THE POLISH ADAPTATION OF THE BRIEF MEASURE OF RELATIONSHIP IMPORTANCE

Katarzyna Adamczyk, Agata Dębek, Dominika Kaczmarek, Nicola Łazarów, & Sebastian Pietrzak
Faculty of Psychology and Cognitive Science, Adam Mickiewicz University in Poznań (Poland)

Abstract

This paper presents the procedure of the Polish adaptation of the Brief Measure of Relationship Importance (BMRI; Watkins & Beckmeyer, 2020) designed to assess young adults' beliefs about the values and costs of being in romantic relationships. The adaptation of the BMRI involved the following steps: 1) the translation of the original BMRI into the Polish language by three independent translators and the back-translation by three other independent translators; 2) the assessment of the equivalence of the Polish translation of BMRI in a study involving a sample of 38 bilingual university students and 3) the pilot study performed in a sample of 192 participants (144 women and 48 men aged 18-53 with a mean age of 26.35). The performed analyses provided evidence for the two-factor structure of the Polish BMRI with two factors – relationship desire and relationship dismissal (CFI = .94; TLI = .91, SRMR = .04; RMSEA = .10 [90% CI; .07, .14]), and satisfactory internal consistency of both subscales assessed using McDonald's omega (.71 for relationship desire and .82 for relationship dismissal). No gender differences were observed in regard to relationship desire, $F(1,190) = 0.51$, $p = .476$ and relationship dismissal, $F(1,190) = 3.13$, $p = .079$. Furthermore, differences emerged between single and coupled individuals in the domain of relationship desire, $F(1,190) = 64.73$, $p < .001$ with single individuals reporting lower relationship desire than coupled individuals; and in the domain of relationship dismissal, $F(1,190) = 57.43$, $p < .001$ with single individuals reported higher relationship dismissal. In conclusion, the Polish version of the BMRI is a reliable measure of adult people's romantic relationship attitudes, which requires further assessment.

Keywords: Polish adaptation, romantic relationships, relationship desire, relationship dismissal.

1. Introduction

In Polish psychology, research on intimate relationships is currently a dynamically developing area. Its further development is possible mainly by conducting research using research tools developed in different cultures. One of the recently created research instruments in the domain of intimate relationships is the Brief Measure of Relationship Importance (BMRI) which Watkins and Beckmeyer developed in 2020 in the United States of America. The lack of a Polish language version of this tool encouraged the present authors to develop the Polish adaptation of the BMRI. This paper aims to present the procedure of developing the Polish-language version of the BMRI and the results obtained in the pilot study.

The BMRI (Watkins & Beckmeyer, 2020) is a 6-item tool designed to measure young adults' beliefs and attitudes about intimate relationships. It was developed in response to the need to explore young adults' desires for being in a relationship in the context of other personal priorities. The BMRI enables the assessment of young adults' perceptions regarding the role of romantic relationships at the stage of young adulthood, regardless of their current relationship status. The questions included in the BMRI address: (a) the desire to be in a relationship, (b) the importance of relationships, (c) ratings of whether relationships bring more benefits or costs, and (d) whether young adults choose to pursue other life goals before entering into a relationship with a partner.

The BMRI consists of two factors determined by using EFAs and CFAs. The first factor, *Relationship dismissal*, consists of four items (α = .79), which pertain to dismissing the importance or value of romantic relationships within one's life. The second factor, *Relationship desire*, consists of two items (α = .77), which pertain to the desire and enthusiasm for romantic relationships. The exploratory version of the BMRI consisted of nine items, with two of them rejected in EFAs analysis and one of them rejected in CFAs analysis due to its low factor loadings. Despite removing the seventh item (the third

item in the *relationship desire* subscale) in the original study, in the current investigation, we decided to retain the seven items in order to test an exploratory 7-item version of the BMRI in the Polish setting. The two factors, *relationship desire* and *relationship dismissal,* represented the two subscales of the BMRI and were moderately correlated (r = -.39, p < .001).

The initial validity of the BMRI was assessed by testing its associations with various romantic experiences and behaviors. Specifically, Watkins and Beckmeyer (2020) demonstrated that

(a) relationship dismissal was associated with having fewer romantic relationships; (b) romantic desire was associated with greater happiness with romantic experiences; (c) relationship desire was associated with higher relationship satisfaction; (d) relationship dismissal was associated with lower relationship satisfaction; (e) relationship dismissal was positively associated with relationship cycling (i.e., breaking up and then reuniting); (f) relationship desire was associated with a greater likelihood of having high marriage intent (i.e., declaration of wanting to get married at some point in one's life); (g) relationship dismissal was associated with being less likely to have high marriage intent; (h) relationship desire was associated with a greater likelihood of having high relationship intent (i.e., declaration of wanting to be in a romantic relationship); (i) relationship dismissal was associated with being less likely to have high romantic relationship intent.

2. Method

2.1. Procedure

The current investigation aiming at developing the Polish version of the BMRI was conducted according to the standards and recommendations for research aimed at cultural adaptation of research tools (e.g., Brzeziński & Hornowska, 2007). The study consisted of the following three steps:

Stage 1: Translation

The direct linguistic translation involved three independent English translators who translated the original BMRI version into Polish. The back translation involved three other English translators who translated the Polish version of the BMRI into the English language. Discrepancies in the translations were verified by another translator. As a result of this procedure, an experimental version of the Polish BMRI was created.

Stage 2: The assessment of the equivalence of the Polish and English versions of the BMRI

The equivalence of the Polish language version of the BMRI was assessed in a study using the Polish and the original language version of the BMRI scale with 38 bilingual individuals fluent in English and Polish. Recruitment of participants was conducted through an email invitation, which was sent to bilingual students from the (Adam Mickiewicz University in Poznań). The survey was conducted as an online survey. In the first stage of the study, participants were asked to complete the BMRI in English and provide primary sociodemographic data. The second stage of the study took place after four weeks. Participants were asked to complete the BMRI in the Polish language and provide sociodemographic information.

Stage 3: Pilot study

In the online pilot study, the experimental version of the BMRI was employed. The study involved 192 participants. Recruitment of participants was conducted through an online social media platform - the survey invitation with details was published on Facebook. Participants were asked to complete the Polish version of the BRMI and provide basic sociodemographic data.

2.2. Participants

2.2.1. Participants in the study assessing the equivalence of the Polish and English versions of the BMRI. At this study stage, 38 bilingual university students participated, including 27 women, seven men, and four other gender people aged 19-29 with a mean age of 21.82. From all 38 participants, 26 were in a relationship, and 12 were single.

2.2.2. Participants in the pilot study. In the pilot study, 192 participants were enrolled, including 144 women (75%) and 48 men (25%) aged 18-53 with a mean age of 26.35. Among eligible 192 participants, 139 were in a relationship (72%), and 53 were single (28%). Concerning marital status, 51 participants were married (27%), and 39 participants (20%) were in an informal relationship. One hundred sixty-seven (87%) participants were heterosexual, 18 (9%) bisexual, and seven participants (4%) indicated being homosexual/ pansexual/ asexual/did not know. Concerning education, 98 participants (51%) were students, 83 (43%) with university degrees, and 11 (6%) with high school education. Thirty two participants (17%) lived a village, 26 (14%) in a town with less than 25,000 inhabitants, 12 (6%) in a town with 25,000 to 50,000 inhabitants, 22 (11%) in a town with 50,000 to 200,000 inhabitants, 29 (15%) in the city with 200,000 to 500,000 inhabitants, 71 (37%) in the city with more than 500,000 inhabitants.

2.3. Measures

The Brief Measure of Relationship Importance (BMRI; Watkins & Beckmeyer, 2020). The BMRI scale measures young adults' beliefs about the advantages and costs of being in an intimate relationship. The original English language version was used to assess the equivalence of the Polish and English versions of the BMRI. The experimental Polish version of the BMRI was used in the pilot study.

Demographic data. Demographic data involved the questions concerning age, gender, current relationship, and marital status, gender, place of living, educational background, having kids, sexual orientation.

3. Results

3.1. The equivalence of the Polish and English versions of the BMRI

In order to check the equivalence of the Polish and English versions of BMRI, the correlations between the BMRI items in the Polish and English versions of the BMRi were calculated (see Table 1).

Table 1. Correlations between the BMRI Items in the Polish and English Language Versions.

Items	r
BMRI-1-EN & BMRI-1-PL	.508**
BMRI-2-EN & BMRI-2-PL	.555***
BMRI-3-EN & BMRI-3-PL	.719***
BMRI-4-EN & BMRI-4-PL	.608***
BMRI-5-EN & BMRI-5-PL	.610***
BMRI-6-EN & BMRI-6-PL	.417**
BMRI-7-EN & BMRI-7-PL	.637**

Note. ***$p < .001$; ** $p < .01$.

Next, the correlations between the Relationship dismissal and Relationship desire subscales have been calculated. The analyses showed that both the Relationship dismissal subscales and Relationship desire subscales were positively and strongly correlated, $r = .842$, $p < .001$, and $r = .752$, $p < .001$, respectively.

3.2. Factor structure of the BMRI

To determine the factorial structure of the Polish BMRI, the CFA analysis using the ML estimation was used.

The CFA analysis provided evidence for the two-factor structure of the Polish BMRI with two factors – relationship desire and relationship dismissal (CFI = .94; TLI = .91, SRMR = .04; RMSEA = .10 [90% CI; .07, .14]).

3.3. The inter-correlations of the BMRI Subscales

The relationship desire and relationship dismissal subscales were significantly and negatively correlated with each other ($r = -.63$, $p < .001$).

3.4. The internal consistency of the Polish BMRI

The internal consistency of both subscales was assessed using McDonald's omega and was as follows: .71 for relationship desire and .82 for relationship dismissal.

3.5. Mean-level analyses

In regard to the mean-level analyses across gender, the performed analyses revealed no gender differences in regard to relationship desire, $F(1,190) = 0.51$, $p = .476$ and relationship dismissal, $F(1,190) = 3.13$, $p = .079$.

Concerning relationship status, the performed analyses showed the differences between single and coupled individuals in the domain of relationship desire, $F(1,190) = 64.73$, $p < .001$ with single individuals reporting lower relationship desire than coupled individuals; and in the domain of relationship dismissal, $F(1,190) = 57.43$, $p < .001$ with single individuals reported higher relationship dismissal.

4. Discussion

The current study aimed to develop the Polish version of the Brief Measure of Relationship Importance (Watkins & Beckmeyer, 2020). The Polish adaptation was performed in three stages: (1) the translation of the original BMRI into the Polish language by three independent translators and the

back-translation by three other independent translators; (2) the assessment of the equivalence of the Polish translation of BMRI in a study involving a sample of bilingual university students and (3) the pilot study performed in a sample of 192 participants to assess the basic psychometric properties of the BMRI.

The study assessing the equivalence of the Polish and English BRMI in a sample of bilingual university students showed that both the items of the BMRI and two subscales were significantly and positively correlated. This pattern of correlations provided evidence for the equivalence of the Polish and English versions of the BMRI.

The pilot study results showed a two-factor structure of the Polish BMRI with two factors – relationship desire and relationship dismissal and satisfactory internal consistency of both subscales assessed using McDonald's omega. Further, the mean-level analyses showed no gender differences regarding relationship desire and relationship dismissal. In addition, the analyses demonstrated differences between single and coupled individuals regarding relationship desire, with single individuals reporting lower relationship desire than coupled individuals and relationship dismissal with single individuals reporting higher relationship dismissal.

The current investigation has several limitations. First, the sample utilized in the pilot study was small and was predominantly female, and consisted of younger participants. Thus, future validation research would benefit from including larger and more heterogeneous samples. Second, future research would also benefit from employing temporal assessments to determine the stability of the BRMI across time.

In conclusion, despite these limitations, the Polish version of the BMRI appears to be a reliable measure of adult people's romantic relationship attitudes, which requires further investigation. Analogically to the authors of the original BMRI, the Polish BMRI can provide information regarding adult individuals' attitudes toward intimate relationships versus their subjective feelings of happiness, relationship satisfaction, attitudes toward getting married or engaging in romantic relationships. The adaptation of the BMRI scale to Polish conditions will allow researchers in Poland to investigate young adults' beliefs about the values and costs of being in romantic relationships among Poles.

Acknowledgments

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