**INTRODUCTION**

- Goal conflict has a negative association with psychological well-being (Gray, Ozer, & Rosenthal, 2017).
- Romantic relationships can have a substantial self-regulatory component (Fitzsimons et al., 2015).
- The Interpersonal Goal Conflict Scale (IGCS) assesses the extent to which the goals of one partner hinder goal pursuit for the other partner.

**METHOD & PARTICIPANTS (Study One)**

- 237 participants were recruited from Amazon’s Mturk.
- All participants were in a romantic relationship.
- 18 original items were written to assess the extent to which goals conflict among romantic partners.
- Principal axis factoring with oblique rotation was used to identify structure of the IGCS.

**RESULTS (Study One)**

- A three factor solution to the IGCS was chosen.
- Factors consisted of inherent conflict, resource conflict, and goal sacrifice.
- Inherent and resource conflict have precedent in the goal conflict literature (Riediger & Freund, 2004).

**METHOD & PARTICIPANTS (Study Two)**

- 259 participants were recruited from Amazon’s Mturk.
- All participants were in a romantic relationship.
- Items were rewritten for clarity and to allow sufficient items for all three IGCS factors.
- A bifactor model was used to confirm the three factor solution from Study One as well as test for a potential general factor to the IGCS.
- An alternative, previously used measure of interpersonal goal conflict (Gere & Schimmack, 2013) was included in the assessment battery.

**RESULTS (Study Two)**

- Hierarchical Regression of Relationship and Life Satisfaction on IGCS and Personality Traits: Standardized Coefficients.

<table>
<thead>
<tr>
<th>Relationship Satisfaction</th>
<th>Life Satisfaction</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Step One</td>
</tr>
<tr>
<td>Agreeableness</td>
<td>.19**</td>
</tr>
<tr>
<td>Extraversion</td>
<td>-.09</td>
</tr>
<tr>
<td>Neuroticism</td>
<td>-.20**</td>
</tr>
<tr>
<td>Openness</td>
<td>.13†</td>
</tr>
<tr>
<td>Conscientiousness</td>
<td>.14*</td>
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<tr>
<td>IGCS</td>
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R² = .18***,  R² = .14***, R² = .29***,  R² = .02*

Note. N = 255. † p < .10, * p < .05, ** p < .01, *** p < .001.

- The resulting bifactor model fit the data well, χ²(65) = 83.65, p = .060; RMSEA = .041 [.030, .058].
- This replicates the three factor structure from Study One, as well as indicating a general factor to the IGCS.
- IGCS showed incremental validity in predicting relationship and life satisfaction, independent of the Big Five.
- The general factor of the IGCS also correlated strongly with the previously used measure of interpersonal goal conflict (r = .47, p < .0001).

**METHOD & PARTICIPANTS (Study Three)**

- Undergraduates were recruited as part of a class requirement at UC-Riverside.
- Their partners were then compensated $15 for also participating in the study.
- A total of 125 heterosexual couples were recruited.
- The same 15 item IGCS was completed by both partners.

**RESULTS (Study Three)**

- The IGCS ratings were substantially correlated with couples (r = .43, p < .001).
- Ratings of interpersonal goal conflict were related to both one’s own traits and the traits of one’s partner.
- Relationship satisfaction was related to self IGCS scores, but not partner IGCS scores.

| Predicting Male and Female Relationship Satisfaction from Self and Partner IGCS scores |
|----------------------------------------|-----------------|-----------------|
| Male IGCS                              | -.30***         | -.07            |
| Female IGCS                            | -.16            | -.49***         |

Note. Coefficients are standardized. N = 125. R.S. = Relationship Satisfaction.

**CONCLUSION**

- The IGCS may provide advantages for assessing goal conflict between partners.
- IGCS is short, easy to administer, and converges with other assessments of interpersonal goal conflict.
- Interpersonal goal conflict is significantly correlated between two members of a romantic couples.
- IGCS predicts relationship satisfaction independent of the Big Five.

**REFERENCES**


