisfaction. Machiavellianism was discovered to be a causative agent of Attachment Anxiety which hence caused increased

lulus and decreased Relationship Satisfaction. The results also revealed that narcissism was negatively correlated with Attachment Anxiety which hence caused Relationship Satisfaction.

These researches show that three terminologies namely, Attachment Styles, Dark Tetrad Personality Trait, and Friendship Quality are inter-related and by altering one variable, the others will automatically be affected. In order to achieve a happy and healthy well-being, a balance must be maintained in all these three variables.

Indigenous Researches

Maryum Altaf et al. (2023) conducted a study to investigate the relation between Attachment Styles, Friendship Quality and Psychological-Capital in adults. The outcome shows that secured and fearful Attachment Styles, age and number of friends and Friendship Quality had a positive correlation with psychological capital. Indicating that Attachment Style has an effect on the number of friends and Friendship or Relationship Quality, ultimately affecting the psychological capital. However, it did not affect situations that required hope.

Asia Mushtaq et al. (2022) conducted a study to on examine how psychological maladjustment influences the relationship between developing adults' Dark Triad features, psychological suffering, and subjective happiness. A sample of 546 subjects were included in the study. The study concluded that Psychopathy and Machiavellianism showed a positive correlation with psychological discomfort, however narcissism did not seem to be a relevant predictor. Machiavellianism and subjective happiness have a positive correlation and a negative correlation, respectively.

Syeda Shahida et al. (2020) conducted a study to to evaluate how prosocial behaviour (altruism), emotional intelligence, and friendship quality are affected by good parenting. A total of 350 subjects were included in the study. The study concluded that through emotional intelligence, prosocial behaviour of teenagers was statistically significantly influenced by good parenting. Positive parenting has a statistically significant direct and indirect influence (via

prosocial behaviour and emotional intelligence) on the friendship quality of teenagers. Prosocial behaviour and friendship quality both showed gender as a major covariate.

Rationale

The exploration of human interpersonal relationships has lengthy been a subject of intrigue and study throughout numerous fields, which include psychology, sociology, and verbal exchange studies. Amongst those relationships, friendships hold a special region as they contribute substantially to individuals' emotional properly-being, social integration, and personal improvement. Expertise the factors that affect the fine of friendships, especially in teens, has implications for fostering more healthy social dynamics and selling mental health.

Attachment theory suggests that early childhood experiences with caregivers shape beliefs about self and others that shape future relationships. Research shows that Attachment Styles have a significant impact on young people's friendships. For example, secure individuals tend to have more satisfying friendships characterized by trust, intimacy, and emotional support (Feeney & Collins, 2015). In contrast, people with unstable Attachment Styles tend to have more difficulty forming and maintaining close friendships (Mikulincer & Shaver, 2016). Dark Tetrad Personality Trait is another personal trait that can affect young adult friendships. It is seen that Dark Triad Traits were found to make friends for planned motive and to form strained conditions. Such people had more reasons to make friendships and relationships including shared profits, to make them feel pleased and intelligent. (Peter & David, 2012). Research has shown that Dark Personality Trait is negatively associated with Friendship Quality, with such individuals having less satisfying friendships characterized by more conflict and less emotional support. (Barry et al., 2014.)

Not much work has been done regarding the Attachment Styles, Dark Tetrad Personality Trait and Friendship Quality on young adults in Pakistan as compare to the west where a lot of work has been done.

Therefore the aim of the present study is to help the society in understanding how small changes in Attachments or behavior can affect Personality changes and in turn help the society understand people with Dark Tetrad Personality Traits and help them in their lives and prevent such condition to introduce new Dark Personalities. This will also help in building strong and long living Relationships and Friendships. This rationale outlines the importance of analyzing the interaction among Attachment Patterns, Darkish Personality Tendencies, and Friendship Quality amongst teens.

Objectives of the study

1. To investigate the relationship between Attachment Styles (close, depend, anxeity), and Friendship Quality in young adults.
2. To investigate Dark Tetrad Personality Trait (narcissism, psychopathy, Machiavellianism, and sadism) as a mediator between the relationship of Attachment Styles (Close, depend, anxiety), and Friendship Quality in young adults.

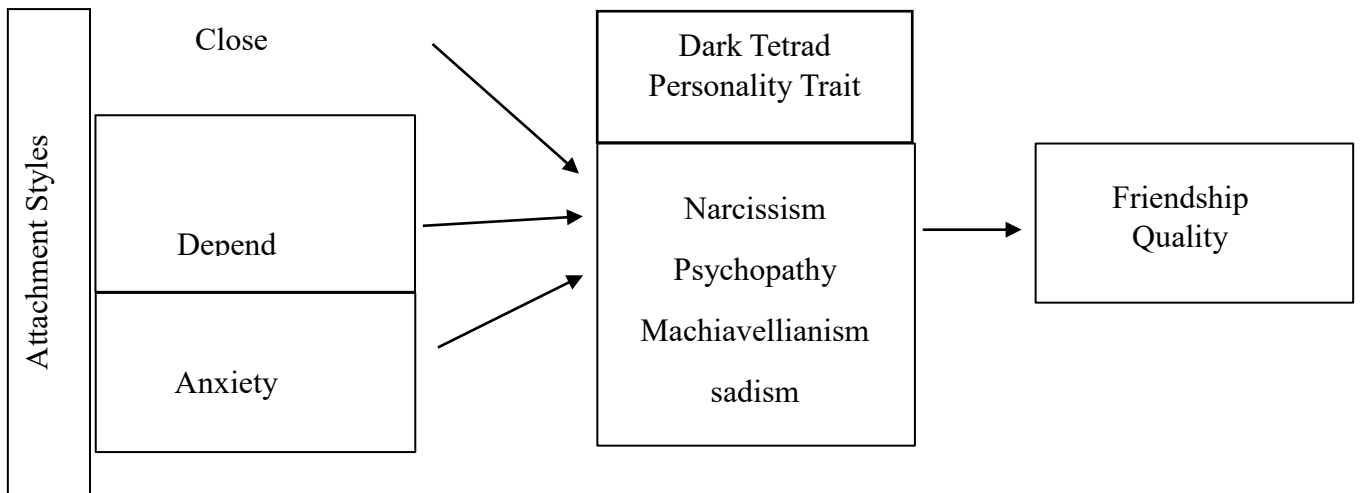
Hypothesis

1. There is likely relationship between Attachment style (close, depend, anxeity), Dark tetrad personality (narcissism, psychopathy, Machiavellianism, and sadism) and friendship quality in young adults.
2. Attachment style (close, depend, anxeity) and Dark tetrad personality (narcissism, psychopathy, Machiavellianism, and sadism) will predict the freindship quality in young adults.

3. Dark tetrad personality (narcissism, psychopathy, Machiavellianism, and sadism) will mediate the relationship between attachment (close, depend, anxieity) and Friendship quality.

Hypothetical model:





Chapter III

Method

This chapter consists of research design, sample and sampling strategy, assessment measures, procedure, and ethical considerations.

Research Design

Correlational research design was employed in the present study to find out the relationship between Attachment styles, Dark Tetrad personality and Friendship Quality in young adults.

Sample

The sample comprised of 400 Young Adults ($N=400$), including males ($n= 200$) and females ($n=200$) with an age range of 19 to 25 years ($M = 20.84$, $SD = 1.53$). Convenient sampling technique was used to collect the data from different University Students (government and private), according to the following criteria:

Inclusion criteria

- Educational level (At least Intermediate).

Table 1*Descriptive Statistics of Demographic Variables*

<i>Variables</i>	<i>f (%)</i>	<i>M(SD)</i>
Age		20.84(1.53)
Education (in years)		8.8850(5.56590)
Number of siblings		2.6825(.90484)
Gender		
Male	192(48.0)	
Female	208(52.0)	
Family System		
Nuclear	271(67.8)	
Joint	129(32.8)	
Birth order		
Elder child	132(33.0)	
Middle child	119(29.8)	
Younger child	122(30.5)	
Only child	27(6.8)	
CGPA		1.7650(.72877)
Family Income		2.0550(1.17064)
Area of residence		
Rural	165(41.3)	
Urban	235(58.8)	
Employment status		
Full time	49(12.3)	
Part time	30(7.5)	

Self employed	41(10.3)
Unemployed	280(70.0)
Marital Status	
Married	37(9.3)
Single	363(90.8)
Universities	
Private Universities	185(46.3)
Public Universities	215(53.8)
Semester	
1 st	36(9.0)
2 nd	14(3.5)
3 rd	137(34.3)
4 th	25(6.3)
5 th	29(7.2)
6 th	43(10.8)
7 th	67(16.80)
8 th	49(12.3)
Physical illness	
Yes	192(48.0)
No	208(52.0)
Psychological illness	
Yes	163(40.8)
No	237(59.3)

Note. For Gender: 1 = Male and 2 = Female; Family System: nuclear =1 and joint = 2

Birth Order: first born =1, second born =2, middle = 3 , youngest = 4, only child =5 Residence:

Australia = 1, Pakistan = 2, Employment status: full time employed = 1, part time employed = 2, self-employed = 3 unemployed = 4 Marital status: married = 1, single = 2.

Operational Definitions of Variables

Following are the operational definitions of the study variables.

Attachment Styles

Attachment style can be operationally defined as the enduring patterns of emotions, behaviors, and cognitions that individuals develop in response to their primary caregivers' availability and responsiveness during infancy and childhood.(Levy et al., 2011)

The theory classifies attachment styles into four main categories: secure, anxious-preoccupied, dismissive-avoidant, and fearful-avoidant. (Meyer & Pilkonis, 2001) Securely attached individuals generally exhibit trust and comfort in close relationships, while anxious-preoccupied individuals tend to be more dependent and anxious about abandonment. Dismissive-avoidant individuals often avoid emotional intimacy, and fearful-avoidant individuals struggle with a combination of anxiety and avoidance in relationships. It was operationally defined as sum of scores on following subscales:

Secure Attachment

Individuals with a secure attachment style tend to have positive views of themselves and other people around them. They feel comfortable with intimacy and are able to trust and rely on their partners or friends. They have confidence in seeking support from others when needed and can effectively balance autonomy and closeness in relationships. They use their caregiver as a secure base to explore the world and develop a sense of trust. When the caregiver leaves, they may be distressed but can be comforted upon the caregiver's return. (Fraley & Roisman, 2019)

Anxious-Preoccupied Attachment

Those with an anxious-preoccupied attachment style typically have low self-esteem and a high need for approval and reassurance from others. They often worry about rejection or abandonment and may display clingy or demanding behaviors in relationships. Such individuals are hyper-vigilant to signs of rejection and tend to exaggerate problems, leading to emotional highs and lows in their interactions. They often worry about whether the caregiver will be there for them and seek constant reassurance. They may display clingy or possessive behavior in their relationships. (Levy et al., 2011)

Dismissive-Avoidant Attachment

Individuals with a dismissive-avoidant attachment style often prioritize independence and self-reliance. They downplay the importance of close relationships and may suppress emotional needs and vulnerability. Fearful-Avoidant Attachment: Also known as anxious-avoidant or disorganized attachment, this style is characterized by a combination of anxious and avoidant tendencies. They downplay their emotional needs and distance themselves from their caregivers. They appear self-reliant and may avoid showing vulnerability or seeking comfort. Independence is highly valued, and they may struggle with emotional expression. (Fraley & Roisman, 2019)

Fearful-avoidant Attachment

People with fearful-avoidant attachment styles experience internal conflicts, as they desire close relationships but also fear rejection and intimacy. They may display ambivalent behaviors in relationships, alternating between seeking and distancing from emotional intimacy. They have conflicting emotions about close relationships. They desire emotional closeness but are simultaneously afraid of getting hurt or rejected. This

attachment style is often associated with a history of inconsistent caregiving and may lead to unpredictable behavior in relationships.(Levy et al., 2011)

Dark Tetrad Personality

The Dark Tetrad personality refers to a set of malevolent personality traits that are characterized by manipulative, exploitative, and antagonistic behaviors. These traits have been the subject of extensive research in the field of personality psychology due to their association with various negative outcomes in interpersonal relationships, work settings, and society as a whole (Jonason & Webster, 2010).). It was operationally defined as sum of scores on following subscales:

Narcissism. Narcissism involves a grandiose sense of self-importance, a preoccupation with fantasies of unlimited success and power, and a constant need for admiration and attention from others (Raskin & Terry, 2017). Individuals high in narcissism tend to prioritize their own needs and desires over those of others, and they often lack empathy and consideration for the feelings of others (Vazire & Funder, 2006).

Machiavellianism

Machiavellianism is characterized by a strategic and manipulative approach to social interactions. Individuals high in Machiavellianism are skilled at using deception and exploitation to achieve their goals, often at the expense of others (Christie & Geis, 2008). They tend to be cunning, calculating, and willing to employ unethical tactics to gain advantages in various situations.

Psychopathy

Psychopathy involves a lack of empathy, remorse, and moral responsibility. Psychopathic individuals may engage in impulsive and antisocial behaviors, displaying little regard for the well-being or rights of others (Fraley & Roisman, 2019). They often

have a superficial charm that masks their true intentions and a tendency to manipulate and exploit others for personal gain.

Sadism

Sadists are a part of Anti-Social Personality Disorder now. In the past, they had a separate diagnosis under the old DSM formats. The name Sadism comes from Marquis de Sade (1740-1814) a French philosopher and writer. His works combined philosophy with sexual fantasies and violent behavior. Sadists are individuals who crave cruelty. It is not clear whether this behavior is inherited, developed or learned. Not all sadism is sexual or involves killing, rather it is about inflicting pain on others that Sadists find exciting or pleasurable. Unlike Psychopaths, they are not as calculating about the abusive behavior, instead, it is all self-pleasuring.(Fraleay & Roisman, 2019)

Friendship Quality

Friendship can be operationally defined as the close and mutually satisfying interpersonal relationship between two or more individuals who share affection, trust, and a sense of companionship. It is characterized by emotional support, empathy, and a willingness to invest time and effort in each other's well-being and happiness. Friends typically engage in shared activities, communicate openly, and offer both instrumental and emotional assistance during times of need (Fehr, 2004). Friendships are voluntary and non-familial relationships that develop based on shared interests, values, and experiences. They provide individuals with a sense of belongingness, social validation, and a space to express themselves authentically without fear of judgment (Rawlins, 2004).

Assessment Measures

Following were the assessment tools used in the present study:

1. Demographic Sheet
2. Adult Attachment Styles (AAS)
3. Dark Tetrad Personality (DTP)
4. Friendship Quality Scale (FQS)

Demographic Sheet

Demographic information was included regarding gender, age (in years), University Students (Undergraduate), family income, family system, birth order, fathers education, mother's education , fathers occupational status, mothers education and mothers occupational status.

Adult Attachment Scale (AAS)

The Adult Attachment Scale (RAAS; Collins, 1996) was developed to assess individual differences in attachment style. This 18-item scale contains three subscales (each with 6 items): (a) the close subscale measures the extent to which a person is comfortable with closeness and intimacy; (b) the depend subscale assesses the extent to which a person is comfortable depending on others and believes that people can be relied on when needed; and (c) the anxiety subscale measures the extent to which a person is worried about being rejected and abandoned by others. The revised scale includes the following changes. First, one item on the close subscale was replaced to improve reliability. Second, one item on the anxiety scale that was poorly worded has been replaced with a similar item. Finally, two items on the anxiety scale concerned with a strong desire to "merge" with a partner were replaced with two new items concerned with "ambivalence" about relationships. Participants are asked to respond to each item in terms of their general orientation toward close relationships. In a sample of

undergraduates, Cronbach's alphas for the close, depend, and anxiety subscales were .77, .78, and .85, respectively.

Short Dark tetrad (SD4)

The purpose of the scale is to provide a valid and reliable measure of these dark personality traits, which can help researchers understand their psychological and social consequences, including their impact on individual well-being, interpersonal relationships, and societal functioning. The dark tetrad personality scale consists of 100 items, with 25 items measuring each of the Dark Tetrad traits. Respondents rate their agreement with each statement on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). The dark tetrad personality scale is a valid measure of the Dark Tetrad traits and has been associated with various negative outcomes, indicating its usefulness in identifying individuals who may be at risk for negative behaviours and outcomes associated with these traits. The Dark Tetrad Personality Scale has demonstrated good reliability, with high internal consistency and good test-retest reliability. Reported that the four subscales had good internal consistency, with Cronbach's alpha coefficients ranging from .83 to .91, indicating that the items within each subscale were highly correlated (Jones, 2018).

Friendship Quality Scale (FQS)

The Friendship Quality Scale (FQS) developed by Bukowski, Hoza, and Boivin (1994) is a comprehensive tool designed to assess various dimensions of children's perceptions of the quality of their friendships. The scale consists of 23 items. The FQS is designed to measure different aspects of children's perceptions of the quality of their friendships. The scale typically includes multiple dimensions such as:

Companionship: To what extent the child feels companionship and shared activities in the friendship. Help and Guidance: Perceptions of the friend's helpfulness and guidance.

Security: The sense of security and emotional support within the friendship. Conflict and Betrayal: Measures conflicts and feelings of betrayal within the friendship.

The scale likely utilises a Likert-type response format, like 1= Not at all true, 2= A little true, 3= Somewhat true, 4= Pretty true, and 5= Really true. Participants, in this case children, would respond to each item by indicating the extent to which they agree or disagree with statements about their friendships. The responses are then scored to quantify the perceived quality of different dimensions. The Cronbach alphas for the FQS subscales were: Companionship: .72; Conflict: .68; Closeness: .76; Help: .81; and Security: .58.

Procedure

The permission to use the questionnaires was taken from authors through email. The researcher obtained an authority letter from Institute of Applied Psychology. This letter was used to get permission from the University selected for data collection. Head of the University were approached to take permission. The purpose of research was informed to the authorities. They gave the consent and were ready to manage their schedule according to the study requisites.

The researcher reached the university in time for the data collection. Only University Students were selected. The Young Adults were approached through convenient sampling. A total number of 400 Young Adults were approached from their educational institutes for data collection. The researcher introduced her to them and gave a brief view about the purpose of research. The researcher assured the participants about the full confidentiality of all the information obtained from them and consent was taken. They were told that their responses were treated confidentially and anonymously. The participants were told that participation in the study is voluntary and they had the right to withdraw at any time if they feel uncomfortable. A questionnaire was given to them and explained all the instructions. The whole administration took 20-25 minutes only in each college. There were total 150 questionnaires which were

distributed among the participants and from which 28 questionnaires were discarded. University (Comsat's University Campus Lahore). As the data collection ended after multiple visits, the participants were warmly thanked for their cooperation. Finally, the researcher showed her humble gratitude to the college authorities for their assistance and collaboration. After the completion of data collection, data was analyzed, and results were discussed.

Ethical Considerations

Following were the ethical considerations for the study:

- Permissions were taken from authors of assessment measures.
- Permissions were taken from the concerned authorities.
- Consent was taken from participants and instructed about the right to withdraw from study at any time they wanted.
- The participants were assured that the information required from them would be kept confidential and not be shared with anyone who is not directly involved in the research.
- Results were reported accurately.

Chapter IV

Results

Data was analyzed using SPSS version 26. Descriptive statistics for demographic variables and study variables. Cronbach Alpha values were calculated to assess the internal consistencies of the scales in the given study. Initially correlations between variables were calculated with Pearson Correlation. Attachment styles and dark tetrad personality were assessed as predictors for friendship quality. Next mediation model was analyzed using AMOS to assess dark tetrad personality as a mediator between attachment styles and friendship quality. As additional findings, independent samples *t*-tests were also run to assess the respective differences of study variables between demographic variables.

The descriptive statistics and Cronbach's alpha are shown in Table 2.

Table 2

Descriptive Statistics of Study Variables (N=400)

<i>Study Variables</i>	<i>K</i>	<i>α</i>	<i>M</i>	<i>SD</i>	<i>Range</i>
Attachment Styles					
Close	6	0.77	17.90	2.95	10-18
Depend	6	0.78	17.47	3.46	21-29
Anxiety	6	0.85	15.58	5.17	24-30
Dark Tetrad Personality					
Machiavellianism	7	0.79	20.08	6.42	28-35
Psychopathy	7	0.78	19.59	6.14	28-35
Narcissism	7	0.75	17.90	5.68	23-30
Sadism	7	0.59	18.89	5.00	27-34
Friendship Quality	23	0.84	76.26	14.32	80-112

Note. M=Mean, SD=Standard Deviation

All scales and subscales indicated good reliability above 0.6 (Levy et. al., 2019).

It was hypothesized that there will be a significant correlation between Attachment Styles Dark Tetrad Personality and Friendship quality among young adults. Intercorrelations among demographic and study variables are shown in Table 3.

Table 3*Correlation of Demographics with Study Variables (N=400)*

	2	3	4	5	6	7	8	9	10	11	12
1. Age	-.04	.08	.06	.04	.03	.01	.09	.04	.03	.05	-.01
2. Family System	-	-.13**	-.06	.03	-.03	.04	.01	.07	.04	.05	-.07
3. Education (in years)		-	.06	.04	.01	-.09	-.10***	-.16**	-.13**	-.12*	.06
4. Previous CGPA			-	-.02	.01	.09	.06	.03	.03	.09	-.01
5. Close				-	.02	.01	.04	.02	-.22***	.08	.08
6. Depend					-	-.33***	-.36***	-.13**	-.09	-.09*	-.13**
7. Anxiety						-	.63***	.48**	.51***	.27**	.08
8. Machiavellianism							-	.49**	.61***	.29**	.22**
9. Narcissism								-	.67***	.52**	.03
10. Psychopathy									-	.41**	.13**
11. Sadism										-	.18
12. Friendship Quality											-

Note. * p<.05, ** p<.01, *** p<.001

Table 3 showed that education had a negative correlation with Machiavellianism, narcissism, psychopathy, and sadism. The close attachment style had a negative correlation with psychopathy and depend had a negative correlation with anxiety, machiavellianism, narcissism, sadism and friendship quality. Anxiety had a positive correlation with Machiavellianism, narcissism, psychopathy, and sadism. The subscales of dark tetrad personality Machiavellianism had a positive correlation with narcissism, psychopathy, sadism, and friendship quality. Narcissism had a positive correlation with psychopathy and sadism while psychopathy positively correlated with sadism and friendship quality. Hence, the hypothesis was approved that there will be a significant correlation between attachment styles, dark tetrad personality, and friendship quality in young adults.

It was hypothesized that attachment styles (close, depend, anxiety) will predict dark tetrad personality (narcissism, psychopathy, Machiavellianism and sadism) in young adults. Dark tetrad personality (narcissism, psychopathy, Machiavellianism and sadism) will mediate the relationship between attachment (close, depend, anxiety) and Friendship quality.

Table 4 reveals the model fit indices, and Tables 5 and 6 reveal the direct and indirect effects of study variables.

Table 4*Model Fit Indices for Attachment style, Dark tetrad personality and friendship quality**(N=400)*

Model	χ^2	df	P	CFI	NFI	RMSEA
Model 1	16.60	4	.002**	.99	.98	.08

Note. * $p < .05$, ** $p < .01$, *** $p < .001$, N=400, All change in chi-square value is computed relative to the model, $\chi^2 > .05$. CFI= Comparative Fit Index; TLI= Tucker Lewis Index; χ^2 = chi-square. RMSEA=Root Mean Square Error of Approximation

The above table shows the results of absolute fit for Model 1. The path model describes hypothesized links between the study variables i.e.,: attachment styles, dark tetrad personality, and friendship quality. In this case, 16.60 with 4 degrees of freedom and a p-value of .002 suggests that the model is statistically significant. The CFI and NFI values both suggest a very good fit, close to perfect. The RMSEA, while slightly above the commonly used cutoff of .05, is still within an acceptable range, suggesting reasonable fit. Direct and Indirect effect estimates were calculated to analyze the mediation model with bootstrapping method (95% Confidence Intervals).

Table 5*Estimates of the Direct Effect of Close, Depend and Anxiety on dark tetrad personality**(N=400)*

Dark Tetrad Personality												
Variables	Machiavellianism			Narcissism			Psychopathy			Sadism		
	B	β	SE	B	β	SE	B	β	SE	B	β	SE
Close	.09	.04	.08	.02	.01	.08	.15	.07	.08	.12	.07	.08
Depend	-.32***	-.17	.07	.05*	.03	.07	-.11	.03	.07	-.02	-.01	.07
Anxiety	.71***	.57	.05	.54***	.49	.05	.57***	.49	.05	.25***	.26	.04

Note: * $p < .05$; ** $p < .01$; *** $p < .001$ Positive Standardized Coefficient*, B = Unstandardized Regression Coefficient; β = Standardized Regression Coefficient, SE = Standard error.

Table 5 displays the findings indicate that attachment styles Depend negatively predicted Machiavellianism and positively predicted narcissism while anxiety positively predict Machiavellianism ,narcissism, psychopathy, and sadism.

Table 6

Estimates of the Direct Effect of Machiavellianism, Narcissism, Psychopathy, and Sadism on friendship quality (N=400)

Friendship Quality			
Variable	B	β	SE
Machiavellianism	.53***	.23	.13
Narcissism	-.32	-.12	.17
Psychopathy	.19	.08	.17
Sadism	-.05	-.02	.16

Note: . * $p < .05$; ** $p < .01$; *** $p < .001$;Positive Standardized Coefficient*, B = Unstandardized Regression Coefficient; β = Standardized Regression Coefficient, SE = Standard error.

Table 6 showed that Machiavellianism was a positive predictor of friendship quality.

Table 7*Estimate of Indirect Effects of attachment style on friendship quality (N=400)*

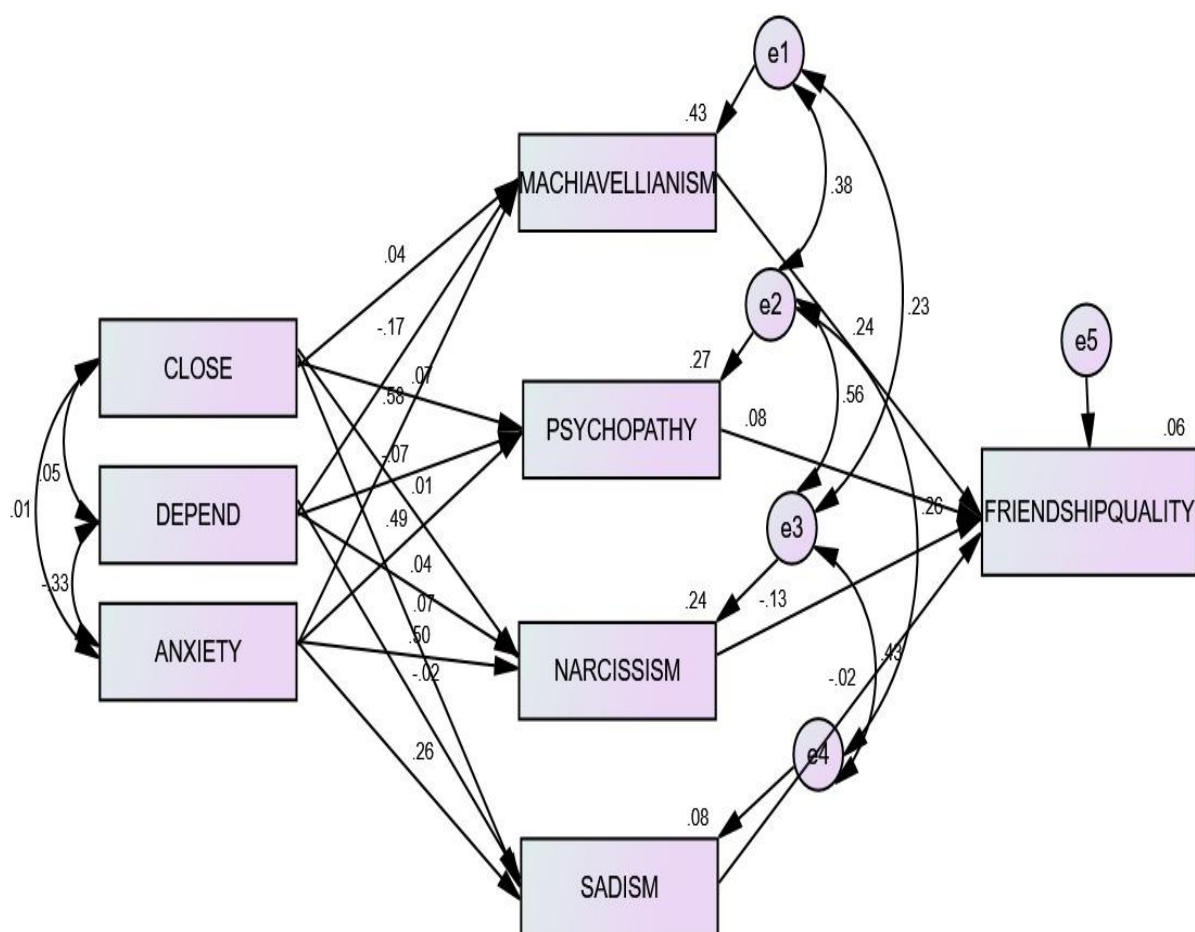
<i>Friendship quality</i>			
Variable	B	β	SE
Close	.06**	.01	.01
Depend	-.21**	-.05**	.01
Anxiety	.30**	.11**	.03

*Note: *p < .05; **p < .01; Positive Standardized Coefficient*, B = Unstandardized Regression Coefficient; β = Standardized Regression Coefficient, SE = Standard error.*

Table 7 indicated that close and anxiety show a positive indirect effect on friendship quality, which showed that dark tetrad personality traits mediated the relationship of close and depend dimensions of attachment and friendship quality. Hence, hypothesis was approved.

Figure 1

Figural Representation of Mediating Role of dark tetrad personality between attachment style and friendship quality.



Summary of Findings

- Demographic variable such as Education (in years) positive correlation with close and depend but negative correlation with anxiety, narcissism, psychopathy, Machiavellianism and sadism.
- Correlation indicated that close attachment style had a negative correlation with psychopathy and depend had a negative correlation with anxiety, machiavellianism, narcissism, sadism and friendship quality. Anxiety had a positive correlation with Machiavellianism, narcissism, psychopathy, and sadism. The subscales of dark tetrad personality Narcissism had a positive correlation with psychopathy and Hence, the hypothesis was approved that there will be a significant correlation between attachment styles, dark tetrad personality, and friendship quality in young adults.
- Results of mediation analysis proved that Attachment styles anxiety mediated the association between tetrad personality (Machiavellianism, narcissism, psychopathy, and sadism) and Friendship Quality.
- Estimates of the Direct Effect indicate that attachment styles subscale Depend negatively significant predicted Machiavellianism and positively significant predicted narcissism while anxiety positively significantly predict Machiavellianism, narcissism, psychopathy, and sadism.
- Estimates of Direct Effect are positive significant predictor Machiavellianism with Friendship Quality and Narcissism, Psychopathy, and Sadism are negative predicted with Friendship Quality.
- Estimate of Indirect Effects is close and anxiety show positive significant indirect effect on friendship quality, while negative significant relationship between depend with

friendship quality. Result showed that dark tetrad personality traits mediated the relationship of close and depend dimensions of attachment and friendship quality.

Chapter V

Discussion

The main aim of present study was to investigate if there is a relationship between attachment styles, dark tetrad syndrome and friendship quality. The results of this study provide important qualifications in relation to the relationship between attachment style, dark tetrad personality and friendship quality but they also generally confirm previous predictions. We hypothesized that the attachment styles will have a relationship with dark tetrad personality and friendship quality. Regarding this, the main finding of the study was that the correlation analysis revealed that attachment styles have a moderately positive correlation with dark tetrad personalities and no correlation with the friendship quality.

The correlation analysis of our study applied between attachment styles and friendship quality revealed that there is no significant correlation between the two variables in young adults ($p = 0.48$). This analysis disapproved the proposed hypothesis that stated “There is a likely relationship between attachment styles and friendship quality in young adults”. This finding is parallel to the findings of studies in literature including the study of Ai Shin et. al., which concluded that there was no statistically significant variation in the participants' attachment styles or the quality of their friendships. However, in their study according to the actual mean scores of the analysis, friends of preoccupied people thought their friendship was of lower quality than that of the safe, dismissive, and fearful groups. The results of hypothesis 4 in their study demonstrated that the friends' attachment styles had a significant impact on how well the friendship was perceived. This suggests that friends' attachment styles influenced their evaluation of each other's friendship quality and, ultimately, how they perceived it. In their study, friends' perceptions were used to evaluate the quality of friendships. People who were securely attached valued their friendships with other people highly, whereas people who were fearfully attached valued their friendships with other people poorly. The regression

analysis of our study indicated that close subscale of attachment styles has a positive effect on Friendship quality this finding is in line with the above mentioned finding of Ai Shin et. al.'s study as people who have a close and secure attachment style will have a positive effect on their friendship quality because they will value their friendships with other people. Ai Shin et. al.'s study also found that according to a comparison of the four attachment groups' actual mean scores, friends of those who were anxiously attached reported feeling less satisfied with their friendship. This finding is again parallel with the finding of our study as the regression analysis in our study revealed that the anxiety subscale of attachment styles has a positive effect on friendship quality which indicates that as the friendship quality will increase, the means of anxiety subscale will also increase. (Lim & Instruction, 2021) Another study conducted by Ai Shin LIM et al found that attachment style does not have an impact on friendship quality, which supports the findings of this study. (LIM, A. S, 2021)

The correlation analysis of our study applied between attachment styles and dark tetrad personality revealed that there is a statistically significant, moderately positive correlation of attachment styles with dark tetrad personality ($p = 0.000$). This analysis approved the proposed hypothesis that stated "There is a likely relationship between attachment styles and dark tetrad personality in young adults". The regression analysis of our study revealed that the close subscale of attachment styles had a positive effect on Machiavellianism, narcissism, psychopathy and sadism subscales of dark tetrad. The depend subscale of attachment styles had a negative effect on Machiavellianism, psychopathy, and sadism however, it had a positive effect on narcissism subscale. The anxiety subscale of attachment styles has a positive effect on Machiavellianism, narcissism, psychopathy and sadism. These findings are homogenous with the study findings of Nickisch et. al. The results of their bivariate analyses showed that both attachment styles, psychopathy, sadism, and Machiavellianism were positively correlated. (Nickisch, Palazova, Ziegler, & Differences, 2020) Our findings were also parallel to the study

findings of Aşkın Nur Uysal's study, with regards to Machiavellianism subscale, which established that anxiety and attachment avoidance are related to Machiavellianism. However, with regards to narcissism subscale, our study findings contradict the findings of Aşkın Nur Uysal's study as they found there was no correlation found between avoidance attachment style and the anxiety attachment style and narcissism subscale of dark tetrad personality. Furthermore, results of Aşkın Nur Uysal's study showed that psychopathy is also associated with attachment anxiety style, this finding of theirs is also parallel to our study findings as the anxiety subscale of attachment styles had a positive effect on psychopathy subscale of dark tetrad personality, indicating that people high on psychopathy expressed greater concern about their relationships, defying the hypothesis that psychopathic people have higher attachment avoidance. (Uysal, 2016) This finding may indicate that young adults have highly anxious attachment style because the majority of our participants were university-aged adults. However, Blackburn (1993) noted that while both primary and secondary psychopathy share the trait of antagonistic interpersonal styles, primary psychopathy does not experience anxiety, whereas secondary psychopathy does.

Measures of correlations and regressions are covered in this section. According to results, age, gender, family system, area of residence, result of previous semester, employment status, birth order has no discernible relationship with attachment styles, dark tetrad personality and friendship quality.

The correlation analysis revealed that there is no significant relationship between gender of the participants and attachment styles. This finding was in line with the research of Besharat et al.'s and Boogar et al.'s study findings which also revealed that there is no correlation between gender of their study participants and attachment styles. (Besharat, Golinejad, & Ahmadi, 2004; Rahimian Boogar et al., 2007) The main focus of attachment theory is cognitive schema, which has an impact on how people organize their relationships

with others and how they perceive the outside world. Without treatment, the schema typically stays the same. Childhood bonds can have an impact on an adult's life, and a child's attachment to their primary caregiver—typically their mother—is internalized and functions as a model for the mind. (Fraley, Bonanno, & Bulletin, 2004) The aforementioned explanations lead us to the conclusion that attachment styles are developed on the basis of internal experiences and schemas that are acquired through interactions with parents and other people over time. These factors play a far larger role in the formation of attachment styles than does gender alone. The age of the participants in our study had no correlation with dark tetrad personalities but this finding contradicts the study findings of Forsyth et. al.'s as they found that the demographics which included age of the participants, were all positively correlated with dark tetrad personality. (Forsyth, Anglim, March, Bilobrk, & differences, 2021) Also in a study done by Plouffe et. al., they found that the attributes of the Dark Tetrad personality showed a moderate to strong correlation with each other which included age and gender, in our study there was no correlation between gender and any of the dark tetrad personality subscales so these results refute the findings of Plouffe et. al.'s study findings. (Plouffe, Wilson, & Saklofske, 2022)

Marital status also has a very weakly positive correlation with Close subscale and Anxiety subscale of Attachment styles. The anxious attachment style has a relationship with marital status and these findings are contradicting to the study done by Simpson et. al and Moghadam et. al., as they found the avoidant attachment style to be correlated with marital status and not the anxious attachment style. (Moghadam, Rezaei, Ghaderi, Rostamian, & care, 2016; Simpson et al., 2011)

In our study, there was no relationship between results of previous semester and attachment styles, this finding is parallel to the findings of Moghadam et. al.'s study results which were that there was no significant relationship between GPA of the participants and attachment styles. On the other hand, in our study it was clear that which educational level had

the respective result but this finding was not available in the Moghadam et. al.'s study as they described the age range and educational level to which each GPA belongs were not identified in our research. Moghadam et. al. also described that one of the drawbacks of their study was that the impact of other factors was not taken into account, and they haven't even been taken into account in other studies but our study covers this limitation, as we analyzed the effects of one variable on other through regression analysis. (Moghadam et al., 2016)

Conclusion

To conclude, the goal of this study was to fill the gap in the literature by investigating potential correlation between attachment styles, dark tetrad personality, and friendship quality and the predictors and mediators. The results add to the body of literature by illustrating the effects of attachment styles on dark tetrad personality and friendship quality, the direct effects of attachment styles (Close, Depend, Anxiety) on dark tetrad personality traits (Machiavellianism, Narcissism, Psychopathy, Sadism) and friendship quality, as well as the mediating role of dark tetrad personality traits between attachment styles and friendship quality. Attachment styles have demonstrated positive associations with dark tetrad personality. No associations were found between the attachment styles and friendship quality. Importantly, the research identifies dark tetrad personality as a mediating factor linking attachment styles and friendship quality providing valuable insights for researchers. These findings highlight the importance of focusing on both attachment styles and dark tetrad personality traits to enhance the friendship quality among young adults.

Limitations

- Study groups other than young adults may not fully benefit from this study's findings as the results may not be generalizable because the sample was limited to a specific group.
- The sampling technique to select the sample was convenient sampling which can hinder the generalizability of the results to population.
- To evaluate attachment styles, dark tetrad personality traits, and friendship quality, the study used only self-report measures. Limitations of this method include participants' subjective interpretations and social desirability bias.
- Our measurements of the dark tetrad personality traits were restricted. In particular, the metrics selected in this study were easy to use but only intended to record broad characteristics and not any particular aspects. However, it is plausible that having more comprehensive measures of particular, empirically non-overlapping traits' facets (Dinić et al., 2020) would have made it possible for us to both understand which traits' facets most significantly contribute to predicting an attachment styles and to clarify greater variation in both of the other study variables.

Suggestions

- Attachment styles, dark tetrad personality traits and friendship quality can all be better understood by including qualitative face to face interviews or observations with quantitative self-report measures.
- Based on the findings of this study, it is recommended that further experimental research should be conducted to explore the correlation between attachment styles, dark tetrad personality and friendship quality especially by collecting young adult's that are students. The data should be collected through university

admissions and registration rather than relying on self-reported data, as self-esteem tends to inflate achievement values.

Implications

The practical implications regarding our study findings' are related to intervention strategies intended to strengthen the bonds between carers and children. Relationships with significant others are thought to play a crucial role in shaping the dark triad personality traits and attachment styles, which are known to be formed at very young ages (Flight et. al 2007; Wai et. al. 2012 ; Bretherton et. al. 2008). According to Downey et al. (1998), early interactions with carers and significant others may also have an impact on rejection sensitivity. The idea that it is crucial to determine the intervention techniques that can be used to improve the relationships between carers and their children is supported by these findings. An insight on to these variables are crucial as this shapes the adult relationships including friendship and the quality of friendship as discussed specifically in this study.

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Appendices

Appendix A
Informed Consent

Appendix A

Informed Consent

Dear Participant,

I am a BS Psychology student from COMSATS University Islamabad, Lahore Campus, conducting a research study to investigate the **Attachment style, Dark Tetrad Personality and friendship Quality in Young Adults**. Your participation in this study is greatly appreciated. The questionnaire consists of three sections and should take approximately 10-15 minutes to complete. Your participation is voluntary, and you have the right to withdraw at any time without penalty or consequence. All information provided will be kept confidential and only used for research purposes. Please be assured that your anonymity and privacy will be maintained throughout the study. Please note that there are no known risks associated with participating in this study, and it is completely anonymous. However, if you experience any discomfort or distress while filling out the questionnaire, you may choose to skip any questions or stop the survey altogether. If you have any questions or concerns about the study or the questionnaire, please feel free to contact me. Thank you for your cooperation and valuable contribution to this study.

Signature of Participant: _____

Signature of Researcher: _____

Appendix B
Demographic Information Sheet

Appendix B

Demographic Information Sheet

Personal Information

Age (In Years): _____

Gender: _____ ☐ Male ☐ Female

Family System: Nuclear ☐ Joint ☐

Number of Siblings (Including You): _____

Birth Order: _____

Area of Residence: ☐ Rural ☐ Urban

Family Income (Rs): _____

Employment Status:

☐ Full Time Employment ☐ Part Time ☐ Self Employed ☐ Unemployed

Marital Status:

☐ Single ☐ Married ☐ Divorced/Separated/Widowed

Academic Information

University Name: _____ **Subject:** _____

Degree Program Name: _____ **Education (in years):**

Semester: _____ **Previous Semester GPA/Percentage:** _____

Have you ever been diagnosed with chronic physical Disorder.

Yes

No

Have you ever been diagnosed with chronic psychological Disorder.

Yes

No

Appendix C
Attachment Styles Scale

Appendix C

Please read each the following statements and rate the extent which it describes your feelings about romantic relationships. Please think about all your relationships (past and present) and response in terms of how you generally feel in these relationships. If you have never been involved in romantic relationships answer in terms of how you think you would feel.

	Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	I find it relatively easy to get close to people.	1	2	3	4	5
2	I find it difficult to allow myself to depend on others.	1	2	3	4	5
3	I often worry that other people don't really love me.	1	2	3	4	5
4	I find that others are reluctant to get as close as I would like.	1	2	3	4	5
5	I am comfortable depending on others.	1	2	3	4	5
6	I don't worry about people getting too close to me.	1	2	3	4	5
7	I find that people are never there when you need them.	1	2	3	4	5
8	I am somewhat uncomfortable being close to others.	1	2	3	4	5
9	I often worry that other people won't want to stay with me.	1	2	3	4	5
10	When I show my feelings for others, I'm afraid they will not feel the same about me.	1	2	3	4	5
11	I often wonder whether other people really care about me.	1	2	3	4	5
12	I am comfortable developing close relationships with others.	1	2	3	4	5
13	I am uncomfortable when anyone gets too emotionally close to me.	1	2	3	4	5
14	I know that people will be there when I need them.	1	2	3	4	5

15	I want to get close to people, but I worry about being hurt.	1	2	3	4	5
16	I find it difficult to trust others completely.	1	2	3	4	5
17	People often want me to be emotionally closer than I feel comfortable being.	1	2	3	4	5
18	I am not sure that I can always depend on people to be there when I need them.	1	2	3	4	5

Appendix D

Dark Tetrad Personality Scale

Appendix D

Rate your agreement with each statement using a 5-point Scale. Please rate therefore according to the scale.

	Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	It's not wise to let people know your secrets.	1	2	3	4	5
2	Whatever it takes, you must get the important people on your side.	1	2	3	4	5
3	Avoid direct conflict with others because they may be useful in the future.	1	2	3	4	5
4	Keep a low profile if you want to get your way.	1	2	3	4	5
5	Manipulating the situation takes planning.	1	2	3	4	5
6	Flattery is a good way to get people on your side.	1	2	3	4	5
7	I love it when a tricky plan succeeds.	1	2	3	4	5
8	People see me as a natural leader.	1	2	3	4	5
9	I have a unique talent for persuading people.	1	2	3	4	5
10	Group activities tend to be dull without me.	1	2	3	4	5
11	I know that I am special because people keep telling me so.	1	2	3	4	5
12	I have some exceptional qualities	1	2	3	4	5
13	I'm likely to become a future star in some area.	1	2	3	4	5
14	I like to show off every now and then.	1	2	3	4	5

15	People often say I'm out of control.	1	2	3	4	5
16	I tend to fight against authorities and their rules.	1	2	3	4	5
17	I've been in more fights than most people of my age and gender.	1	2	3	4	5
18	I tend to dive in, then ask questions later.	1	2	3	4	5
19	I've been in trouble with the law.	1	2	3	4	5
20	I sometimes get into dangerous situations.	1	2	3	4	5
21	People who mess with me always regret it.	1	2	3	4	5
22	Watching a fist-fight excites me.	1	2	3	4	5
23	I really enjoy violent films and video games.	1	2	3	4	5
24	It's funny when idiots fall flat on their face.	1	2	3	4	5
25	I enjoy watching violent sports.	1	2	3	4	5
26	Some people deserve to suffer.	1	2	3	4	5
27	Just for kicks, I've said mean things on social media.	1	2	3	4	5
28	I know how to hurt someone with words alone.	1	2	3	4	5

Appendix E
Friendship Quality Scale

Appendix E

**Instructions below are statements regarding your experience in Friendship Quality.
Please rate therefore according to the scale.**

1	My friend and I spend all our free time together.	1	2	3	4	5
2	I can get into fights with my friend.	1	2	3	4	5
3	If I forgot my lunch or needed a little money, my friend would loan it to me.	1	2	3	4	5
4	If I have a problem at school or at home, I can talk to my friend about it.	1	2	3	4	5
5	If my friend had to move away, I would miss him/her.	1	2	3	4	5
6	My friend thinks of fun things for us to do together.	1	2	3	4	5
7	My friend can bug me or annoy me even though I ask him/her not to.	1	2	3	4	5
8	My friend helps me when I am having trouble with something.	1	2	3	4	5
9	If there is something bothering me, I can tell my friend about it even if it is something I cannot tell to other people.	1	2	3	4	5
10	I feel happy when I am with my friend.	1	2	3	4	5
11	My friend and I go to each other's houses after school and on weekends.	1	2	3	4	5
12	My friend and I can argue a lot.	1	2	3	4	5
13	My friend would help me if I needed it.	1	2	3	4	5
14	If I said I was sorry after I had a fight with my friend,	1	2	3	4	5

	he/she would still stay mad at me.					
15	I think about my friend even when my friend is not around.	1	2	3	4	5
16	Sometimes my friend and I just sit around and talk about things like school, sports, and things we like.	1	2	3	4	5
17	My friend and I disagree about many things.	1	2	3	4	5
18	If other kids were bothering me, my friend would help me.	1	2	3	4	5
19	If my friend or I do something that bothers the other one of us, we can make up easily.	1	2	3	4	5
20	When I do a good job at something, my friend is happy for me.	1	2	3	4	5
21	My friend would stick up for me if another kid was causing me trouble.	1	2	3	4	5
22	If my friend and I have a fight or argument, we can say "I'm sorry" and everything will be alright.	1	2	3	4	5

