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Development and Validation of Trust in Intimate Partner Scale for Women

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ABSTRACT

Background: Intimate relationships are built upon trust. With it, there is liberty and security to experience the full potential of intimacy and affection the relationship has to offer.

Objective: Therefore, the present study aimed to develop a reliable and valid indigenous scale for women measuring trust in their intimate partner.

Method: The study was carried out in three phases. In phase one, ten semi structured interviews were conducted with married women to generate items. Relevant literature was also studied thoroughly. In phase two, construct validity of the scale was established through exploratory factor analysis. A convenient sample of 400 women was taken.

Results: Principal component analysis using varimax rotation resulted in three factors i.e., benevolence, predictability, and dependability. The overall variance explained by all these factors accounted for 71.82%. In phase three, psychometric properties of the scale were examined. The alpha reliability of the scale was significantly high α =.85. Discriminant validity of the scale was r= -.72, p<.01.

Conclusion: Hence, it is a valid and reliable indigenous scale to measure trust in intimate partner among women.

Keywords: Trust, Intimate Partner, Married Women, Validity.

Introduction

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Trust is fundamental to function in a complex and interdependent society. In every aspect of life, people are dependent on others to behave in accordance with their expectations. Similarly, husband and wife trust each other to live a happy marital life. If they distrust each other, their relationships begin to become shaky (Knee, 2019). One of the most comprehensive definitions of trust is "Trust refers to the optimistic vision about another's behavior" (Rousseau et al, 1998). According to Merrium-Webster dictionary (2015) another definition of trust is: A belief that someone is respectable, reliable, honest, effective, and so on. The term "Intimacy" denotes the feeling of being in a close personal relationship and belonging together. It is a

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familiar and close emotional connection with another that is shaped through knowledge and understanding of the other (Perlman, 2020).

Boon (1994) defined interpersonal trust as "the confident anticipations that a spouse is naturally motivated to take one's own greatest interests into account when acting even when inducements might attract him or her to do otherwise. Swinth (2021) stated that Intimate partners have wide personal knowledge of each other. They are more affectionate for one another. Intimate partners are mutually dependent, frequent, resilient, diverse, and have enduring effects on each other. The sense of safety is reinforced by the secrets that two intimate partners share with each other. A high level of satisfaction that my partner will be there whenever I need and this satisfaction helps an intimate partner to predict his/her partner's feelings, beliefs and attitudes (Brown & Amatea, 2013).

Mcknight and Chervany (2010) studied sixty-five cited articles and monographs that contained definitions of trust. By comparing these categories with each other, three high level categories resulted: benevolence, dependability, and predictability. Benevolence means caring and being motivated to act in one's interest rather than acting opportunistically. Characteristics such as goodwill, responsiveness, and caring fall into the benevolence category. Predictability means trustee actions (good or bad) that are consistent enough to be forecasted in a given situation. Dependability means one is volitionally prepared to make oneself vulnerable to the other person by relying on them, with a feeling of relative security.

The Development of Trust in Intimate Partner Scale in Pakistan

Siddique (2022) wrote a comprehensive article on how to develop best relationships among couples in the light of Islam. With reference to many *Ahadees* she elaborated that husband should be honest with his wife. He should show good character and good manners towards his wife. It is obligatory for husband to appreciate his wife and forgives her small mistakes. The Seerah (biography) of our beloved Prophet (PBUH) is rich with acts of kindness in every sphere of life. Islam emphasizes that wife should also be loyal with her husband. Unfortunately, partners who don't follow the religious teachings often deceive each other for their own favors or benefits which is one of the most important reasons of divorce.

In the past, the word 'divorce' was unheard in Pakistani society and it was considered a shame. The contributing factors in the high rate of divorce in Pakistan are financial independence of women, lack of compromise, intolerant attitude and distrust in intimate partner (Sarhandi, 2022). Another research was conducted to examine the role of trust in marital satisfaction in Sargodha, Pakistan. A sample of 140 couples including 70 single & 70 dual-career couples was taken. Results demonstrated that trust was a significant predictor of marital satisfaction between partners (Mohsin et al. 2013). Qualitative based research was carried out by Ajmal and Fatima (2017) in Lahore, Pakistan. It was a case study of a married woman. Semi-structured interview technique was used to investigate her experience of being happily married and what factors she thinks are important to be happily married. It was identified that satisfaction, compromise, love, care, trust and understanding, communication, age differences, sincerity, respect etc. were major factors to live a happy married life. Interviewee stated that trust is the backbone of marital satisfaction. Hence, literature elaborates that trust is an essential component for a happy marital life.

It had been seen that why trust scale within Pakistani context was needed to develop. Therefore, different scales measuring interpersonal trust were reviewed. Remple, Holmes, and Zanna (1985) developed a scale to measure trust within close interpersonal relationships. It measured three aspects of interpersonal trust such as predictability, dependability and faith. This scale is not specifically designed for married couples only. The scale consists of many double sentenced items which can confuse the respondents. "The Dyadic Trust Scale" was developed by Larzelere and Hutson (2002). This scale consisted of 8 general items only. Fletcher, Simpson, and Thomas, 2000, developed a scale on Perceived Relationship Quality Components Scale (PRQCS). It consisted of 6 subscales including trust and intimacy. The trust subscale consisted of 9 items. This scale was also not designed for married couples only and included very common items to measure trust, for example, how satisfied are you with your relationship? How close is your relationship? etc.

In Pakistan, researchers have focused on intimate partner violence (Ali & Gavino, 2018). The dimension of trust as a separate factor is rarely acknowledged. There is no indigenous scale that measures the construct of trust with reference to Pakistani culture since the relationship dynamics are quite different here. Therefore, it was considered important to develop a questionnaire which involves items to reflect the issues of Pakistani women regarding trust.

Objectives of the Study

The basic purpose of this research was to develop an indigenous scale for women to measure trust in their intimate partner.

Another objective of the study was to find out the psychometric properties of the scale.

Significance of the Study

In foreign countries, few trusts related scales are not specifically designed for married couples. They can be equally applied on dating or engaged partners. The current scale consists of the items that dating or engaged partners may not face. Dating or engaged partners spend limited time with each other, their trust priorities are quite different from those couples who live with each other on regular basis. This is the specialty of the scale to cover the trust related issues of Pakistani women which they have about their husbands. It has also been found out that the women who have misunderstandings with their partners often suffer from different physical and psychological disorders (Malik, Munir, Ghani, & Ahmad, 2021). So, this scale can be used in further studies to see its phenomenology in different health conditions and psychosocial issues which women might experience. The scale can be applicable to all married women belong to the any age group. The present research would also be an inspiration for other researchers to study some more relevant psycho-social issues among partners in Pakistan.

Method

The present study was carried out in three phases.

Phase 1: Identifying the Phenomenology of Trust in Intimate Partner

Items were generated by using different steps. These steps are as follows:

Step1. Items were derived from the three sources which are mentioned below:

Literature Review. Researchers reviewed various articles, books and scales to understand the construct of trust. Many themes were derived from these sources. Local and international literature related to the phenomenology of interpersonal trust was studied.

Semi-structured interviews with women. Ten subjects were selected through purposive sampling. Four housewives and four working ladies were selected. Two interviews were conducted with practicing psychologists who deals with family issues. Participants belonged to the age group 21-60 years (M = 33.8, SD = 8.5). The education of participants was from BA/BS (hons) to MPhil (e.g., BA/BS (hons) refers to 16 years of education, MPhil, means 18 years of education). Participants were asked to share their experiences of trust in their intimate partner in detail. An interview schedule was developed to conduct semi-structured interviews. Open ended questions were asked such as: What are the important factors to build trust among couples? What can you predict about the behavior of your partner in future? For example, one of the participants said: "mere shohar waqt k sath sath behtr hote ja rahe hain" (Interview 1). This sentence was rephrased as "Mujhe yaqeen hai k wakt k sath sath mere shohar me ane wali tabdelia misbat hon g". Another participant stated that: "Mera dil krta hai k jub bhe mein kisi musibat mein hon mere shohar mujhe support krein" (Interview 5). This statement was rephrased as "kisi na gahani surat mein mujhe jab apne shohar ki zarorat mehsos hoi wo mere liay moujood hon ge".

Psychologists were asked to explain which types of couple issues they deal with in their usual clinical settings. One psychologist said: "mere pas zyada tar couples ye he issues le k ate hain k wo aik dosre pe

trust nahi krte" (Interview 9). Another family psychologist also discussed this issue in detail. She said: "couples aksar aik dosre se bohat si expectations rakhte hain jub un ki expectations puri nahi hoti aur un ka trust break hota hai that is the main root of conflicts and disputes" (Interview 10). Researcher interviewed those family psychologists who were having more than ten years of clinical experience. Interviews were taped and transcribed. The transcribed material was analyzed and then items were generated in order to develop an indigenous scale to measure trust.

Review of the first draft of questionnaire with co-author. A pool of 92 items was generated. During review process, it was noticed that some items were double sentenced, overlapping and grammatically wrong. So, researcher skipped out the 4 items from predictability subscale. 5 items were excluded from dependability subscale. Researcher also deleted 7 items from benevolence subscale. One new item was included in benevolence scale. Finally, the scale consisted of 77 items which was given for endorsements.

Step 2 Endorsements

Endorsements had been taken from five women. Three women were practicing psychologists. The other two ladies were: one who was having happy married life, and the other one was divorcee. The qualification of women ranged from MPhil to PhD. All women individually evaluated each item for: (a) relevance to construct, (b) relevance to clarity. Response format for endorsements ranged from yes (2), to some extent (1) and no (0). In relevance to construct, eight item received 20% above endorsements. Those items were excluded. In relevance to clarity, the wording of 20 items receiving 20% above endorsements was changed. Hence, 69 items were left.

Step 3

A five-point Likert- type format was planned out. The response formats ranged from strongly agree (4) to strongly disagree (0).

Step 4

Pilot testing was carried out to clear the ambiguous items. For this purpose, 30 participants (15 housewives and 15 working women) were taken. The age range of the participants was 20-50 years (M= 32.77, SD= 7.82). Participants were asked to point out the ambiguous items. Participants reported that five items were not clear. The wording of those items was changed. Hence, all the 69 items were retained in the scale. The alpha reliability of the scale was α = .91.

Phase 2: Establishing the Construct Validity through Factor Analysis

Factor analysis is a data reduction tool which removes redundancy or replication from a set of interrelated variables (Mayer, 2006).

Sample

A total sample of 400 married females (200 housewives and 200 working women) was taken. The educational level of participants ranged from Matric to MPhil. Participants belonged to the age group 20-60 years (M=33.24, SD=7.93). The age range of participants' husbands was 20-65 years (M=38.89, SD=9.58). Participants either having children or not were included in the sample. Participants who were married for at least one year to thirty-five years were selected. Participants' husbands were job holders (58%), businessmen (45.5%) or retired (3%).

A sample of 200 participants is usually required to run factor analysis without any statistical error. Various researches showed that applying component factor analysis to small sample sizes is treated with caution (Guilford, 1954; Comrey, 1973; Gorusch, 1974; Cattell, 1978; Kyriazos, 2018). Therefore, 400 participants were taken.

Procedure

Trust in Intimate Partner Scale for women (TIPS), 69 items, was administered on 200 housewives and 200 working women. Sixty teachers were taken from a public sector women institute in Lahore. Twenty doctors and sixty nurses were taken from a government public hospital. Written permissions were taken from both of these organizations to collect the data. Sixty other female participants were beauticians (30), and working as waiters (30). An informed consent was attached with the questionnaire to ensure that participants were willing to be the part of the research. The confidentiality of participants' answers was maintained. After this process, principal component analysis was applied on the collected data of 400 participants.

Results of factor analysis. The construct validity of TIPS was evaluated by principal component analysis using varimax rotation. The value of Kaiser-Meyer-Olkin (KMO) was .96. The Bartlett's test of sphericity was also significant (p<.001), indicating the adequate distribution of data (Bartlett, 1954).

Principal component analysis was performed using six, five, four, and three factor solutions by applying varimax rotation. The 3-factor solution most closely corresponded to the best approximation of the simple structure and it demonstrated the most comprehensive interpretations of factors. Three clear factors based on subjective estimation of the scree plot (Kaiser, 1970) were determined (see Figure 1).

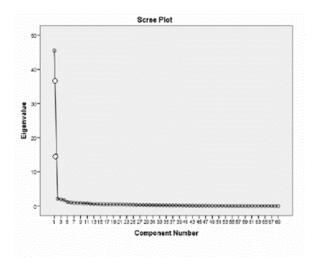


Figure 1. Scree Plot depicting the Eigen Values for Three factor Structure

Scree plot represented 3 factor structure with eigen values 44.72, 33.01, and 15.96, thus indicated best factor structure for TIPS.

A three-factor model was examined in detail and explained with 71.82% of the total variance. It was found out that the 9 items had low communalities <.30. The factor loadings of 6 items was <.40. Hence, 15 items were deleted from the scale. The communalities and factor loadings of remaining 54 have been presented in tabular form (see Table 1). Factor analysis computed three factors which were given proper names. Researcher examined the content of all questions carefully and thus the first factor was labeled as benevolence because it consisted of all questions about partners' love, care, support and affection in marital relationship. The second factor was labeled as predictability. This factor contained many questions about what women think that how their partners will behave in the future. The third factor was labeled as dependability. In this factor, questions were inquiring about the women dependability on their partners even in case of dressing, grooming and going outside. Hence, the 54 items scale was developed for measuring trust in intimate partner in multidimensional ways.

Final structure of trust scale. Finally, Trust in Intimate Partner Scale for Women (TIPS) with 54 items self-report measure of indigenous trust patterns and behaviors were established. There are three subscales of TIPSW i.e. (a) benevolence, (b) predictability, (c) and (c) dependability. It is a five-point Likert scale, on

which 0 represent strongly disagree and 4 represent strongly agree. TIPS can be administered to all married females. The tool is not designed for married men and dating or engaged women. High scores on the scale depict high level of trust on intimate partner. The mean score of scale is M=75.34, SD=58.45. The scores above the cut off scores will indicate more trust while the score below 75.34 would indicate low level of trust on the spouse.

Table 1: Factor Loadings and Communalities for EFA with Varimax Rotation of Trust Subscales

1 3 .79 .74 2 4 .78 .76 3 6 .66 .69 4 8 .65 .75 5 12 .77 .74 6 15 .56 .72 7 18 .85 .57 8 19 .90 .79 9 23 .57 .75 10 27 .67 .63 11 28 .87 .89 12 29 .88 .91 13 30 .89 .78 14 31 .76 .77 15 32 .74 .65 16 35 .72 .45 17 36 .56 .55 18 41 .64	Serial #	Item#	Factor 1	Factor2	Factor 3	H
3 6 .66						
4 8 .65	2	4	.78			.76
5 12 .77			.66			.69
6 15 .56		8	.65			.75
7 18 .85	5	12	.77			.74
8 19 .90		15				
9 23 .57						
10 27 .67		19				
11 28 .87						
12 29 .88						
13 30 89						
14 31 .76						
15 32 .74						
16 35 .72						
17 36 .56	15					
18 41 .64		35				
19 1		36	.56			
20 2		41	.64			
21 7						
22 9	20					
23 11	21					
24 13						
25 20	23	11				.48
26 21		13				
27 24		20				
28 33		21				
29 37		24		.54		.49
30 44		33				
31 45 .80 .82 32 47 .93 .88 33 48						
32 47 .93 .88 33 48 .83 .85 34 50		44				
33 48 .83 .85 34 50 .65 .53 35 51		45				
34 50 .65 .72 35 51 .78 .72 36 5 .56 .58 37 10						
35 51 .78 .72 36 5 .79 .56 37 10 .83 .58 38 14 .56 .48 39 16 .56 .44 40 17 .90 .83 41 22 .52 .45 42 25						
36 5 .79 .56 37 10 .83 .58 38 14 .56 .48 39 16 .56 .44 40 17 .90 .83 41 22 .52 .45 42 25 .67 .61						
37 10 .83 .58 38 14 .56 .48 39 16 .56 .44 40 17 .90 .83 41 22 .52 .45 42 25 .67 .61				.78		
38 14 .56 .48 39 16 .56 .44 40 17 .90 .83 41 22 .52 .45 42 25 .67 .61						
39 16 .56 .44 40 17 .90 .83 41 22 .52 .45 42 25 .67 .61						
40 17 .90 .83 41 22 .52 .45 42 25 .67 .61						
41 22 .52 .45 42 25 .67 .61						
42 25 .67 .61						
43 26 .62 .60						
	43	26			.62	.60

44	34			.85	.72
45	38			.77	.79
46	39			.71	.82
47	40			.70	.84
48	42			.62	.59
49	43			.69	.48
50	46			.70	.63
51	49			.75	.78
52	42			.88	.91
53	53			.89	.72
54	54			.74	.65
Eigen Values	44.72	33.01	15.96		
Variance	40.17	16.50	15.15		
Cumulative	40.17	56.67	71.82		
Variance					

Note. Factor 1= Benevolence; Factor 2= Predictability; Factor 3= Dependability. Items having factor loadings of .40 and greater are given in boldface.

Table 2: *Chronbach Alpha and Correlation among Subscales of TIPS (N= 400)*

Variables	No. of items	1	2	3	
1. Benevolence	18	-	*.92	*.86	
2. Predictability	17		-	*.77	
3. Dependability	19			-	

Phase 3: Psychometric Properties of TIPS

Reliability

Internal consistency of the scale was evaluated by Cronbach Alpha Coefficient. Cronbach's alpha which was significantly high i.e., α = .85. The alphas for subscales were .78, .87, and .75 for benevolence, predictability, and dependability respectively which were also very high.

Discriminant Validity

Discriminant validity examines whether concepts or measurements that are hypothesized to be dissimilar are, in fact, distinct from each other (Peter, 1981). In the present research, it was hypothesized that women who trust in their partners will have less experience of partner abuse.

Sample

Fifty female participants (n=100) were taken. All participants were married (50 housewives and 50 working women). Participants belonged to the age group 20-60 years (*M*=32.2, *SD*=8.09). The mean age of participants' husbands was 37.84. Participants' husbands were job holders, businessmen or retired. Participants having education from Matric to MPhil were taken. Subjects who did have or did not have children were included. Newlyweds as well as women married for at least 30 years were selected.

Instrument

Profile of Psychological Abuse (Sackett and Saunders, 1999) was used to assess the discriminant validity of the scale. The reliability of profile of psychological abuse was α =.75-.85. Written permission was taken from the authors to use and translate the scale. High scores on the scale indicated high level of psychological abuse.

Procedure

The basic purpose of the study was to examine that trust in partner would be negatively associated with psychological abuse. Therefore, a purposive sample of 100 women was taken. Confidentiality of data was maintained. When the data was collected, the responses were analyzed to examine whether the expected hypothesis was true or not.

Results

Results found that there was a significant negative correlation between trust and psychological abuse (r= .72, p<.01). So, it was evaluated that high level of trust has had an inverse relationship with low level of psychological abuse.

Discussion

The present study was carried out to develop an indigenous scale to measure trust patterns and behaviors of Pakistani women in their intimate partners. Every society has certain norms and traditions which differentiate it from other societies. In Pakistan, women have different priorities and they rely on their partners for even minor things. The most important point is, in our society, married women warrant different trust related issues which dating and engaged partners might not have. In foreign countries, the already existing questionnaires (Rempel, Holmes, Zanna, 1985; Larzelere & Hutson, 1980; Fletcher, Simpson, & Thomas, 2000) are not developed for married couples only. These scales also consist of general questions to measure trust which can be applied to any close friend as well.

Mistrust and suspiciousness among couples unfolded a dire need to develop indigenous scale to measure trust patterns among women in Pakistan. For example, Khalil et al. (2014) conducted a study in Karachi, Pakistan. They studied 200 married female college teachers. Both quantitative and qualitative methods were used. They investigated that whether couples considered their marriage as a bond or a burden. The risk factors identified for considering marriage as a burden were husband's unfriendly attitude, not supporting the wife during stressful situations, frequent domestic quarrels, physical abuse, and lack of trust in partner. Another qualitative research was conducted by Haris (2019) in Faisalabad, Pakistan. A sample of 100 married couples (50 males and 50 females) was taken. He found out that the quality of marital relationships is strengthened by mutual understanding, love, support, and trust on intimate partner. He indicated that newly married couples were having lack of trust on each other than couples who were being married for more than ten years. He also stated that women were more likely to mistrust their partners than men because women were more concerned and sensitive about such issues. No doubt, men also pointed out the matters of distrust but women discussed trust issues in more detail.

Therefore, current research was conducted in three phases to develop an indigenous trust scale. In the first phase, items were developed by taking ten semi structured interviews with women. Interviewing women said that a trusted partner is one whom you can share your secrets, who is available in emergencies, and you hope for a secure future with him. Women relied on their husbands even for visiting parents' home, cooking, dressing, and going into the social events. These behaviors were also reflecting their level of trust in their partners. Hence, the items in the scale contain those trust components prevalent among Pakistani women.

In the second phase, factor analysis was run on the responses of 400 participants. Principal component analysis was performed using six, five, four, and three factor solutions by applying varimax rotation. Three factors were developed which had been labeled as benevolence (18 items), predictability (17 items) and dependability (19 items) subscales. These subscales are essence of measuring trust because benevolence subscale inquires the help, support, and unconditional love of partner. Benevolence subscale comprised items i.e., "Mere shohar meri ghaltion ko jante huay bhe mera sath dete hain". "Mere shohar apne eham kam chor k meri mushkilat ko hal krne ki koshish karte hain". The predictability subscale asks the respondents about how much they trust their partners by predicting how their partners will behave in future. For instance, few items in predictability scale were: "mujhe yakeen hai k khuda na khasta kisi muzi marz

mein mubtla hone ki surat mein mere shohar mujh se la-taluk nahi hon ge". "Mein apne shohar ki naik nyati ki bina per jaidad k mamle mein bharosa kr sakti hun". "Mujhe yaqeen hai k mere shohar dosro k samne meri izat e nafs ko majrooh nahi hone de ge". The dependability subscale reveals that women rely on her partner to perform daily activities and when taking important decisions of life. The tendency to give first and foremost priority to intimate partner in each and every phase of life is a big sign of trust in the spouse. Moorman and Haller (2004) also stated that trust is determined by these three dimensions. They also stated that some other factors like congruence, the expression of emotions and respect provide strength in a relationship.

Discriminant validity was calculated by finding out an inverse relationship between psychological abuse and trust. It had been found that there was a strong negative association between trust and psychological abuse. This finding is also supported by many researches. Watto et al. (2012) analyzed the causes of spousal abuse in urban and rural areas of Pakistan. A sample of 138 abused women was taken, 102 females were taken from rural areas and 36 women had been taken from urban areas of Pakistan. The study revealed that suspiciousness (53%) was one of the major reasons of abuse among women. Some other researches on domestic abuse were also carried out in Lahore and Sindh, Pakistan. The results indicated that husbands' lack of trust was an important cause of violence among women (Tazeen et al, 2011; Bhatti, et al, 2011). The internal consistency of the scale was also evaluated by using Cronbach Alpha. The reliability of the scale was α = .85. The psychometric properties of the scale are developed, so, this scale can be helpful for counselors, health psychologists, and other mental health professionals while dealing with the clients having trust related issues or marital discords with the partners.

Limitations and Suggestions

The first limitation of the study was that the gender differences were not studied so, taking data from men might provide more interesting information. Moreover, data was taken from Lahore city of Pakistan. In rural areas, women might have different trust patterns which were not studied, thus, for future studies, it is suggested to take data from women living in other cities of Pakistan and specially those belong to rural areas to find out their trust patterns. Another limitation of the study was the scale was applied on educated population only, so uneducated women should be taken for further studies.

Implications

Researchers can apply this reliable and valid scale on married women to examine their trust levels on intimate partners, as it will help in finding out interesting findings regarding their quality of marital relationships. clinicians can also apply it during family therapy and to sort out the actual problem behind couple disputes as at times lack of distrust might be one of the major reasons of their conflicts.

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Conflict of Interest

Authors have no conflict of interest.

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