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The Speicher Trait Intimacy Capability and Intimacy Motivation (STICIM) Measure Summary of Development and Validity Results

Attached please find a copy of the STICIM measure, an individual difference measure of intimacy capability and intimacy motivation across different types of relationships and specific intimate others.

Links can be drawn between experiencing intimacy and physical and psychological well-being, yet little is known about the experience (Speicher, 1998). Measures of intimacy do not differentiate between capability and motivation, tend to focus on specific relationships, and assess only one or a few of the many components of intimacy cited in the literature. My goal was to develop a comprehensive measure that assesses individual differences among people on two dimensions, *Intimacy Capability* and *Intimacy Motivation,* regardless of type of relationship or specific intimate other. The 36-item STICIM measure was developed through a series of factor analyses. Analyses repeatedly suggest that capability and motivation are in fact distinct and independent aspects of intimacy and should be treated separately. A summary of my findings thus far is presented below. I am currently writing up this work for publication. If you choose to use any part of the measure, please reference my dissertation "Development and Validation of Intimacy Capability and Intimacy Motivation Measures." I would also appreciate being informed of your results.

The STICIM measure demonstrates good reliability (Speicher, 1998). Cronbach's alpha coefficients are provided for each component. The components underlying capability are *Interdependence, Trusting, Comfort with Intimacy,* and *Sexual Intimacy*. The components underlying motivation are *Warmth Motivation, Trust Motivation*, and *Sexual Desire*. Sex differences are consistent with sex-role norms for interpersonal relations; females score higher on all components except for Sexual Intimacy and Sexual Desire where males score higher. Age effects are minimal. Following development of the STICIM measure, a series of studies was run to validate the measure with respect to how scores relate to intimacy in romantic and nonromantic relationships, attachment, relationship history, fear of intimacy, passionate love, psychological and physical well-being, and nonverbal and verbal expressions of intimacy between strangers in an interaction exercise.

Results of the first validity study (employing a predominantly Caucasian college population) demonstrate that capability and motivation components are positively correlated with intimacy in both romantic and close friend relationships, except for sexual intimacy and sexual desire (Speicher, 1998). Sexual Desire is positively related to only romantic relationship intimacy. Fear of intimacy and loneliness are negatively related to many of the capability and motivation components, but neither Sexual Intimacy nor Sexual Desire. Passionate love is positively related to Interdependence and all the motivation components, including Sexual Desire. People who are securely attached score higher on capability components, but no effects are found for motivation. People who are currently romantically involved score higher on all capability and motivation components, except Sexual Intimacy and Sexual Desire, and those who have no romantic relationship experience score lower on Interdependence and Comfort with Intimacy.

Results of the second validity study (employing a predominantly Caucasian college population) demonstrate that total scores on capability (a composite of the capability components) predict skill and

intimacy in interpersonal relations and greater well-being (Speicher, 1998). Participants were scheduled for the study based on their high or low capability score and participated in an acquaintance exercise with a stranger while being videotaped. People who score high on capability (high ICs) experience fewer sick days and less loneliness. They also experience greater self-disclosure intimacy and warmth in their romantic relationships, and interdependence in their close nonromantic relationships. Trends were indicated for satisfaction and comfort. Compared to the general population, high ICs have greater sexual experience and low ICs have less sexual experience. In addition, compared to the general population, high ICs are more secure and less insecure-avoidant and less insecure-anxious. The interaction of own capability, partner's capability, and sex, effects skill in nonverbal and verbal intimacy expression between strangers. The pattern of results suggests that high ICs are skilled at increasing or decreasing intimacy, as appropriate to the situation.

Research has been conducted to better understand the relationship of STICIM scores to self-reported behavior in romantic relationships (Speicher & Bacon, 2005). Participants were asked about various verbal and nonverbal communication patterns, conflict resolution strategies, and relationship and self-evaluations. Results showed that IC is a good predictor of nonverbal and verbal behaviors, conflict resolution strategies, positive relationship evaluations, and relationship status while IM is a good predictor of only verbal behavior and conflict resolutions strategies. Although both people high on IC and high on IM self-describe as comfortable with intimacy, it should be noted that only those high on IC are reporting engagement in a large number of intimacy verbal and nonverbal behaviors in their relationships. On the other hand, self-reported verbal, nonverbal and conflict resolution behavioral patterns for people high on IM suggest they are especially concerned with retaining or initiating contact with romantic partners.

Research (e.g., Speicher, 2013) has continued to investigate the relationship of STICIM scores to attachment, in an effort to demonstrate the STICIM is not simply another measure of attachment. Scores are related to both Hazan and Shaver's (1987) Relationship Questionnaire (RQ) four-category model and to the Experiences in Close Relationships revised measure (Fraley, Waller, & Brennan, 2000) which taps into two dimensions related to attachment, avoidance and anxiety. Results show that only the Trusting subscale of STICIM is related to the RQ attachment classifications (secure people are more trusting), and that a few of the STICIM subscale scores (Comfort, Sexual Intimacy, IC overall, and Warmth Motivation) are related to ECR-R attachment avoidance, but not anxiety. Thus, results show that while STICIM and Attachment are related constructs, STICIM is not a measure of attachment.

Attached are the STICIM measure, a summary of demographic differences, and scoring instructions for the various components. One can examine levels on each subscale separately or combine all the capability subscales for an overall Intimacy Capability (IC) score or combine all the motivation subscales for an overall Intimacy Motivation (IM) score. You can also examine the IC and IM scores having excluded sexual intimacy subscales if your focus is on non-romantic relations. IC and IM should not be combined. I hope that the STICIM measure is useful for both research on interpersonal relations and clinical assessments. Feel free to contact me with any questions you may have regarding my measure and keep me apprised of your findings.

Speicher Trait Intimacy Capability and Intimacy Motivation (STICIM)

Following is a set of questions concerning how you feel about your interactions with other people. Please circle the number that best represents your response to each question, using the scale below.

Not at all true 1 2 3 4 5 6 Very True

1. When others are affectionate, I feel uncomfortable.	1--2--3--4--5--6
2. Having sex can be an important part of intimacy.	1--2--3--4--5--6
3. I don't trust anyone.	1--2--3--4--5--6
4. I enjoy sexual contact with romantic partners.	1--2--3--4--5--6
5. I am very connected to at least one person all of the time.	1--2--3--4--5--6
6. I want people to trust me.	1--2--3--4--5--6
7. I rarely tell people that I care for them.	1--2--3--4--5--6
8. I usually trust those I am close to.	1--2--3--4--5--6
9. I enjoy feeling warm all over when someone I am close to is nearby.	1--2--3--4--5--6
10.I don't want to engage in sexual activity.	1--2--3--4--5--6
11.My behavior strongly affects at least one person, and their behavior greatly affects me.	1--2--3--4--5--6
12. I am happy when I can really trust someone.	1--2--3--4--5--6
13. I enjoy the increased intimacy one can experience during sex.	1--2--3--4--5--6
14. I like the warm feeling being close with others gives me.	1--2--3--4--5--6
15. Sex increases intimacy.	1--2--3--4--5--6
16. I prefer relationships based on trust.	1--2--3--4--5--6
17. I feel my life is intertwined with at least one other person.	1--2--3--4--5--6
18. I avoid having sex.	1--2--3--4--5--6
19. I feel awkward speaking intimately with others.	1--2--3--4--5--6
20. I desire the warmth of close relationships.	1--2--3--4--5--6
21. Sexual activity can be a necessary part of being intimate.	1--2--3--4--5--6
22. I am nervous when others try to get close to me.	1--2--3--4--5--6
23. I like having people to trust.	1--2--3--4--5--6
24. There is at least one person who I really need and who really needs me.	1--2--3--4--5--6
25. I desire sexual contact in my romantic relationships.	1--2--3--4--5--6
26. There is at least one other person who I care for who also really cares for me.	1--2--3--4--5--6
27. I trust people I am close to.	1--2--3--4--5--6
28. I seek the warm feeling I get when I am with close others.	1--2--3--4--5--6
29. Having sex is often an important part of intimacy.	1--2--3--4--5--6
30. It is not easy for me to be warm with people.	1--2--3--4--5--6
31. With at least one other person, the way they feel affects how I feel.	1--2--3--4--5--6
32. I rarely get close to other people.	1--2--3--4--5--6
33. Feelings of intimacy can sometimes be expressed through sexual relations.	1--2--3--4--5--6
34. It is easy for me to be affectionate with others.	1--2--3--4--5--6
35. I never learned how to trust people.	1--2--3--4--5--6
36. There is at least one person for whom the way I feel affects the way they feel.	1--2--3--4--5--6

Requests for scoring, reliability, and validity information should be addressed to: hspeicher@albertus.edu.

Speicher Trait Intimacy Capability and Motivation (STICIM) Measure

Hilda Speicher, Ph.D.

Scoring the STICIM Subscales

Capability Components of STICIM:

Interdependence: (Cronbach's Alpha = .86)
17) I feel my life is intertwined with at least one other person.
11) My behavior strongly affects at least one person, and their behavior greatly affects me.
5) I am very connected to at least one person all the time.
36) There is at least one person for whom the way I feel affects the way they feel.
26) There is at least one other person whom I care for who also really cares for me.
31) With at least one other person, the way they feel affects how I feel.
24) There is at least one person whom I really need and who really needs me.

Sexual Intimacy: (Cronbach's Alpha = .82)
2) Having sex can be an important part of intimacy.
29) Having sex is often an important part of intimacy.
15) Sex increases intimacy.
21) Sexual activity can be a necessary part of being intimate.
33) Feelings of intimacy can sometimes be expressed through sexual relations.

Comfort with Intimacy: (Cronbach's Alpha = .79)
19) I feel awkward speaking intimately with others. ®
30) It is not easy for me to be warm with people. ®
34) It is easy for me to be affectionate with others.
7) I rarely tell people that I care for them. ®
32) I rarely get close to other people. ®
1) When others are affectionate, I feel uncomfortable. ®
22) I am nervous when others try to get close to me. ®

Trust: (Cronbach's Alpha = .76)
3) I don't trust anyone. ®
8) I usually trust those I am close to.
35) I never learned how to trust people. ®
27) I trust people I am close to.

(23 items)

® = *reverse scored item*

Motivation Components of STICIM:

Warmth Motivation: (Cronbach's Alpha = .83)
28) I seek the warm feeling I get when I am with close others.
9) I enjoy feeling warm all over when someone I am close to is nearby.
20) I desire the warmth of close relationships.
14) I like the warm feeling being close with others gives me.

Sexual Desire: (Cronbach's Alpha = .85)
10) I don't want to engage in sexual activity. ®
25) I desire sexual contact in my romantic relationships.
18) I avoid having sex. ®
4) I enjoy sexual contact with romantic partners.
13) I enjoy the increased intimacy one can experience during sex.

Trust Motivation: (Cronbach's Alpha = .78)
16) I prefer relationships based on trust.
6) I want people to trust me.
23) I like having people to trust.
12) I am happy when I can really trust someone.

(13 items)

® = *reverse scored item*

Scale 1=not at all true, 6=very true

® = need to reverse score these items (1=6, 2=5, 3=4, 4=3, 5=2, 6=1) before computing your average score across the items in the subscale. To calculate your average mean score, add the values you circled for each item in the subscale and divide by the total number of items in the subscale.

Higher scores indicate greater intimacy. M=mean (average) score, R=range of scores, SD=standard deviation. So, if you get a score of 3.50 on Interdependence, you score slightly more than one standard deviation below the average score (not that unusual, unusual = more than 2 standard deviations below or above the mean).

Interdependence	M=4.87, R=1.00-6.00, SD=1.01
Sexual Intimacy	M=4.38, R=1.00-6.00, SD=1.07
Comfort with Intimacy	M=4.55, R=1.71-6.00, SD=0.90
Trusting	M=5.17, R=1.00-6.00, SD=0.85
Warmth Motivation	M=5.13, R=1.50-6.00, SD=0.85
Trust Motivation	M=5.35, R=1.50-6.00, SD=0.76
Sexual Desire	M=4.80, R=1.00-6.00, SD=1.13

Demographics (n = number of people who took the survey & answered the question)

Interdependence

Sex (n=765)	Men (M)=4.49, Women (W)=5.07
Currently Involved (n=744)	Yes (Y)=5.32, No (N)=4.38 (in a romantic relationship)
Sexual History (n=737)	Yes=4.72, No=4.95

Sexual Intimacy

Sex (n=765)	M=4.55, W=4.30
Currently Involved (n=744)	Y=4.52, N=4.25
Sexual History (n737)	Y=4.06, N=4.55

Comfort with Intimacy

Sex (n=765)	M=4.34, W=4.66
Currently Involved (n=744)	Y=4.76, N=4.33
Sexual History (n=737)	Y=4.35, N=4.66

Trusting

Sex (n=765)	M=5.03, W=.5.26
Currently Involved (n=744)	Y=5.25, N=5.10

Warmth Motivation

Sex (n=765)	M=4.82, W=5.32
Currently Involved (n=744)	Y=5.24, N=5.08

Trust Motivation

Sex (n=765)	M=5.07, W=5.50
Currently Involved (n=744)	Y=5.43, N=5.30

Sexual Desire

Sex (n=765)	M=4.93, W=4.73
Currently Involved (n=744)	Y=5.02, N=4.52
Sexual History (n=736)	Y=4.39, N=4.98