

HAIGAZIAN UNIVERSITY

The Relation between the Perceived Daughter-Mother Relationship, Adult Attachment
Styles, and Subjective Happiness among Female Lebanese Adults

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A Thesis submitted to the Faculty of Social and Behavioral Sciences in partial fulfillment of
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The Relation between the Perceived Daughter-Mother Relationship, Adult Attachment
Styles, and Subjective Happiness among Female Lebanese Adults

By Nelly Al Haddad

is accepted by the Graduate Thesis Committee as satisfying the thesis requirements for the
degree Master of Arts/Clinical Psychology

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Dedication

I would like to dedicate this thesis to my mother who was the inspiration for this topic.

I would also like to dedicate it to girls and women who have struggled, and still struggle, with the relationship with their mother. I hope that this study would help them better understand themselves, their mothers, and the relationship they share.

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Abstract

The adult-daughter's attachment style to her mother has shown to possess an influential impact on the adult-daughter's subjective well-being (i.e., subjective happiness) (Mikulincer & Shaver, 2007; Lynch, 2011; Song, Thompson, & Ferrer, 2009; Lee & Hankin, 2009). Therefore, this study investigated the correlation between the adult-daughter's subjective happiness, her perceived relationship with her mother, and the attachment style she has towards her mother in the Lebanese cultural context. A total of 150 Lebanese female adults participated in this study by filling a demographics questionnaire, the refined Mother Adult-Daughter Questionnaire (MAD) (Rastogi, 2002), the Adult Attachment Scale (AAS) (Collins & Read, 1990), and the Subjective Happiness Scale (SHS) (Lyubomirsky & Lepper, 1999). Pearson's correlational analyses and stepwise regression were conducted to examine the relationship between the dependent and independent variables. The results showed that the adult-daughter's secure attachment to her mother positively correlates to her perceived subjective happiness; whereas, anxious and avoidant attachments negatively correlated to subjective happiness. Moreover, all elements of the mother-daughter relationship – interdependence, connectedness, and trust in hierarchy – positively correlated to subjective happiness. In conclusion, the Lebanese adult-daughter will report higher levels of subjective happiness when her relationship with her mother is perceived as secure and healthy.

Keywords: mother-daughter relationship, attachment styles, subjective happiness

The Relation between the Perceived Daughter-Mother Relationship, Adult Attachment Styles, and Subjective Happiness among Female Lebanese Adults

A lot of research is focused on understanding the effect of the parents' role on the lives of their children (Onayli & Erdur-Baker, 2013). Based on past studies, the mother's role, in particular, has been considered to be significantly more important in upbringing children than that of the father's (Wood, Read, Mitchel, & Brand, 2004). According to Onayli and Erdur-Baker (2013), daughters' self-esteem as well as their social and psychological well-being are greatly affected by the nature of the relationship they share with their mothers. In fact, another study conducted by Furnham and Cheng (2004) revealed that the maternal parenting styles had a stronger direct power in predicting self-esteem, self-criticism and happiness in the male and female children than the paternal parenting styles. Consequently, extensive studies have been conducted to gain a better understanding of the complexities of the mother-daughter relationship (Datta, Marcoen, & Poortinga, 2005; Onayli & Erdur-Baker, 2013; Smith et al., 2016).

The mother-daughter relationship includes a number of unique characteristics which render it important. Mostly, the mother is considered as the primary caregiver for her children and the primary object of identification particularly for her daughter as they belong to the same gender (Shrier, Tompsett, & Shrier, 2004). Also, the mother-daughter relationship is mainly characterized by closeness, intimacy and support creating a deep bond between the two across the life span (Onayli, 2010), and rendering this emotional connection of higher importance compared to any of the daughter's other familial dyads (Fischer, 1991). Moreover, an extensive literature has shown the remarkable role the mother-daughter relationship plays in impacting the daughter's subjective well-being as the relationship between the two is linked to the daughter's psychological growth and psychological well-being (Donovan, 1998; Kitamura & Muto, 2001; Baruch & Barnett, 1983; Onayli, 2010).

After pointing to the imperative role that the mother-daughter relationship plays in the daughter's life (Tyson, 1991), and specifically on her well-being (Onayli, 2010), it was vital to investigate the daughter's attachment style to the mother. This is because the daughter's attachment to the mother was considered to serve as a useful framework for studying the influence of the mother-daughter bond on the daughter's well-being; it has been claimed that a continued secure attachment to the mother from infancy and throughout adulthood can prompt the daughter to be a well-adjusted person (Bowlby, 1988). Additionally, it has been stated that daughters who have insecure attachments with their mothers are more likely to develop psychological problems, such as reactive attachment disorder, personality problems, and interpersonal relationship problems during the adulthood years (Klockars & Sirola, 2001).

In fact, studies have shown how the daughter's particular attachment to the mother plays a vital role in influencing her positive and negative psychological well-being with a strong secure attachment leading her to possess a more positive view of herself as well a sense of psychological well-being. On the other hand, an insecure attachment style (avoidant and anxious) increases the daughter's chances to experience anxiety and depression (Mikulincer & Shaver, 2007; Lynch, 2011; Song et al., 2009; Lee & Hankin, 2009). Furthermore, studies have shown that the mother-daughter relationship plays an impacting role on the daughter's subjective well-being (Kitamura & Muto, 2001; Onayli, 2010). When parents support their child's basic psychological needs, Deci and Ryan (2000) stated that this positively affects the children's happiness since it fosters unconditional self-worth and an autonomous personality. Hence, it can be fathomed that each of the mother-daughter relationship as well as the adult-daughter's attachment style are associated with subjective happiness which is a construct that is synonymous with subjective well-being (Furnham & Cheng, 2004).

As a matter of fact, happiness had been addressed by researchers and various synonyms were given by Argyle and Eysenck (as cited in Furnham & Cheng, 2004) to better define happiness; these synonyms are life satisfaction, psychological well-being, mental well-being, or subjective well-being. It has been previously stated that the adult-daughter's attachment to the mother plays a vital role in influencing her positive and negative psychological well-being (Lynch, 2011; Mikulincer & Shaver, 2007), and it has been stated that the mother-daughter relationship plays a remarkable role in impacting the subjective well-being of the daughter as well (Donovan, 1998; Kitamura & Muto, 2001; Baruch & Barnett, 1983; Onayli, 2010). Therefore, this study investigated the role of the mother adult-daughter relationship, the different attachment styles and their association with perceived subjective happiness in adult-daughters. The subjective happiness construct was mainly chosen because as stated previously, it is directly associated with mental health (Moghadam, Rezaei, Ghaderi, & Rostamian, 2016) and so as to divert from the majority of the studies that focused on studying the psychopathology variables (Furnham & Cheng, 2000; Furnham & Cheng, 2004).

Purpose of the Study

The purpose of the proposed study was to examine how the different attachment styles of the adult-daughters (independent variable 1) as well as the interdependence, connectedness, and trust in hierarchy which represent elements of the mother-daughter relationship (independent variable 2) correlated to perceived subjective happiness (dependent variable) in the Lebanese adult-daughters with a particular emphasis on investigating how the various associations among the variables are manifested in the Lebanese culture.

Rationale of the Study

The majority of the studies in the literature with regard to the association between the mother-daughter relationship and the adult-daughter's wellbeing were conducted in the

Western culture (Onayli, 2010). As stated previously, research in the Western culture has mainly proven that autonomy, independence, and separation from the primary caregiver, including the mother, are factors that are considered to be propagators of psychological health for males and females alike (Shrier et al., 2004). However, different cultures promote distinct characteristics in relationships (Spiegel, 1982). In fact, parenting practices and family dynamics were shown to be guided by socialization and cultural values (Darling & Steinberg, 1993); thus, influencing the pattern that might unfold in the mother-daughter relationship (Onayli, 2010).

To the best of my knowledge, no empirical studies examining the relation between mother-daughter relationships which incorporates the factors of interdependence, connectedness, trust in hierarchy, and the adult-daughters' subjective happiness were conducted in the Lebanese context. The interdependence, connectedness, and trust in hierarchy in the mother and adult-daughter relationship have been specifically measured by the scale refined Mother Adult-Daughter Questionnaire (MAD), a culturally sensitive questionnaire (Rastogi, 2002).

Two studies, Onayli (2010) and Onayli and Erdur-Baker (2013) investigated the mother-daughter relationship from a culturally sensitive perspective as they examined how each of the interdependence, connectedness, and trust in hierarchy dimensions of the mother-daughter relationship are associated with self-esteem and life satisfaction in a sample of Turkish participants using the Mother Adult-Daughter questionnaire (MAD) (Rastogi, 2002). Onayli's (2010) study mainly investigated how the relationship is manifested in the Turkish culture, a collectivistic country where people value close family relationships (Göregenli, 1997; Uskul, Hynie, & Lalonde, 2004).

As mentioned previously, the three dimensions of the mother-daughter relationship (interdependence, connectedness, and trust in hierarchy) were found to positively correlate with life-satisfaction and self-esteem (Onayli, 2010; Onayli & Erdur-Baker, 2013) unlike individualistic European countries that consider dependency and hierarchical dependency in the parent-child relationship as factors of pathology (Williamson, 1981). Hence, this study aimed to investigate how interdependence, connectedness, and trust in hierarchy of the mother-daughter relationship are associated with the subjective happiness in Lebanon which is a country that scores 40 on the cultural dimension of collectivism designating it as a collectivistic country (Hofstede, 1983). It is vital to note as well, that the hierarchy in the mother-daughter relationship particularly in collectivistic cultures is of high importance (Rastogi, 2002). These three dimensions were previously investigated in Turkey and among minority groups in the United States (Onayli, 2010; Onayli & Erdur-Baker, 2013); therefore, this is the first study that investigated the relationship between the mother and the adult-daughter with respect to the interdependence, connectedness, and trust of the hierarchy in the Lebanese context and specifically their relationship with the adult-daughter's subjective happiness. Additionally, it is the first study that investigated the adult-daughter's attachment style to the mother and the mother-daughter relationship separately in their correlation to the adult-daughter's perceived subjective happiness.

Despite the fact that a limited number of researches have been done regarding the role of mothers on their adult-daughters in Lebanon, it is imperative to point to these studies. One study conducted in Lebanon focused on how the mother's attachment style influences the externalizing and internalizing behavior of the children with the results showing that fearful and preoccupied Lebanese mothers lead to internalizing and externalizing behaviors in their children (males and females) (Chedid, 2010); where externalizing behavior included aggression and delinquency, while internalizing behavior included social withdrawal and

anxiety/depression (Nunes, Faraco, Vieira, & Rubin, 2013). However, this study did not target the child's attachment style to the mother and the impact this had on the child (daughter in specific). Another study conducted in Lebanon also revealed that maternal overall rejection and specific rejection ratings were significantly associated with lower reports of subjective happiness in adults (Kazarian, Moghnie, & Martin, 2010). Nevertheless, other studies in Lebanon focused on the role of fathers. For example, in a study by Kechedjian (2010), the investigator found that the involvement of Lebanese fathers was strongly correlated with their daughters' self-esteem and body image. Moreover, in a study by Jaroudi (2005), the results revealed how father's involvement predicted the daughter's self-esteem.

Seen that there is a limitation in Lebanon in investigating the role of the mother on the child's well-being and subjective happiness, it was imperative to investigate how the Lebanese adult-daughter's relationship with her mother and the adult-daughter's attachment style affected her perceived subjective happiness, while bearing in mind the role of the Lebanese culture in influencing the manifestation of the various associations among the variables.

Research Questions

The following research questions were addressed in this study:

1. How do the different attachment styles (secure, anxious, and avoidant) correlate to levels of perceived subjective happiness among Lebanese adult-daughters?
2. How do the interdependence, connectedness, and trust in hierarchy elements of the mother-daughter relationship correlate to levels of perceived subjective happiness among Lebanese adult-daughters?

3. Which elements of the mother-daughter relationship will have the strongest association with perceived subjective happiness from a cross-cultural perspective?

Background of the Study

The following section comprises of studies investigating the mother-daughter relationship and the daughter's attachment styles and their correlation with subjective happiness, and this will serve as the background of the hypotheses examined in this study.

The Separate Investigation of the Mother-Daughter Relationship and Attachment Styles

Although the attachment bond with the mother is a basic aspect of the mother-daughter relationship, this study investigated the mother-daughter relationship and the adult-daughter attachment style separately. The rationale behind studying these two factors separately is based on the results of a study conducted by Rastogi (2002) which aimed to provide an account for the development of the refined Mother Adult-Daughter questionnaire (MAD). As stated previously, this questionnaire is a culturally sensitive tool that was developed specifically to measure the adult-daughter's perception of her relationship with her mother and was developed on the premise of the three fundamental aspects of the mother-daughter relationship which are: (1) interdependence, (2) connectedness, and (3) trust in hierarchy (Rastogi, 2002). These three dimensions were the scale's basic three subscales (Rastogi, 2002).

The testing of the scale's construct validity was obtained by correlating these three subscales with the Close and Depend subscales of the revised Adult Attachment scale (AAS) (Collins & Read, 1990). The Close subscale was designated to measure intimacy and closeness, while the Depend subscale was designated to measure one's extent of trust in others and the ability to depend on them (Collins & Read, 1990). Additionally, the correlation

of the scales was done on two separate ethnic groups, the Asian Indian American reflecting a collectivistic culture (Rastogi, 2002) and the European American.

It has been revealed that in the European American sample, scores for Connectedness and Close were higher than those for the Asian Indian American group. Similarly, for the Interdependence and Depend subscales, the correlation scores were higher for the European American sample than for the American Indian (Rastogi, 2002). With regard to the Trust in Hierarchy construct, it was correlated significantly with both Close and Depend subscales in the European American group and not in the Asian Indian group since Asian Indian American women scored significantly higher on the trust in hierarchy subscale as their culture allows them to place considerable emphasis on the trust in hierarchy (Rastogi, 2002).

The findings of the study are explained by the notion that although the two scales possess common basic attachment elements, the refined Mother Adult-Daughter Questionnaire appeared to tap cultural gradations that are not present in the European Western American sample (Rastogi, 2002). In fact, all the subscales of the refined MAD were highly inter-correlated in the European sample in comparison to the Asian Indian sample because in the American European sample the variables are interlinked, while in the American Indian sample the variables are separate from each other (Rastogi, 2002).

In the Western American European sample, the attachment element of the mother-daughter relationship was strongly correlated with the connectedness and the trust in hierarchy dimensions and they were all considered as one dimension of the mother-daughter relationship; however, in the American Indian sample (i.e., collectivistic country), the three dimensions (interdependence, connectedness, and trust in hierarchy) were not correlated and were expressed separately (Rastogi, 2002). This accredited the rationale of studying the impact of the mother-daughter relationship and the adult-daughter attachment style to her

mother separately especially in the Lebanese culture which is proven to be a collectivistic country as well (Hofstede, 1983).

Mother-Daughter Relationship and Subjective Happiness

When children are exposed to chaotic, harsh or neglectful care from their parents during their childhood years, they grow-up to face difficulties in attaining healthy emotion regulation strategies which in turn leave them to become more susceptible to emotional distress, and the experience of higher levels of negative emotions like anger, depression and anxiety; all of which are factors that oppose subjective happiness (Moghadam et al., 2016; Mellers, Charles, Neupert, & Almeida, 2010). However, when the child receives a sense of security and safety from the attachment figure that is continuously available and supportive, this alleviates the child's distressful feelings and elicits in him/her positive emotions such as relief, love, and happiness (Mikulincer & Shaver, 2013).

However, it is vital to note that with regard to the daughter and as was previously mentioned, the daughter corresponds more with the mother than the father and the mother forms the primary caregiver to the daughter and the primary object for identification as they both belong to the same gender (Starrels, 1994; Shrier et al., 2004). Hence, the aforementioned explanation of the parent influence on the child's well-being (subjective happiness) would be taken in consideration to be reflecting the mother's role on her daughter.

A number of empirical studies point to the existing association between the mother-daughter relationship and the development of the daughter's subjective well-being (Onayli & Erdur-Baker, 2013). A study conducted by Kitamura and Muto (2001) reported that the daughter's psychological health was related to the strength of the mother-daughter relationship. More specifically, it was also reported that a woman's self-esteem and life-satisfaction are remarkably related to whether the relationship with her mother is perceived to

be loving and caring and with low psychological control and antagonism (Douglass, 2006). In fact, another study conducted in Lebanon on university students, found that maternal overall rejection and specific rejection ratings were significantly associated with lower reports of subjective happiness (Kazarian et al., 2010). The maternal rejection construct includes parents' low levels of responsiveness and care (Kazarian et al., 2010) which reflects a low level in the connectedness aspect of the mother-daughter relations (Rastogi, 2002); thus, indicating that the connectedness aspect of the mother-daughter relationship allows the daughter to report higher levels of subjective happiness.

Specifically, the two studies conducted by Onayli (2010) and Onyali and Erdur-Baker (2013) revealed that change in the interdependence, connectedness, and trust in hierarchy was significantly related to the change in self-esteem and life-satisfaction of the daughters. In other words, daughters who have a better relationship with their mothers have higher well-being levels. Also, when the mothers and daughters have interdependence, connectedness, trust in hierarchy in their relationship, daughters will have higher levels of life satisfaction and self-esteem (Onayli, 2010; Onayli & Erdur-Baker, 2013). The two factors, life-satisfaction and self-esteem, are considered to be dimensions of well-being (Carlock, 1999; Diener, 1984). Since happiness is synonymous with well-being (Argyle & Crossland, 1987; Eysenck, 1990), then when mothers and daughters have interdependence, connectedness, and trust in hierarchy, the daughters will experience heightened levels of subjective happiness.

Subjective Happiness and Attachment Styles

Conceptually, the association between secure attachment style and happiness can be explained by the following: if the attachment style reflects an internal working model of the self which allows the individual to view his/her caregiver as caring, obtainable, and supportive, and allows the individual himself/herself to view oneself as a worthy being, this

would prone the individual to feel happy across time and situations (Bartholomew & Horowitz, 1991). Additionally, securely attached individuals possess positive attitudes about self and others and are able to form successful relationships with others; such factors are proven to be propagators of happiness (Moghadam et al., 2016).

On the contrary, individuals with insecure attachment styles (anxious and avoidant) experience more difficulty in confronting emotional and psychological challenges; thus, lowering their levels of happiness (Moghadam et al., 2016). It is vital to note as well that when the child experiences lack of support from the attachment figures, specifically in times of need, this will interfere with the child's experience of the positive emotions and later well-being (Mikulincer & Shaver, 2013). It has been stated that adults with anxious attachment might at times feel vulnerable and weak as they try to magnify their negative emotions with the purpose of attracting their attachment figure's support and attention (Mikulincer & Shaver, 2013); hence, such behavior interferes with the well-being and the positive emotions of the person (Mikulincer & Shaver, 2013). Besides that, avoidant individuals place their emotions in suppression whether they are positive or negative as they believe that their expression of emotions might be a precursor for closer relations with other people; such behavior interferes with the person's positive emotions like happiness (Mikulincer & Shaver, 2013).

Consequently, the relationship between subjective happiness (subjective well-being) and attachment styles was documented in various researches (Mikulincer & Shaver, 2003; Moghadam et al., 2016). In a study that examined the relationship between the daughter's report of the quality of the mother-daughter relationship during childhood and the adult-daughter's psychological well-being, it was revealed that the daughter's childhood anxious and avoidant styles were significantly contributed to depressive symptoms and lowered self-esteem in adulthood (Kitamura, 2008). As a matter of fact, it is vital to note that both factors,

depressive symptoms and low self-esteem, are constructs that negatively reflect on subjective happiness (Carlock, 1999; Moghadam et al., 2016). Another study conducted by Lee and Hankin (2009) revealed that anxious and avoidant maternal attachment predicted depression and anxiety, with depression and anxiety being variable in opposition to subjective happiness (Moghadam et al., 2016). Additionally, a study conducted by Moghadam et al. (2016) revealed that the secure attachment style was associated with higher levels of happiness. In the same vein, a study conducted by Bayrami et al. (2012) to investigate happiness in the three attachment styles, also showed that adults with a secure attachment style have higher levels of happiness than adults with a non-secure attachment style.

In conclusion, many research studies have attempted to study the different types of attachment with many other correlates, however, one part of this study investigated the relationship between the adult-daughter's attachment styles and the daughter's subjective happiness as well as the mother-daughter relationship with the focus on interdependence, connectedness, and trust in hierarchy construct in relation to the daughter's subjective happiness. Specifically, it assumed that secure attachment will positively correlate to higher levels of subjective happiness whereas insecure attachments (anxious and avoidant) will negatively correlate to perceived subjective happiness. With regard to the mother-daughter relationship, interdependence and connectedness factors will positively correlate to higher levels of subjective happiness. With regard to the trust in hierarchy construct, it has been stated that in a collectivistic culture, the hierarchical relationship between the mother and the daughter is perceived by the daughter to be positive (Rastogi, 2002). In fact, this reflects the cultural appeal towards respecting the mother's wisdom and higher hierarchical level in the family (Rastogi, 2002). Since Lebanon is a collectivistic country (Hofstede, 1983), then for this study it was hypothesized that higher levels of trust in hierarchy will positively correlate to higher levels of subjective happiness in the Lebanese adult-daughters.

The Problem Statement

A massive amount of research focused on the attachment behaviors and styles established in infancy, their persistence into adulthood, and their influence on the adult's life. Moreover, researchers have shed light on parental involvement and the type of parent child relationship and how both affect the psychological well-being of children. Nonetheless, research on the attachment styles and the mother-daughter relationship, in particular, is very narrow in the Arab World in general, and Lebanon in specific. In addition to that, seeing that the mother-daughter relationship can unfold in a different pattern cross-culturally (Rastogi, 2002; Onayli, 2010), it was imperative to investigate how the different adult-daughter attachment styles and how interdependence, connectedness, and trust in hierarchy aspects of the mother-daughter relationship correlated with the adult-daughter's perceived subjective happiness especially in the Lebanese context.

Based on the above discussed literature and aforementioned rationale, this study further tested the following hypotheses:

Hypothesis 1 (H1). There is a positive correlation between secure attachment and subjective happiness.

Hypothesis 2 (H2). There is a negative correlation between anxious attachment and subjective happiness.

Hypothesis 3 (H3). There is a negative correlation between avoidant attachment and subjective happiness.

Hypothesis 4 (H4). There is a positive correlation between the interdependence dimension and subjective happiness.

Hypothesis 5 (H5). There is a positive correlation between the connectedness dimension and subjective happiness.

Hypothesis 6 (H6). There is a positive correlation between the trust in hierarchy dimension and subjective happiness.

Significance of the Study

The mother-daughter relationship is an influential factor on the daughter's life and affects her in various ways given that the mother is the primary caregiver (Ogilvie, 2004). The attachment style the daughter forms with her mother greatly predicts the quality of relationships she will have in the future (Ratto, Doyle, & Markiewicz, 2016). Furthermore, the mother enormously affects her daughter's choices and decisions in life (Ersun, 2007). The daughter's well-being, life satisfaction, and positive psychological functioning are greatly dependent on the type of relationship she shares with her mother (Flouri, 2004). Accordingly, the adult-daughter's mental health problems decrease when the relationship she shares with her mother includes emotional support, closeness, and improved communication (Bojczyk, Lehan, McWey, Melson, & Kaufman, 2011; Bynum, 2007; Francis & Birch, 2005; Stednitz & Epkins, 2006). Therefore, theoretically, this study helped shed light over the interdependence, connectedness, and trust in hierarchy elements of the mother-daughter relationship as well as the daughter's attachment style with the mother influence on the daughter's subjective well-being, a construct synonymous with well-being (Furnham & Cheng, 2004). Moreover, this study highlighted the role of culture in influencing the intricate relationship between the mother-daughter elemental dimensions and the daughter's perceived subjective happiness. Based on the findings of this study, more clinical research to advance the knowledge on the correlation between the daughter's subjective happiness and the

mother-daughter relationship as well as the daughter's attachment style with her mother is recommended.

Overview of the Methodology

This study was an empirical quantitative non-experimental research design, in which surveys were used with Lebanese adult-daughters for data collection and the examination of the research questions and hypotheses. A purposeful convenient sample of 150 Lebanese adult-daughters living in Lebanon or abroad was assessed through self-report measures with their ages ranging between 21 and 55. The survey package included a demographics questionnaire, in addition to three psychological scales: the refined Mother Adult-Daughter Questionnaire (MAD) (Rastogi, 2002), the Adult Attachment Scale (AAS) (Collins & Read, 1990), and the Subjective Happiness Scale (SHS) (Lyubomirsky & Lepper, 1999). The survey package was administered in the English language. The data was analyzed using the IBM SPSS Statistics program – Version 22.

Limitations of the Study

There were a number of limitations for this study. First of all, given that the participants in this study had to read and understand English and be at university level, Lebanese adult females who speak a language other than English or are illiterate were denied the chance to participate in this study. This might have created a restriction on the scores and a threat on the internal validity especially that the study aimed to investigate the associations among the variables of the study in the Lebanese cultural setting where Arabic is the official Language (Ayyash-Abdo, 2001). Second, even though self-report measurement tools were used in a confidential and anonymous manner, participants might have altered the results due to social desirability bias. Also, the participants were recruited through a convenience and a snowball sampling method; this might have been a threat to external validity and might have affected

the generalizability of the results since the participants' involvement in the study was not assigned randomly. Moreover, the generalizability of the results was also affected by the fact that the data were collected only from the Beirut region in Lebanon and those who are abroad. This might have affected the generalizability of the results to the whole Lebanese population.

Definitions of Terms

AAS: Adult Attachment Scale (Collins & Read, 1990).

Attachment behavior: a behavior that allows the individual to reach or recollect closeness to the primary caregiver. Although this behavior becomes evident during infancy, it shapes an individual from the cradle to the grave (Bowlby, 2005).

Attachment styles: are described by Ainsworth (as cited in Mikulincer & Shaver, 2007) as the patterns of responses an infant develops as a result of being separated or reunited with his/her mother.

Connectedness in mother adult daughter relationship: is the adult-daughter's ability to freely share her opinions and feelings and make sacrifices. Nevertheless, it doesn't necessarily entail closeness in terms of verbal gestures and physical contact (Rastogi, 2002).

Internal working models: the infant's patterns and understandings about relationships formed early in life (van Ecke, Chope, & Emmelkamp, 2006).

MAD: Mother Adult-Daughter Questionnaire (Rastogi, 1995).

Parent as a secure base: when children perceive their parents as a secure base, they feel confident to explore the world because they assume their parents will be accessible and responsive, if needed (Woodhouse, Dykas, & Cassidy, 2009).

Parental involvement: is the level of parental interaction and engagement in various aspects of their children's lives (Finley, Mira, & Schwartz, 2008).

Self-esteem: according to Rosenberg (as cited in Passanisi, Gensabella, & Pirrone, 2015), self-esteem is the self-evaluation of one's self-acceptance or self-worth.

SHS: Subjective Happiness Scale (Lyubomirsky & Lepper, 1999).

Subjective happiness: experiencing less negative affect and more positive affect and life satisfaction (Diener, 2000).

Subjective well-being: is an individuals' "cognitive" and "affective" assessment of his/her life (Corcoran & McNulty, 2018).

Chapter 2

Literature Review

The purpose of this study was to investigate the relationship between the different variables: perceived daughter-mother relationship, adult attachment styles, and perceived subjective happiness among Lebanese adult-daughters. For that reason, to provide the needed context for the examined hypotheses in this paper, this chapter is a literature review that focuses on a series of studies and theories related to the tested variables.

Attachment Theory

The attachment theory was founded by John Bowlby and Mary Ainsworth (as cited by Bretherton, 1992). According to van Rosmalen, van der Horst, and van der Veer (2016), the attachment theory states that in order for infants to grow into becoming healthy adults, they require a steady and dependable nurturing relationship with their caregivers. Ainsworth (as cited by Bretherton, 1992) established the important role caregivers play as the secure base which enables infants to explore the world freely and safely; Ainsworth (as cited by Bretherton, 1992) especially stressed the importance of the infant-mother attachment patterns resulting from the maternal sensitivity to the signals by the infant. Moreover, van Eecke et al. (2006) stressed on the importance of mental representations on attachment that infants form based on the relationship they share with their caregiver. This relationship with the caregiver, according to Bowlby (as cited by van Eecke et al., 2006), influences the infant's internal working models since it is formed from the actual interaction and not the perceived interaction with the caregiver; these internal working models have a continuous influence on how adults will relate to significant others throughout their life. Consequently, according to Bowlby (as cited by van Eecke et al., 2006), the attachment behavior is activated when the attachment needs of the child/adult are not met, this activation of the attachment behavior

results in anxiety. Adults handle anxiety differently; they either become dismissive by avoiding the attachment issue, become preoccupied by turning up the effort, or the issue remains unresolved since adults are clueless on what they should do to have their needs met (van Eecke et al., 2006). Therefore, according to the attachment theory, the bond infants share with their primary caregiver, mainly the mother, greatly affects their lives as adults. Since the attachment style the adult-daughter has with her mother is an independent variable in this study, the attachment theory was further researched. The attachment theory backs up the assumption used in this study by using the mother as the primary caregiver because of the influence she has on the emotional development of the adult-daughter which further shapes the adult-daughters' approach to life and influences her sense of subjective happiness.

Ratto et al. (2016) conducted a study to examine the role of late adolescents' attachment styles with their mother and how it influences the emotions they have towards a close peer. Results showed that adolescents who displayed higher anxiety attachment were less negative with their romantic partner. Moreover, in the study conducted by Lynch (2011) to investigate the relationship the attachment between the mother and the daughter and the perceived maternal emotional support have on the daughter's mental health, the results showed that attachment was related to post-traumatic stress disorder but not substance abuse or high-risk of sexual behavior in the daughter.

Stages of Attachment by John Bowlby

Bowlby (as cited in David, 2016) specified 4 stages of attachment: pre-attachment (newborn-6 weeks), attachment in making (6 weeks-6 to 8 months), clear-cut attachment (6 to 8 months-18 months to 2 years), and formation of reciprocal relationship (18 months-2 years +).

Pre-attachment. In stage one, even though newborn infants are able to recognize the mother's smell, voice, and face, they are not yet attached to her and don't mind being left with strangers (Karen, 1998). Generally, infants at this stage, Bowlby (as cited in David, 2016) stated, are soothed by the presence of others, which is why they act in ways to attract adults, such as crying, smiling, and cooing.

Attachment in making. In stage two, Prior and Glaser (2006) noted that infants' responsiveness towards their mother grows as they are now able to discriminate between familiar and unfamiliar adults. As a result, according to Bowlby (as cited in David, 2016) infants are easily soothed by their mother as they begin to develop a sense of trust in her.

Clear-cut attachment. In stage three, infants have a preference for their mother over other adults and experience separation anxiety when she leaves; hence, attachment is established. Prior and Glaser (2006) elaborated that with time, the infant's behavior towards the caregiver becomes focused on achieving conditions that make it feel safe. By the end of the first year, as stated by Karen (1998), the infant will be capable of displaying certain attachment behaviors to maintain proximity, such as protesting the caregiver's departure, greeting the caregiver's return, clinging on to the caregiver when frightened, and following the caregiver when able to.

Formation of reciprocal relationship. In stage four, Bowlby (as cited in David, 2016) stated that separation anxiety declines as infants develop language and build a sense of security since they can understand when their mother is leaving and returning; he called this sense of security an internal working model. After the second year, infants consider the caregiver as an independent person and a complex relationship is then formed between the two (Prior & Glaser, 2006).

To sum it up, infants shift from being disinterested in their mother, to responsive to her and easily calmed by her, to preferring her and experiencing anxiety when she leaves, to feeling safe because they know when she is leaving and coming back. Bowlby's stages of attachment were not a primary focus in this study and were not further studied and investigated. However, it was vital to have a clear understanding of them as they greatly influence and alter the infant's relationship with his/her parents, which in turn has an ongoing effect on the infant throughout his/her life.

Attachment Styles

According to Bretherton and Munholland (1999), parental responses to their children lead to the development of their attachment style. Furthermore, van Ecke et al. (2006) set forth that the attachment style infants develop is greatly dependent on the internal working models they form early in life. Patterns of attachment are defined by Bowlby and Ainsworth (as cited in Colin, 1996) as the emotional bond formed by the infant and the tendency to seek out a particular caregiver, especially when confronted by a stressful situation. These attachment styles guide the children's feelings, thoughts, and expectations in later relationships through the internal working models. As set forth by Bowlby (1998), the four attachment styles are: secure attachment, anxious avoidant insecure attachment, anxious resistant (ambivalent) attachment, and disorganized/disoriented attachment.

Secure attachment. When a child has a secure attachment with the caregiver, Ainsworth, Blehar, Waters, and Wall (2015) stated that he/she feels free to explore the world since the caregiver is considered as a secure base since the infants' emotions and needs are being recognized and met by the caregiver (van Ecke et al., 2006). In this style, the child may be comforted by strangers but has a clear preference for the caregiver as the child seeks proximity and is comforted by the presence of the caregiver (Ainsworth et al., 2015).

Anxious avoidant insecure attachment. In this attachment style, the infant's emotions and needs are being rejected and not met by the caregiver (van Ecke et al., 2006). Moreover, the caregiver shows minimal response to the troubled child by encouraging independent behavior and discouraging crying (Ainsworth et al., 2015). As a result, Main and Solomon (as cited in Colin, 1996) noted that the child shows little or no visible response to the departure of the caregiver, ignores or turns away from the caregiver, and treats strangers similarly to the caregiver.

Anxious resistant (ambivalent) attachment. Children with this type of attachment fail to use the caregiver as a secure base and are distressed by separation since the caregiver is more demanding than giving (van Ecke et al., 2006). As noted by Ainsworth et al., (2015), they are preoccupied with the caregiver's availability and constantly seek contact but resist it angrily once it is achieved. In this attachment style, Main and Solomon (as cited in Colin, 1996) stated that the caregiver's responses are inconsistent between appropriate and neglectful.

Disorganized/disoriented attachment. This attachment style is characterized by Ainsworth et al., (2015) as contradictory and disoriented behaviors from the child, such as, approaching the caregiver but with the back turned. Infants develop this attachment style when the caregiver is no longer seen as the source of safety and survival but as the source of fear instead (van Ecke et al., 2006). The caregivers of children with this type of attachment are withdrawn, intrusive, and frightened.

Several studies found that adults with anxious avoidant and anxious ambivalent attachment styles report more depressive symptoms (Taylor, 2012; Kamkar Parsi, 2006). Whereas Aslam (2013) found in his study that adults with secure attachment style are better able to express their emotions. Furthermore, Sandoval (2008) found that adults' secure

attachment style was positively correlated with self-esteem and optimism. Buduris (2017) found that adults' anxious and avoidant attachment styles were negatively correlated with relationship satisfaction. Many research studies have attempted to study the different types of attachment with many other correlates; this study however investigated the relationship between the perceived daughter-mother relationship, the adult-daughter's attachment style and how they affect the adult-daughter's perceived subjective happiness. The attachment style was measured using the Adult Attachment Scale devised by Collins and Read (1990).

Parenting Styles

Parental rearing styles have been the center of research studies due to their impact on the overall quality of their children's lives. Based on the study conducted by Baumrind (as cited in Furnham & Cheng, 2000) three types of parenting styles were revealed: authoritative, authoritarian, and permissive. When parents are strict and expect their children to abide by the discipline they set forth, their parenting style is referred to as authoritative. Nonetheless, such parents will value the point of view of their children and will clarify the rules they set (Furnham & Cheng, 2000). According to Chen (2014), even though authoritative parents provide affection, support, and autonomy, they place maturity demands on their children. Subsequently, children of such parents consider them as caring, warm, and nurturing which enables the children to become assertive, self-reliant, friendly, motivated, and independent (Furnham & Cheng, 2000). While authoritative parents are accepting, Furnham and Cheng (2000) noted that authoritarian parents deal with their children in a dictatorial manner and expect full compliance by exercising authority. Such parents are perceived as unresponsive, cold and distant as they use punishment and force to control their children's behaviors (Chen, 2014). As a result, their children are fearful, submissive, withdrawn, detached, and distrustful according to Baumrind (as cited in Furnham & Cheng, 2000). Lastly, permissive parents are less demanding, non-punitive, accepting, and relatively warm (Furnham & Cheng, 2000).

Baumrind (as cited in Furnham & Cheng, 2000) noted that this leads to children who are, impulsive, irresponsible, and least self-reliant and explorative. Parenting styles, although not a main focus in this study, highly affect and contribute to the children's personality traits and how they will approach life later on. Therefore, it was important to have a clear understanding of them and acknowledge the influence they have on the children's behaviors and personality styles.

Subjective Happiness

Adjustment and mental health of children and adolescents are positively correlated with parental support for basic psychological needs (Chirkov & Ryan, 2001; Grolnick, Price, Beiswenger, & Sauck, 2007; Joussemet, Koestner, Lekes, & Landry, 2005; Roth et al., 2007). Deci and Ryan (2000) further added that children experience self-actualization when they feel their environment is supporting and providing them with their basic psychological needs. Building up on this, self-determination theory (Deci & Ryan, 2008) researchers have become interested in how the basic psychological needs are met and their correlation with subjective happiness. When parents support their children's basic psychological needs, Deci and Ryan (2000) stated that this positively affects the children's happiness since it fosters unconditional self-worth and an autonomous personality. Happiness has been addressed by researchers and various synonyms were given by Argyle and Eysenck to better define happiness (as cited in Furnham & Cheng, 2004). These synonyms are psychological well-being, mental well-being, or subjective well-being. Both affect and cognition have been used to describe happiness; affect is one's mood or current state of happiness which is short and unstable, whereas cognition is a more stable and long lasting overall satisfaction (Furnham & Cheng, 2004). Since this study is focused on measuring subjective happiness using the Subjective Happiness Scale devised by Lyubomirsky and Lepper (1999), their definition of happiness was used in this study. According to Lyubomirsky and Lepper (1999) happiness correlates with optimism,

self-esteem, and general satisfaction in life. This study investigated the role of the relationship between the adult-daughter and her mother and the adult-daughter's attachment style toward her mother and their correlation with the adult-daughter's perceived subjective happiness.

In a study by Bayrami et al. (2012) to investigate happiness across the three attachment styles (secure, anxious, and avoidant), results showed that adults with a secure attachment style have higher levels of happiness than adults with a non-secure attachment style. Also, adults with the avoidant attachment style have higher levels of happiness than those with an ambivalent attachment style (Bayrami et al., 2012). Moreover, in a study by Flouir and Buchanan (2003), paternal involvement, by both the father and the mother, was positively correlated with their offspring's psychological well-being. Building up on previous research, this study focused on how subjective happiness is influenced and affected by the adult-daughter's relationship with her mother and her attachment style.

Caregiver (Mother) as a Secure Base for the Child's Well-being (Subjective Happiness)

The caregivers' approach to children greatly influences their internal working models. Children with attentive and consistent caregivers view them as accessible and supportive (Bowlby, 1973). On the other hand, children with unavailable and inconsistent caregivers consider them as unpredictable and untrustworthy (Bowlby, 1973). According to Bowlby (1988), these internal working models persist into adulthood and become the base of the children's future attachment interactions in all encountered relationships. Cooper, Grotevant, Condon, and Irwin (as cited in Rathunde, 1996) supported Bowlby's theory by noting that adolescents who feel supported and challenged to become independent function better than those who are not provided such support by their parents. Furthermore, when the home environment is supportive, the adolescent will have an internalized sense of consistency and

stability which makes it easier for him/her to be open and spontaneous in social settings outside the home (Rathunde, 1996). Ainsworth and Bell (1970) established that when children think of their parent as a safe provider of comfort, the chances of them being enthusiastic and willing to take risks to explore their environment remarkably increase. Conversely, when children feel challenged and are required to indulge in mature responsibilities and develop their individuality, they are more likely to become detached and demotivated (Rathunde, 1996). Keltikangas-Järvinen, Kivimäki, Keskivaara (as cited in Gluschkoff et al., 2017) supported Rathunde (1996) by adding that emotional neglect and rejection by the parents result in maladaptive attitudes and low self-esteem in their children.

To wrap it up, the individual's confidence, well-being, and resilience are significantly impacted by the quality of the parent-child relationship (Herz and Gullone, 1999). This can be explained by the notion that children who are exposed to chaotic, harsh or neglectful care from their parents during their childhood years grow-up to face difficulties in attaining healthy emotion regulation strategies which in turn leave them to become more susceptible to emotional distress, and experience higher levels of negative emotions like anger, depression, and anxiety which are factors that oppose subjective happiness (Moghadam et al, 2016; Mallers et al., 2010). However, when the child receives a sense of security and safety from the attachment figure that is continuously available and supportive, this alleviates the child's distressful feelings and elicits in him/her positive emotions such as relief, love, and happiness (Mikulincer & Shaver, 2013). In fact, when the child is repeatedly exposed to positive interactions with the caregiver throughout the years into adulthood, the positive aspects of the sense of secure attachment and warmth with the parent will become associated with memories of positive experiences and emotions. Hence, the individual will form mental representations of the secure attachment formed with the caregiver which will automatically play a role in causing the individual to feel more relaxed, relieved, and happy (Mikulincer &

Shaver, 2013). All in all, it is fathomed that the achievement of a sense of safety and security will positively reflect on one's natural form of basic emotion, which is designated as happiness (Mikulincer & Shaver, 2007).

However, it is vital to note that with regard to the daughter, and as previously mentioned, the mother plays the role of the primary caregiver to the daughter and becomes the primary object of identification as they are from the same gender (Shrier et al., 2004). Additionally, it has also been proven that the relationship between the mother and the daughter consists of a stronger attachment and intimacy than any other parent/child relationship, particularly the father-daughter relationship (Troll & Fingerman, 1996; Akgun, 2008). Also, it has been proven that daughters usually correspond more frequently with their mother than their father (Starrels, 1994). Hence, the aforementioned explanation of the parent being a secure base for the child and an influence on the child's well-being (subjective happiness), would be taken into consideration on how the mother's role is reflected on her daughter's well-being.

Subjective Happiness, Mother-daughter Relationship and Attachment Styles

A study conducted by Cheng and Furham (2004) revealed that maternal care had a direct predictive power on the levels of happiness in young male and female adults. Specifically for females, the study pointed that the mother's discouragement of behavioral freedom lowered self-reported happiness (Cheng & Furnham, 2004). It is vital to note that the investigated variable (i.e., maternal care) equates to the mother-daughter relationship aspect of connectedness where this dimension reflects on the behavioral tendencies of caring and emotional closeness (Rastogi, 2002). Additionally, this construct also equates to the secure attachment style where the maternal warmth, responsiveness, and care are similar to the aspect of the secure attachment style where the parent (mother) is responsive and caring to

the needs of the child (Doinita & Maria, 2015). With regard to the mother's discouragement to her daughter's freedom of behavior, this equates to the interdependence aspect of the mother-daughter relationship. This dimension incorporates an advice and help seeking behavior between the daughter and her mother, especially in emotional and practical matters (Rastogi, 2002). However, both mother and daughter remain free in making their own decisions with no consideration of any negative implications (Rastogi, 2002). Furthermore, this construct is parallel with the insecure anxious attachment style the daughter forms towards with her mother which reflects her constant urge to maintain proximity to her parents and seek the approval of others (Doinita & Maria, 2015).

In fact, another study conducted on university students in Lebanon found that maternal overall rejection and specific rejection ratings were significantly associated with lower reports of subjective happiness (Kazarian et al., 2010). The maternal rejection construct includes parents' low levels of responsiveness and care (Kazarian et al., 2010) which reflects a low level in the connectedness aspect of the mother-daughter relationship (Rastogi, 2002). Additionally, this construct also reflects an insecure attachment style (anxious and avoidant) with this style being manifested when the infant's emotions and needs are being rejected and not met by the caregiver (van Ecke et al., 2006). Hence, based on those two aforementioned studies, it can be concluded that daughters with an anxious or avoidant attachment style possess lower levels of subjective happiness, and that the connectedness aspect of the mother-daughter relationship allows the daughter to report higher levels of subjective happiness. This study aimed to measure the quality of the relationship the adult-daughter shares with her mother; therefore, it was important to shed light on whether parents, especially the mother, are viewed as a secure base or not and how it affects the adult-daughter's attachment style.

Therefore, based on the above discussed literature, the study examined the following hypotheses:

Hypothesis 1. There is a positive correlation between secure attachment and subjective happiness.

Hypothesis 2. There is a negative correlation between anxious attachment and subjective happiness.

Hypothesis 3. There is a negative correlation between avoidant attachment and subjective happiness.

Hypothesis 4. There is a positive correlation between the interdependence dimension and subjective happiness.

Hypothesis 5. There is a positive correlation between the connectedness dimension and subjective happiness.

Hypothesis 6. There is a positive correlation between the trust in hierarchy dimension and subjective happiness.

Chapter 3

Method

This chapter is an overview of the research methodology that was used to carry out this study. It includes the description of the sample population, a detailed description of the instruments used, the procedure followed in the study, an explanation of the data analysis, and the ethical considerations that were taken into account.

Participants

The sample of this study was a purposeful convenient one that comprised of Lebanese adult-daughters above the age of 21, which is the legal age in Lebanon for independent adults. The age of the participants ranged between 21 and 55 so as to incorporate a diverse sample of participants that might provide a more comprehensive understanding of the obtained results, especially that the mother-daughter relationship and the attachment style continue throughout the daughter's adulthood years. As can be seen in Table 1 below, those who participated in the study were 150 Lebanese adult-daughters (N=150). The participants were consent adults whose age ranged between 21 and 55 with an average age of 27.67. Of the participants, 109 are single, 38 are married, and 3 are divorced.

Within the sample of 150 participants, most participants fell in the age group between 21 and 25 (44%; n=66), have a Bachelor's Degree (56%; n=84), are single (72.7%; n=109), and are employed for wages (70.67%; n=106). Most of the participants have 3 siblings (30.66%; n=46) and are the eldest child (37.33%; n=56). Finally, most participants' mother fell within the age group between 51 and 60 (52.67%; n=79) and is still married (80%; n=120) (refer to Appendix F for the full table of demographics).

Materials

The first section of the questionnaire included the participant information letter and consent form (see Appendix A). The second section comprised of the demographics questionnaire which inquired about the participants' age, highest degree of education, marital status, employment status, mother's educational level, number of siblings, order in the family, who the participant lives with, mother's status, mother's age, and parents' status (see Appendix B).

Three psychological tests were used after the demographics questionnaire, the Refined Mother Adult-Daughter Questionnaire (Rastogi, 2002) (see Appendix C), the Adult Attachment Scale (Collins & Read, 1990) (see Appendix D), and the Subjective Happiness Scale (Lyubomirsky & Lepper, 1999) (see Appendix E). These tests are further discussed in details in the section below.

Refined Mother Adult-Daughter Questionnaire. The Mother Adult-Daughter Questionnaire, MAD, was originally developed by Rastogi (1995) to be utilized in the study comparing how adult-daughters perceive their relationship with their mothers across 3 different cultures: Anglo, Indian (Asian), and Mexican-American. To establish more validity to the MAD, Rastogi (2002) refined the MAD and utilized it in a study across 3 cultures: Asian Indian American, Mexican American, and European American. The refined MAD was used in this study (refer to Appendix A). The refined MAD consists of 25 questions and 3 subscales: interdependence, connectedness, and trust in hierarchy (Rastogi, 2002). The questions of the refined MAD are divided as such: 8 are multiple choice questions, and 17 questions follow a Likert-type scale (1 very false to 5 very true) (Rastogi, 2002). One question of the refined MAD, marked with an asterisk, is reverse-scored.

In the refined MAD, items measuring interdependence marked as (i), resemble the adult-daughter's ability to seek help from her mother while still being free to make her own decisions without negatively influencing the quality of the mother-daughter relationship (Rastogi, 2002). In the study performed by Rastogi (2002), the Cronbach alpha for the interdependence subscale was 0.86. For this subscale, interdependence was indicated by scores ranging between 3 and 15. Whereas, items measuring connectedness, marked as (c), resemble the adult-daughter's ability to share her opinions and feelings with her mother without necessarily having physical interaction (Rastogi, 2002). For this subscale, connectedness was indicated by scores ranging between 9 and 45. In the study performed by Rastogi (2002), the Cronbach alpha for the connectedness subscale was 0.92. Finally, items measuring trust in hierarchy, marked as (t), resemble how adult-daughters respect their mother's wisdom and high status due to the belief that older women are more knowledgeable. For this subscale, trust in hierarchy was indicated by scores ranging between 6 and 30. In the study performed by Rastogi (2002), the Cronbach alpha for the trust in hierarchy subscale was 0.87.

Furthermore, Rastogi (2002) measured the refined MAD's content and face validity through the use of previous literature and by collecting feedback from the pilot study. Whereas the construct validity was measured by correlating the refined MAD's subscales with the differentiation subscale from the Level of Differentiation of Self Scale (Haber, 1990) and also the close and depend subscales from the Adult Attachment Scale (Collins & Read, 1990).

Adult Attachment Scale. The Adult Attachment Scale, AAS, was devised by Collins and Read (1990) based on the single item scale and attachment theory devised by Hazan and Shaver (1987) (refer to Appendix B). The AAS consists of 18 questions which use a 5-point Likert scale with scores ranging between 6 and 30 (Collins & Read, 1990). The AAS has 3

subscales: depend, anxiety, and close. Each subscale consists of 6 questions (Collins & Read, 1990). The first subscale, depend, consists of items that measure the individual's trust in others and belief that they will be available and accessible when needed (Collins & Read, 1990). The second subscale, anxiety, contains items that reflect feelings of anxiety (being deserted and not loved) experienced in a relationship (Collins & Read, 1990). Lastly, the third subscale, close, is measured through items depicting the extent to which individuals feel at ease with intimacy and closeness (Collins & Read, 1990). Seven questions of the Adult Attachment Scale, marked with an asterisk, are reverse-scored.

In the original study, upon measuring the reliability of the test, Collins and Read (1990) found a moderate correlation between the depend and close subscales, with a Cronbach alpha of 0.41; they noted that this suggested that people feel more comfortable getting close with others if they felt they could depend on them. However, depend was faintly correlated with anxiety, with a Cronbach alpha of 0.18; whereas anxiety and close had no correlation at all, with a Chronach alpha of 0.01. Moreover, the internal consistency of the subscales was measured and noted as follows: depend subscale had a Cronbach alpha of 0.75, anxiety subscale had a Cronbach alpha of 0.72, and close subscale had a Cronbach alpha of 0.69 (Collins & Read, 1990). In all subscales, the higher the score is the higher the individual's level of dependency on others, levels of anxiety, and levels of comfort with closeness with others (Collins & Read, 1990). Finally, Collins and Read (1990) measured the test-retest correlation of the AAS by having a sample of 101 participants, out of the original 406, complete the AAS after a 2-month period. The correlations of the subscale were as follows: close 0.68, depend 0.71, and anxiety 0.52.

Subjective Happiness Scale. The Subjective Happiness Scale, SHS, was devised by Lyubomirsky and Lepper (1999) (refer to Appendix C). The SHS is a 4-item scale that measures global subjective happiness (Lyubomirsky & Lepper, 1999). Scores on each item

range between 1 and 7, the higher the score the greater the individual's happiness is (Lyubomirsky & Lepper, 1999). Two of the scale's items use absolute ratings and ratings relative to peers through which participants identify themselves; whereas the other two items provide concise descriptions of happy and unhappy persons and ask the participants to which extent each description better describes them (Lyubomirsky & Lepper, 1999). One question of the Subjective Happiness Scale, marked with an asterisk, is reverse-scored.

The validity of the SHS was measured by using five measures of happiness and well-being: the affect balance scale devised by Bradburn (as cited in Lyubomirsky & Lepper, 1999), the delighted-terrible scale devised by Andrews and Withey (as cited in Lyubomirsky & Lepper, 1999), the global happiness item devised by Bradburn (as cited in Lyubomirsky & Lepper, 1999), the recent happiness item devised by Stewart, Ware and Sherbourne (as cited in Lyubomirsky & Lepper, 1999), and the satisfaction with life scale devised by Diener, Emmons, Larsen, and Griffin (as cited in Lyubomirsky & Lepper, 1999). Finally, Cronbach alpha was used to measure the internal consistency of the four items of the SHS. The Cronbach alpha ranged between 0.79 and 0.94 (Lyubomirsky & Lepper, 1999). Moreover, the test-retest reliability was measured by having participants take the SHS after 3 weeks to 1 year; the test-reliability ranged between 0.55 and 0.90 (Lyubomirsky & Lepper, 1999).

Procedure

The participants of the study were approached and invited to participate through convenience sampling. Participants were approached on the streets, in public places, in shopping centers, and outer gates of universities. First, each participant was provided a brief summary about the purpose of the study after which they chose to either participate or not. Participants who gave their consent were asked about their nationality and age, if they met the required criteria of the study (Lebanese nationality, age 21 and above, and read and

understood English). Then, participants were asked to fill a self-report demographics questionnaire, as well as the three psychological tests: the revised Mother Adult-Daughter Questionnaire (Rastogi, 1995), Adult Attachment Scale (Collins & Read, 1990), and Subjective Happiness Scale (Lyubomirsky & Lepper, 1999). Most of the people approached accepted to participate in the study; those who refused to participate did not feel comfortable enough to share details about their relationship with their mother. All participants were able to fill the survey independently by themselves.

Data Analysis

After collecting the data, the statistical tool SPSS was used to produce the statistical results. Primarily, descriptive statistics (frequency, mean, and standard deviation) and inferential statistics were used to get a primary overview of the gathered data. This was followed by running a reliability check, Pearson's correlation coefficient "r", and stepwise regression analysis to test the relationship between the mother-daughter relationship (independent variable 1) and attachment styles (independent variable 2) with the adult-daughter's perceived subjective happiness (dependent variable).

Ethical Considerations

Prior to administering the study and recruiting any participants, the research applied for the IRB clearance from the Ethics Committee at Haigazian University and was granted approval to proceed. Moreover, the participants of this study participated voluntarily. They were informed about their right to withdraw from the study whenever they want.

Additionally, they were also assured that all information obtained from them by filling the questionnaires will remain private, confidential, and anonymous. In other words, no names or means to identify participants will be used and the researcher will be the only person allowed to access the data. All this information was presented to the participants face to face and in

writing as part of the informed consent. As a symbol of their agreement, participants signed their names on two forms: one to be kept by the researcher and one to be kept by them.

Because unfavorable mother-daughter relationship is a sensitive topic that might elicit negative emotions or memories when the participant was instructed to complete the refined Mother Adult-Daughter Questionnaire and the Adult Attachment Scale, the researcher had to address the following points during the data collection process: (1) participants were informed about the topic – remembering features of parental practice (i.e., a sensitive topic) from the beginning, (2) participants were informed that they are free to refuse to answer, (3) participants were asked if they are interested in a referral to support or mental health services. In case the participant's emotional distress level increased after completing the surveys, she was then provided with contact details of recommended counselors in case she wished to attend counseling sessions (Labott, Johnson, Fendrich, & Feeny, 2013; Gibbs et al., 2017).

Chapter 4

Results

The purpose of this study was to examine a set of independent variables, namely, the different attachment styles of adult-daughters as well as the interdependence, connectedness, and trust in hierarchy, which represent the elements of the perceived mother adult-daughter relationship, in relation to the adult-daughter's perceived subjective happiness (dependent variable). In this chapter, the scale properties and the reliability findings will be presented. Following that, the data analysis of how the hypotheses of this study were examined using the statistics program SPSS, Version 22, will be shown.

Reliability Testing

The reliability coefficients were calculated for each scale and subscale used in this study. The analysis of the Adult Attachment Scale yielded a Cronbach's alpha of 0.591, with caution, for the total score and a Cronbach alpha of 0.830, 0.814, and 0.768 for the 3 subscales, anxiety, close, and depend respectively. Also, the total score of the refined Mother Adult-Daughter Questionnaire yielded a Cronbach's alpha of 0.946, whereas its 3 subscales, interdependence, connectedness, and trust in hierarchy produced a Cronbach alpha of 0.909, 0.846, and 0.894 respectively. Finally, the Subjective Happiness Scale yielded a Cronbach alpha of 0.817.

Table 1 below presents the current and previous reliability coefficients of the scales and subscales of the Adult Attachment Scale and refined Mother Adult-Daughter Questionnaire along with the total Scale of the Subjective Happiness Scale.

Table 1*Previous and Current Cronbach's Alpha of the used Scales and Subscales*

Scale or Subscale	Previous Cronbach's Alpha	Current Cronbach's Alpha
Adult Attachment Scale	.710	.591
Anxiety	.720	.830
Close	.690	.814
Depend	.750	.768
Refined Mother Adult-Daughter Questionnaire	.930	.946
Interdependence	.860	.846
Connectedness	.920	.909
Trust in Hierarchy	.870	.894
Subjective Happiness Scale	.860	.817

Hypothesis Testing

Hypothesis 1: There is a positive correlation between secure attachment and subjective happiness.

A Pearson's correlation was calculated to examine the relationship between the adult-daughter's secure attachment style with her mother derived from the Adult Attachment Scale and her perceived subjective happiness. A positive correlation was found between the two variables ($r = 0.216$; $p = 0.008$), and the correlation was found to be significant at the 0.01 level. Therefore, the hypothesis is confirmed; see Table 2 below.

Table 2

Correlation Matrix between the dependent variable, subjective happiness, and the various independent variables: secure attachment, anxious attachment, avoidant attachment, interdependence, connectedness, trust in hierarchy and subjective happiness

		Subjective Happiness Scale
Secure Attachment	Pearson Correlation	.216**
	Sig. (2-tailed)	.008
	N	150
Anxious Attachment	Pearson Correlation	-.182*
	Sig. (2-tailed)	.026
	N	150
Avoidant Attachment	Pearson Correlation	-.305**
	Sig. (2-tailed)	.000
	N	150
Interdependence Subscale	Pearson Correlation	.261**
	Sig. (2-tailed)	.001
	N	150
Connectedness Subscale	Pearson Correlation	.232**
	Sig. (2-tailed)	.004
	N	150
Trust in Hierarchy Subscale	Pearson Correlation	.195*
	Sig. (2-tailed)	.017
	N	150

* Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

Hypothesis 2: There is a negative correlation between anxious attachment and subjective happiness.

A Pearson's correlation was calculated to examine the relationship between the adult-daughter's anxious attachment style with her mother derived from the Adult Attachment Scale and her perceived subjective happiness. A negative correlation was found between the two variables ($r = -0.182$; $p = 0.026$), and the correlation was found to be significant at the 0.05 level. Therefore, the hypothesis is confirmed; see Table 2.

Hypothesis 3: There is a negative correlation between avoidant attachment and subjective happiness.

A Pearson's correlation was calculated to examine the relationship between the adult-daughter's avoidant attachment style with her mother derived from the Adult Attachment Scale and her perceived subjective happiness. A negative correlation was found between the two variables ($r = -0.305$; $p = 0.000$), and the correlation was found to be significant at the 0.01 level. Therefore, the hypothesis is confirmed; see Table 2.

Hypothesis 4: There is a positive correlation between the interdependence dimension and subjective happiness.

A Pearson's correlation was calculated to examine the relationship between the interdependence dimension of the refined Mother Adult-Daughter Questionnaire and her perceived subjective happiness. A positive correlation was found between the two variables ($r = 0.261$; $p = 0.001$), and the correlation was found to be significant at the 0.01 level. Therefore, the hypothesis is confirmed; see Table 2.

Hypothesis 5: There is a positive correlation between the connectedness dimension and subjective happiness.

A Pearson's correlation was calculated to examine the relationship between the connectedness dimension of the refined Mother Adult-Daughter Questionnaire and her perceived subjective happiness. A positive correlation was found between the two variables ($r = 0.232$; $p = 0.004$), and the correlation was found to be significant at the 0.01 level. Therefore, the hypothesis is confirmed; see Table 2.

Hypothesis 6: There is a positive correlation between the trust in hierarchy dimension and subjective happiness.

A Pearson's correlation was calculated to examine the relationship between the trust in hierarchy dimension of the refined Mother Adult-Daughter Questionnaire and her perceived subjective happiness. A positive correlation was found between the two variables ($r = 0.195$; $p = 0.017$), and the correlation was found to be significant at the 0.05 level. Therefore, the hypothesis is confirmed; see Table 2.

Additional Findings

To further test the results, multiple regression analysis was performed using all variables; however, no significant results were found. Therefore, since stepwise regression is used to generate better results when the independent variables (attachment styles and elements of the mother-daughter relationship) are interrelated, stepwise regression analysis was performed to examine the predictability of the adult-daughter's perceived subjective happiness as a dependent variable. Moreover, when controlling for the demographics in the multiple regression analysis, no significant results were found. As a result, in the stepwise regression, the demographics were not included. The results that were significant are elaborated in Tables 3a and 3b below.

Table 3a*Regression Coefficients of subjective happiness as the dependent variable*

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	13.764	1.747	–	7.877	.000
1 Adult Attachment Scale – Avoidant Attachment	-.283	.073	-.305	-3.902	.000

a. Dependent Variable: Subjective Happiness Scale – Total

Table 3b*Model Summary of the Regression Analysis of subjective happiness as the dependent variable*

Model	R	R Square	Adjusted R Square
1	.305 ^a	.093	.087

a. Predictors: (Constant), Adult Attachment Scale – Avoidant Attachment

Looking at the Beta values, it is notable that the avoidant attachment style derived from the Adult Attachment Scale (Collins & Read, 1990) negatively contributes to the Lebanese adult-daughter's perceived subjective happiness by 30.5%. Therefore, as can be seen in Table 3b above, the avoidant attachment style is the highest predictor to the Lebanese adult-daughter's perceived subjective happiness in their relationship with their mother.

Chapter 5

Discussion

The aim of this study was to test the attachment style the Lebanese adult-daughter forms with her mother along with the interdependence, connectedness, and trust in hierarchy as the elements of her relationship with her mother and the impact they have on the adult-daughter's perceived subjective happiness. All in all, this study's main inspiration was the lack of empirical studies of this nature in Lebanon. Even though a number of researches focused on the attachment style developed with the mother, maternal rejection and its significance on the adult's subjective happiness, and the influence the father's involvement has on his daughter's self-esteem, none of the studies in Lebanon focused on the relationship between the daughter and her mother and its influence on the daughter's subjective happiness.

Hypotheses 1, 2 and 3 examined the three attachment styles (secure, anxious, and avoidant) the Lebanese adult-daughter forms with her mother and how they correlate with her perceived subjective happiness. The hypotheses generated significant results in which the adult-daughter's secure attachment with her mother positively correlated to her perceived subjective happiness; whereas, the adult-daughter's anxious or avoidant attachment with her mother negatively correlated to her perceived subjective happiness. The results found coincided with various researches done in the past.

Bayrami et al. (2012) conducted a study on 400 college students to investigate how the three attachment styles (secure, anxious, and avoidant) affect the participants' happiness and willingness to communicate. The scales they used were the Adult's Attachment Styles Scale (Hazan & Shaver, 1987), Memorial University of Newfoundland Scale of Happiness (MUNSCH) (Kozma & Stones, 2000), and Willingness to Communicate Scale (WTC)

(McCroskey, 1992). The results were analyzed and tested using a one-way analysis of variance (ANOVA) and post hoc multiple comparison. The results showed that adults with a secure attachment style exhibited higher levels of happiness than those with an anxious or avoidant attachment style. Furthermore, in a study conducted on 305 university students, Ozturk and Mutlu (2010) investigated the relationship between adults' attachment style, subjective well-being, social anxiety, and happiness in romantic relationship. In this study, Ozturk and Mutlu (2010) used the Interaction and Audience Anxiousness Scale (Leary, 1983), the subjective well-being scale (Tuzgol-Dost, 2005), the Relationship Happiness Questionnaire (Fletcher, Fitness, & Blampied, 1990), and the Relationship Scales Questionnaire (Griffin & Bartholomew, 1987). A Pearson's correlation analysis was performed to analyze the data. No correlation was found between social anxiety and happiness in a romantic relationship, a negative correlation was found between social anxiety and subjective well-being, and a positive correlation was found between social anxiety and the anxious and avoidant attachment styles. The findings were that participants with anxious attachment reported lower levels of subjective well-being and happiness as opposed to those with a secure attachment. In addition, Chang (2013) recruited 721 female participants in his study to explore the relationship between attachment styles, depression, spiritual well-being, and positive mental health. Various questionnaires and scales were used pertaining to depression, adjustment, relationship with birth family and family-in-law, childhood experiences of care and abuse, self-esteem, general health, and attachment styles. To test the hypotheses, Chang (2013) used Pearson's correlation, Spearman's correlation, Chi-square statistics, binary logistic regression, and standard Baron and Kenny three step binary logistic regression. The results of this study found that low self-esteem, poor childhood care, thoughts of partner separation, and an insecure (avoidant and anxious) attachment style lead to higher depression levels in women.

In addition to the previous studies, to investigate the influence of attachment, relationship status, and gender on subjective well-being (i.e., subjective happiness), Kankotan (2008) recruited 389 participants, 288 of which were female and 101 were male. Kankotan (2008) used three questionnaires, Experiences in Close Relationships Inventory (ECRI) (Brennan, Clark, & Shaver, 1998), Satisfaction with Life Scale (SWLS) (Diener, Emmons, Larsen, & Griffin, 1985), and Positive and Negative Affect Schedule (PANAS) (Watson, Clark, & Tellegen, 1988). To analyze the results, three stepwise multiple linear regression analyses were conducted. The findings revealed that those with higher levels of life satisfaction have lower scores on the avoidance and anxiety dimensions of attachment; higher levels of positive affect were accompanied by low scores on the avoidance dimension of attachment; higher levels of negative affect went along with high scores on the anxiety dimension of attachment. Therefore, participants who reported higher subjective well-being did not develop an anxious or avoidant attachment style. Furthermore, 180 female and male late adolescent students were recruited by Turkisher (1994) to examine how self-esteem, subjective well-being, and attachment style are interconnected. To gather the data, Turkisher (1994) used the Adult Attachment Scale (Collins & Read, 1990), Rosenberg's Self-Esteem Inventory (Rosenberg, 1965), and the Satisfaction with Life Scale (Diener et al., 1985). The results found were tested using Pearson's correlation and multiple regression analysis. The findings of the study indicated that higher levels of self-esteem along with a secure attachment positively contributed to subjective well-being (i.e., subjective happiness). Although the obtained results were significant for both genders, they showed higher prevalence among females.

Hypotheses 4, 5 and 6 studied the elements of the mother-daughter relationship (interdependence, connectedness, and trust in hierarchy) and how they correlate with the adult-daughter's perceived subjective happiness. The hypotheses generated significant results

in which the adult-daughter's interdependence (ability to seek help from her mother), connectedness (ability to share her opinions and feelings freely with her mother), and trust in hierarchy (the respect she has for her mother's wisdom) were positively correlated to her perceived subjective happiness. Previous research supported the results found in this study as follows:

Onayli and Erdur-Baker (2013) conducted a study to provide further evidence on how the mother-daughter relationship affects the daughter's self-esteem and satisfaction in life, a synonym of subjective happiness. A group of 426 female university students were recruited to participate in the study and completed the following questionnaires: the Mother and Adult Daughter Questionnaire (Rastogi, 1995), Rosenberg's Self-Esteem Scale (Rosenberg, 1965), and the Satisfaction with Life Scale (Diener et al., 1985). To analyze the data, canonical correlation analysis and multiple regression tests were used. The obtained results showed that the elements of the mother-daughter relationship (interdependence, connectedness, and trust in hierarchy) significantly interrelated with satisfaction in life and self-esteem. Therefore, this study provided further evidence that the better the relationship the adult-daughter shares with her mother the higher her satisfaction in life is. The above work was based on a previous study conducted by Onayli (2010) which recruited the same number of participants, 426 female university students, to examine the connection between the mother-daughter relationship and the adult-daughter's well-being in terms of self-esteem and life satisfaction (i.e., subjective happiness). Onayli (2010) used the Mother and Adult Daughter Questionnaire (Rastogi, 1995), Rosenberg's Self-Esteem Scale (Rosenberg, 1965), and the Satisfaction with Life Scale (Diener et al., 1985). The data were examined using multivariate analysis of variance (MANOVA), Pearson correlation, and canonical correlation analysis. The yielded results exhibited a positive relationship between the mother-daughter relationship and the adult-daughter's self-esteem and life satisfaction. Overall, the previously mentioned studies

support the current study where the dimensions of the adult-daughter's interdependence, connectedness, and trust in hierarchy in her relationship with her mother are positively correlated with her perceived subjective happiness.

Additional Findings

The additional results showed that the avoidant attachment style derived from the Adult Attachment Scale (Collins & Read, 1990), was the only predictor of the Lebanese adult-daughters' perceived subjective happiness. This is in line with a study conducted by Lee and Hankin (2009) to test if insecure attachment (i.e., avoidant and anxious) is a predictor of depression, anxiety, and low self-esteem among 467 adolescents. The instruments used in the study were Experiences in Close Relationships Inventory – Revised (Brennan et al., 1998), Children's Dysfunctional Attitudes Scale (Lewinsohn, Joiner, & Rohde, 2001), Self-Perception Profile for Children (Harter, 1985), Children's Depression Inventory (Kovacs, 1985), and Mood and Anxiety Symptom Questionnaire (Watson et al., 1995). Structural equation modeling (AMOS 6.0; Arbuckle, 1999) was used to conduct path analyses of the gathered data. The generated results indicated that avoidant and anxious attachment styles lead to depressive and anxiety symptoms later in life. Therefore, based on the above, the probability that a daughter will experience anxiety or depression, the opposite of subjective happiness, is increased if she forms an avoidant or anxious attachment style towards her mother (Song et al., 2009; Mikulincer & Shaver, 2007; Lynch, 2011).

Clinical Implications

Since the relationship the daughter shares with her mother plays an important factor on different aspects in the daughter's life (Ogilvie, 2004), the main focus of this study was to test the impact of this relationship on the daughter's perceived subjective happiness. The results of this study provided clarity and a better understanding of the dynamics of this relationship.

Based on these results, clinical implications that are important for various professionals were deduced. For instance, the results of this study can help psychologists, school counselors, and other clinicians who work with female clients who are demonstrating certain psychological problems to better understand whether the basis of the presented problem goes back to a disruptive mother-daughter relationship or an insecure attachment style with the mother. More specifically, according to the results of this study, avoidance was the strongest predictor to the daughter's perceived subjective happiness in a sense that those with an avoidant attachment style towards their mother display lower levels of subjective happiness. Therefore, when clinicians are exposed to a case in which the female client is showing signs of distress and anxiety, they can then look deeper into the attachment style she has formed towards her mother while bearing in mind that the avoidant attachment style might be the main trigger to her distress. Consequently, working on developing a better relationship between the client and her mother will positively influence her psychological well-being. All in all, the above can help provide a direction for the treatment process that clinicians can use to improve the mother-daughter relationship (Onayli, 2010).

In addition, educators and parents, especially mothers, can benefit from this study as it will enable them to raise women with high psychological functioning (Onayli, 2010). Most importantly, the information presented in this study might lead mothers and daughters into forming a healthier and stronger bond between the two. Consequently, this bond will positively reflect on the daughter's psychological functioning by reducing her psychological distress and increasing her psychological and emotional well-being. Therefore, when the adult-daughter has experienced a strong and healthy bond with her mother this will positively influence her perceived subjective happiness and overall psychological functioning. In turn, this healthy relationship with the mother will most likely be reflected in the daughter's

relationship with her own children in the future; thus, raising healthier children with lower psychological distress.

Future Research Recommendations

Given that this study validated the use of the refined Mother Adult-Daughter Questionnaire (Rastogi, 2002) in Lebanon (Cronbach alpha of .946), future studies can further investigate the relationship between the Lebanese adult-daughter and her mother using this scale. Moreover, given that the Pearson's correlation generated significant but not high correlations, future researchers can further investigate which other variables correlate to the Lebanese adult-daughter's perceived subjective happiness. Therefore, future research can attempt to measure the adult-daughter's attachment style developed towards her mother in relation to the adult-daughter's perceived subjective happiness and self-esteem; future researchers can compare how the adult-daughter's attachment style with her mother and her father affect her perceived subjective happiness; upcoming studies can focus on the influence the adult-daughter's relationship with her mother and the attachment style with her mother have on her romantic relationships in the future. Moreover, it would be interesting to compare the quality of the adult-daughter's relationship with her mother as opposed to that with her own children. Finally, it is recommended that in future studies the questionnaires used in are translated to Arabic, the native language in Lebanon, and distributed to a more general population of Lebanese adult-daughters who do not read nor understand English.

Limitations of the Study

The first limitation of this study was the use of the English language in the questionnaires distributed to the participants. Given that in Lebanon the native language is Arabic, and English is a second or third language to most, therefore, those who cannot read nor understand English were denied the right to participate in this study which might have

created a restriction in the results. Additionally, since the data in this study were solely collected from the Beirut region in Lebanon and those who live abroad, the generalizability of the results might have been affected. Thus, the results generated in this study might not have been reflective enough to represent the entire adult-daughters in the Lebanese population.

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Appendix A

Participant Information Letter and Consent Form

Participant Information Letter

Dear Ms./Mrs.,

I am Nelly Al Haddad, a student at Haigazian University from the Department of Social and Behavioral Sciences. I am currently carrying out a research study titled “The Relation between the Perceived Daughter-Mother Relationship, Adult Attachment Styles, and Subjective Happiness among Female Lebanese Adults” advised by Dr. Hanine Hout.

You are being asked to take part in this study since you are a Lebanese female-adult over the age of 21.

Kindly read the below information to decide whether you would like to participate in this research study.

Purpose of the Research Project

This research study aims at studying the mother adult-daughter relationship and its influence on the daughter’s subjective happiness in the Lebanese culture. This study will contribute towards the partial fulfillment of my academic study requirements at Haigazian University.

What will I be asked to do?

- If you choose to participate in this research study, you will be asked to fill in a questionnaire. Your participation will involve completing a survey that entails statements that you will have to rate based on agreement and a demographic form for approximately 20 minutes.
- Participation in this project is voluntary. You are free to withdraw anytime without having to give any reason for your withdrawal.

What are my rights?

- Participation in this study is completely voluntary, anonymous and confidential. Your name or any other identifying information will not be asked.
- Data you provide along with data from all participants in the present research will be stored in Haigazian University. The data will then be analyzed. Only the principle investigators of this study will have access to the compiled data which will be stored for a period of 10 years post data. During this time, you have the right to inspect the data.
- You have the right to withdraw your consent or discontinue participation at any time for any reason. Your decision to refuse participation or withdraw will not involve any penalty or loss of benefits to which you are entitled. Discontinuing participation in no way affect your relationship with Haigazian University.
- This research study has been reviewed and has received clearance from the Haigazian University ethics committee. If you have any further concerns about your rights as a research participant, please, do not hesitate to contact Dr. Hanine Hout.

What are the risks and benefits of participation?

- Participation in this study does not involve any physical risk or emotional risk to you beyond the risks of daily life.
- You will receive no direct benefits from participating in this research; however your participation does help researchers better understand the influence of the mother adult-daughter relationship on the daughter's subjective happiness.

Contact information

If you have any questions or concerns about the research, you may contact:

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Dr. Hanine Hout, Advisor

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Participant Consent Form

The Relation between the Perceived Daughter-Mother Relationship, Adult Attachment Styles, and Subjective Happiness among Female Lebanese Adults

Please read the following statements and place a check mark in the boxes adjacent to them.

- I have volunteered to participate in this research project conducted for purposes of study. My participation is voluntary and does not involve payment of any kind.
- I know that I can choose to withdraw from participation any time without any penalties or consequences whatsoever. I also hold the right to decline to respond to any question(s) that I may feel uncomfortable with.
- My participation may involve answering a questionnaire.
- I have been assured that the researcher will maintain my identity securely confidential.
- I have been assured that the information from this interview will be used for the purpose of academic study only.
- I have received the assurance that this research study has been duly reviewed and approved by the Faculty of Social and Behavioral Sciences at Haigazian University.
- I agree that the data gathered be kept in a secure location under the care of the study investigators for a period of a period of 5 years as per the regulations of the Faculty of Social and Behavioral Sciences at Haigazian University.
- I have read, listened and fully understood the explanation given to me. All my questions have been satisfactorily answered.
- I, therefore, choose to voluntarily participate in this research study.
- I have received a copy of this consent form co-signed by the investigator.

Participant consent

Investigator

Date: _____

Date: _____

Name: _____

Name: _____

Signature: _____

Signature: _____

Appendix B**Demographics Questionnaire**

1. Age: _____

2. Highest degree or level of school completed (if currently enrolled, choose the highest degree previously received):
 - High school graduate
 - Trade/technical/vocational training
 - Bachelor's degree
 - Master's degree
 - Doctorate degree
 - Other, please specify _____

3. Your marital status:
 - Single, never married
 - Married or domestic partnership
 - Widowed
 - Divorced
 - Separated

4. Your employment status:
 - Employed for wages
 - Self-employed
 - Out of work and looking for work
 - A homemaker
 - A student
 - Retired
 - Other, please specify _____

5. Your mother's educational level:
 - Did not finish high school
 - High school graduate
 - Trade/technical/vocational training

- Bachelor's degree
- Master's degree
- Doctorate degree
- Other, please specify _____

6. Number of siblings:

- 0
- 1
- 2
- 3
- 4
- 5
- Other, please specify _____

7. Your order in the family (first child, second child, eldest...): _____

8. Whom do you live with:

- Parents
- By myself
- With friends
- With my husband and children (if any)

9. Your mother is:

- Alive
- Deceased

10. Your mother's age: _____

11. Your parents' status:

- Married
- Widowed
- Divorced
- Separated

Appendix C**Refined Mother Adult-Daughter Questionnaire**

To begin with, I would like to ask you some questions about the relationship you have with your mother right now. Please answer all questions and choose the answer that applies best to you. Keep in mind your CURRENT relationship with your mother.

For questions 1 through 5, circle the best answer.

1. I have lived with my mother:
 - a. More than 25 years
 - b. Up to 25 years
 - c. Less than 15 years

2. To visit my mother, I have to travel:
 - a. 3 miles or less
 - b. 30 miles or less but more than 3 miles
 - c. 200 miles or less but more than 30 miles
 - d. 800 miles or less but more than 200 miles
 - e. 3,000 miles or less but more than 800 miles
 - f. More than 3,000 miles

3. I see my mother:
 - a. Almost every day
 - b. About once a week
 - c. About once a month
 - d. About once every few months
 - e. Once or twice a year
 - f. Less than once a year
 - g. Never

4. I communicate (call, write/receive letters) with my mother at least:
 - a. Daily
 - b. Weekly
 - c. Monthly

- d. Less than monthly
 - e. Never
5. If cost were not an issue, I would communicate (call/write) with my mother:
- a. About the same as now
 - b. A little more
 - c. Much more

For questions 6 through 22, refer to the scale below and choose the answer that describes you best.

- 1 = Very false
- 2 = Somewhat false
- 3 = Maybe
- 4 = Somewhat true
- 5 = Very true

6. I can share my intimate secrets with my mother. _____ (c)
7. My mother can share her intimate secrets with me. _____ (c)
8. I can share my personal feelings with my mother. _____ (c)
9. My mother can share her personal feelings with me. _____ (c)
10. I can share my opinions and values with my mother. _____ (c)
11. My mother can share her opinions and values with me. _____ (c)
12. If my mother ever needs anything, I help in whatever way I can even if it means making huge sacrifices. _____ (c)
13. If I ever need any kind of help, I do not hesitate to ask my mother for advice. _____ (i)
14. I often depend on my mother for advice. _____ (i)
15. My mother will always love me regardless of what I do. _____ (c)
16. My mother always knows best. _____ (t)

17. My mother always knows what is good for me. _____ (t)
18. I do what my mother suggests because it takes away the hassle of having to figure it out for myself. _____ (t)
19. I always trust my mother's judgment. _____ (t)
20. I feel I can use my mother's wisdom as a resource when making decisions. _____ (t)
21. Sometimes I will give in to my mother out of my respect for her. _____ (t)
22. I feel the need to consult my mother when making a hard decision. _____ (i)

For questions 23 through 25, choose the answer that describes you best, and circle your response.

23. I consider my mother and I to be: (c)*
- a. Very close
 - b. Close
 - c. Somewhat close
 - d. Not very close
 - e. Not close at all
24. Compared to other ordinary families of my culture that I have known, my relationship with my mother is:
- a. More close than others
 - b. About the same as others
 - c. Less close than others
25. My overall relationship with my mother is:
- a. Very satisfying
 - b. Satisfying
 - c. Neither satisfying nor dissatisfying
 - d. Dissatisfying
 - e. Very dissatisfying

Appendix D

Adult Attachment Scale

Please read each of the following statements and rate the extent to which it describes your feelings about the current relationship you have with your mother. Please use the scale below by placing a number between 1 and 5 in the space provided to the right of each statement.

1	2	3	4	5
Not at all characteristic of me				Very characteristic of me

1. I find it relatively easy to get close to my mother. _____ (c)
2. I find it difficult to allow myself to depend on my mother. _____ (d)*
3. I often worry that my mother does not really love me. _____ (a)
4. I find that my mother is reluctant to get as close as I would like. _____ (a)
5. I am comfortable depending on my mother. _____ (d)
6. I do not worry about my mother getting too close to me. _____ (c)
7. I find that my mother is never there when I need her. _____ (d)*
8. I am uncomfortable being close to my mother. _____ (c)*
9. I often worry that my mother will not want to stay by me. _____ (a)
10. When I show my feelings for my mother, I am afraid she will not feel the same about me. _____ (a)
11. I often wonder whether my mother really cares about me. _____ (a)
12. I am comfortable developing a close relationship with my mother. _____ (c)
13. I am nervous when my mother gets too close to me. _____ (c)*
14. I know that my mother will be there when I need her. _____ (d)
15. I want to get close to my mother but I worry about being hurt by her. _____ (a)
16. I find it difficult to trust my mother completely. _____ (d)*
17. Often my mother wants to be closer than I feel comfortable being. _____ (c)*
18. I am not sure that I can always depend on my mother to be there when I need her. _____ (d)*

Appendix E

Subjective Happiness Scale

Instructions: For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you.

1. In general, I consider myself:

not a very happy person 1 2 3 4 5 6 7 a very
happy person

2. Compared to most of my peers, I consider myself:

less happy 1 2 3 4 5 6 7 more happy

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

not at all 1 2 3 4 5 6 7 a great deal

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?*

not at all 1 2 3 4 5 6 7 a great deal

Appendix F

Table of Frequency and Percentages of Demographics (N = 150)

Variable	f	%
<i>Age Groups</i>		
21-25	66	44
26-30	51	34
31-35	18	12
36-40	9	6
41-45	1	0.67
46-50	2	1.33
50-55	3	2
<i>Educational Level</i>		
High school graduate	11	7.33
Trade/Technical/Vocational training	1	0.67
Bachelor's Degree	84	56
Master's Degree	48	32
Doctorate Degree	6	4
<i>Marital Status</i>		
Single	109	72.7
Married	38	25.3
Divorced	3	2
<i>Employment Status</i>		
Employed for wages	106	70.67
Homemaker	2	1.33
Out of work	2	1.33
Retired	1	0.67
Self-employed	13	8.67
Student	25	16.66
Unemployed	1	0.67
<i>Mother's Educational Level</i>		
Bachelor's Degree	51	34
Did not finish high school	37	24.67
Doctorate Degree	4	2.67
High school graduate	33	22
Master's Degree	14	9.33
Trade/Technical/Vocational training	11	7.33

Variable	f	%
<i>Number of Siblings</i>		
0	4	2.67
1	40	26.67
2	34	22.67
3	46	30.66
4	19	12.66
5	6	4
10	1	0.67
<i>Living With</i>		
Alone	20	13.33
Friends	10	6.67
Husband and children	37	24.67
Parents	83	55.33
<i>Order in the Family</i>		
Only child	4	2.67
Eldest	56	37.33
Second	36	24
Third	20	13.33
Fourth	4	2.67
Fifth	2	1.33
Sixth	1	0.67
Youngest	27	18
<i>Mother's Age</i>		
41-50	39	26
51-60	79	52.67
61-70	23	15.33
71-80	5	3.33
81-90	4	2.67
<i>Parent's Status</i>		
Married	120	80
Divorced	9	6
Separated	10	6.67
Widowed	11	7.33