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Couples' reasons for cohabitation: Associations with individual well-being and relationship quality

ABSTRACT

This study uses a new measure to examine how different types of reasons for cohabitation are associated with individual well-being and relationship quality in a sample of 120 cohabiting heterosexual couples ($N = 240$). Spending more time together and convenience are the most strongly endorsed reasons. The degree to which individuals report cohabiting to test their relationships is associated with more negative couple communication and more physical aggression as well as lower relationship adjustment, confidence, and dedication. Testing the relationship is also associated with higher levels of attachment insecurity and more symptoms of depression and anxiety. Men are more likely than women to endorse testing their relationships and less likely to endorse convenience as a reason for cohabiting.

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