Development of the Draw Your Relationship Art Assessment Measure: A Review of Five Validity Studies

Speicher, H. (Ph.D.) & Swiantek, M.

Albertus Magnus College

Abstract

Intimacy and its expression between romantic partners is often the focus of couple or individual counseling and such therapeutic processes could benefit from a non-threatening projective measurement tool to determine clients' level of intimacy in their relationship, particularly among individuals who may lack insight. The Draw Your Relationship (DYR) art assessment was developed as a measure of intimacy in one's romantic relationship for these purposes as well as a research tool. Over the course of five years, multiple samples (*N*=212) were used to test reliability and validity. DYR rater reliability is typically excellent, and various intimacy and well-being measures have been shown to be significantly correlated with the DYR rating scale.

Background

Art Assessments

- Useful for clients who
  - Have limited verbal skills
  - Lack insight
  - Struggle to express their feelings
- Nonthreatening
- Used as projective assessment tool
  - Develop treatment plan
  - Measure baseline & monitor progress
- Important to Validate Art Assessments
  - Compare to scores on self-report psychological measures

Goal & Overview

- Review validity studies of the DYR thus far
- Finalize protocol for scoring the DYR

Method

Participants: Five Samples (2012-2017)

- Undergraduate & graduate traditional and accelerated evening programs in New England (most samples)
  - Sample one 2012 (*n*=23)
  - Sample two 2013 (*n* =39)
  - Sample three 2015 (*n* =56)
  - Sample four 2016 (*n* =60) (only non-student sample, from California)
  - Sample five 2017 (*n* =34)

Materials

- Draw Your Relationship (DYR) Art Assessment Measure (Speicher, 2012)
  - Instruction *"Draw a picture of your relationship. If you are not currently involved, then draw a picture of your most recent relationship."*
  - Scale – 11 Graphic Indicators (1 to 5 rating scale)

Number of colors	Number of warm colors	Number of cool colors
Detail of drawing	Environment present	Happy facial expression (smiling)
Stick figures	Proximity	Bizarre elements
Facing each other	Ground line depicted	

- Art Supplies
  - Crayola Classic Colored Pencils (10-pack) ***OR*** Broad Line Washable Markers (10-pack)
  - White 20 lb. (9.07 kg) sheet of 8.5 in. X 11 in. (21.59 cm X 27.94 cm) blank paper
- Intimacy & Well-Being Scales
  - Speicher Trait Intimacy Capability & Intimacy Motivation (STICIM)
  - Fear of Intimacy (FI)
  - Experiences in Close Relationships (ECR-R) attachment anxiety & avoidance
  - Shyness
  - Depression
  - Self-Esteem

Procedure

- Several small groups as part of 2 hour extra credit testing session
  - Except 2016 sample
    - Non-student adults in California
    - Snowball sampling among acquaintances & co-workers of a teacher
- DYR instructions
  - Printed and read aloud

  "On the blank piece of paper using the colored pencils provided, please draw a picture of yourself with your romantic partner. If you are not currently romantically involved, then draw a picture of you with your most recent romantic partner"
  - Drawing allotted 15 minutes
  - Self-reports allotted 30 minutes

Procedure (continued)

- DYR rating & scoring of drawings
  - 2-4 Raters
  - Averages across reliable raters calculated for each graphic indicator
  - Overall DYR score is the sum of all the positive indicators, minus the 3 negative indicators (dark colors, stick figure, bizarre elements)

Results

Reliability

- Rater Reliability
  - High across graphic indicators & across all studies
  - .75 – 1.00 (average intraclass coefficients)
- Internal Consistency for 2016 sample is acceptable
  - Cronbach's alpha = .67
  - Omitted bright & dark colors (not independent of total number of colors)

Validity

- Correlated DYR with intimacy & well-being measures (Table 1)
  - Speicher Trait Intimacy Capability and Intimacy Motivation (STICIM) Measure
  - Experiences in Close Relationships – revised (ECR-R) romantic attachment
  - Fear of Intimacy (FI)
  - Shyness
  - Depression
  - Self Esteem
- Multiple studies show DYR correlates with STICIM, Fear of Intimacy & ECR Attachment
- In 2017 sample DYR correlates most strongly with Shyness, followed by STICIM Intimacy Capability
- ECR Avoidance & Fear of Intimacy show weaker correlations with DYR, followed by ECR Anxiety & STICIM Intimacy Motivation (consistent with earlier studies)
- As expected DYR shows no correlation with
  - Depression
  - Self-esteem

Table 1

Discriminant Validity: Correlation of DYR with Intimacy and Well Being Measure

	DYR Scores				
	2012	2013	2015	2016	2017
STICIM - (IC)	.31	-.27	.13	-	.33
STICIM - (IM)	.06	-.20	.14	-	.18
ECR AVOIDANCE	-	-	-.36	-	-.22
ECR ANXIETY	-	-	-.25	-	-.19
FEAR OF INTIMACY	-	-	-	-.20	-.20
SHYNESS	-	-	-	-	-.36
DEPRESSION	-	-	-	-	.07
SELF-ESTEEM	-	-	-	-	-.03
n	23	39	56	60	34

Note: All samples from college graduate and undergraduate students in northeast except 2016 non-college students from California.

Conclusions

- Data suggest the DYR is a measure of intimacy in romantic relationships
  - Correlation with similar construct measures
  - No or weaker correlation with dissimilar measures
- Data suggest the DYR is easy to score
  - High rater reliability with minimal training
- Internal consistency needs improvement
  - Consider removing bizarre scale
  - Consider removing redundant color scales

References

Speicher, H. (2012). Draw Your Relationship Scoring Manual. Unpublished document.

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For further information contact: hspeicher@albertus.edu

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