

*Development and Initial Validation of a New Measure of Romantic and Friendship Loneliness for
Single and Partnered Individuals*

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Abstract

The present research involves the development and initial validation of a new pair of measures of romantic and friendship loneliness for single and partnered individuals: the Relationship Status, Romantic, and Friendship Loneliness Scales [RSRF Loneliness Scales]. This measure has single and partnered versions with the same friendship loneliness questions, but partially different romantic loneliness questions. This is important because there are no existing measures that assess romantic loneliness differently for single or partnered individuals, and the RSRF Loneliness Scales can help advance research on the under-studied romantic and friendship loneliness concepts from a close relationships perspective. Two studies were conducted to assess the RSRF Loneliness Scales with exploratory and confirmatory factor analysis and convergent validity analysis. An initial set of samples of single and partnered individuals were recruited through Amazon's Mechanical Turk [MTurk] to respond to the single and partnered measure versions. A two-factor structure of overall romantic loneliness and overall friendship loneliness was hypothesized for both versions, but exploratory factor analyses indicated a two- or three-factor structure for the single version and a three-factor structure for the partnered version. A second set of samples of single and partnered individuals were then recruited through Amazon's MTurk and an introductory level general education class to respond to the single and partnered measure versions and measures of depression, social anxiety, attachment

anxiety, and longing for an ex-partner. Confirmatory factor analyses failed to confirm the study 1 results, and additional exploratory factor analyses indicated a four-factor structure for the single version and a four- or five-factor structure for the partnered version. Convergent validity was then assessed via path analyses from the four-factor loneliness subscales of each version to the other study variables. Results partially confirmed hypotheses that depression and social anxiety for each version would be more closely associated with friendship loneliness, and attachment anxiety and longing for an ex-partner would be more closely associated with romantic loneliness, but they were more consistent with these hypotheses for single than partnered individuals. Results are discussed in terms of personal and interpersonal implications of loneliness and how the measure can assist further research.