

Article

Bonds Beyond Blood: Family Cohesion and Adaptability in Young Adults' Family Boundaries

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Abstract

This study examined how two key dimensions of family functioning—cohesion and adaptability—relate to young adults' definitions of family. A questionnaire measuring family cohesion, adaptability, and criteria for including someone as family was administered to 309 young adults. Higher cohesion and adaptability were significantly associated with defining family based on emotional bonds rather than biological or legal ties. These findings highlight the pivotal role of family functioning in shaping inclusive family boundaries and suggest that strengthening cohesion and adaptability may foster acceptance of diverse family forms.

Keywords: family; family functioning; circumplex model; adaptability; cohesion

1. Introduction

In sociological research, family is no longer defined by structure alone but through processes of meaning-making and boundary construction. The study of the family involves a degree of complexity due to the various factors to be taken into account in its analysis, the various disciplines involved in its study, and the constant evolution of the concept of the family, aspects that will be discussed in more detail below. For example, extended family members often play a central caregiving role in daily life, reflecting socio-affective definitions of family beyond the nuclear household [1].

On the first question, the core family can be analyzed with reference to its composition and structure, which is determined by the relationship of its members, but also taking into account its operational dynamics [2]. It includes other aspects such as its functions, the role assumed by each of the family members or their role in the development of the rest of the family.

Regarding the second question, different scientific fields have approached its study from the components of their own discipline. This has led to perspectives that are sometimes difficult to unify. In this way, and among other existing visions, the biological perspective has studied the family from the perspective of perpetuating the species, focusing on the processes of procreation and the bonds of consanguinity; the psychological perspective has emphasized its systemic nature, considering it as an institution in which there are multiple relationships that favor the development of individuals; the sociological perspective has analyzed it as a primary socializing group in which the members of a community interact; and the legal perspective has studied it in terms of its composition and social function, which involves a whole system of rights and duties.



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The third point is that rapid social and technological progress has led to the evolution of the concept of the family. This has increased the need to study the phenomenon in order to understand and integrate realities that were unthinkable not so long ago. In this sense, we can mention situations as diverse as those resulting from new reproductive systems: surrogate mothers, and in vitro fertilization, etc.

Thus, the vision of the family is not limited to a static pattern, but is dynamic [3], which affects its configuration and functioning, framed in a continuous process of change and adaptation to the socio-historical context in which it is framed.

Etymologically, the term “family” seems to derive from the word “famulus” [4], which in ancient Rome referred to the servant or slave in the service of a master. Thus, the family came to be understood as a group that depended on a figure who was responsible for its sustenance and care, which, by extension, evolved to describe the structure of the traditional family.

For this reason, it is only relatively recently that affective ties have begun to be considered. First, in the establishment of marital relationships, and finally, in the system of social relations that revolve around the concept of family, which is now understood in a broader and more inclusive sense [5], with the consequent increase in family models.

The social history of the family has long recorded this transformation. In his seminal work on childhood and the family under the Ancien Régime, Ariès [6] showed that the modern family, a family based on sentiment, developed gradually between the Middle Ages and the eighteenth century, as the household became less involved in wider community sociability and became organized around the emotional care and education of children. In a similar vein, Shorter [7] and Stone [8] described the transition from an institutional family—based on lineage, property, and community control—toward a nuclear family founded on affective individualism, in which conjugal love and parent–child attachment became the principal bonds. More recently, Coontz [9] has traced how love progressively displaced economic and political considerations as the primary basis of marriage, consolidating the affective conception of the family that prevails in contemporary Western societies.

Thus, the variability in family conception, structure, or situation has made it possible to analyze how different types of families establish differentiated patterns of functioning, leading to a series of related consequences that can affect interpersonal interactions among its members, problem solving, adaptive capacity, role establishment, behavioral norms, or communication processes [10].

For example, Rees [11] examined the links between family structure and children’s subjective well-being in eight European countries, concluding that the amount of time children spent with their families was a stronger predictor of child well-being than the type of satisfaction with family life. In addition, Tong et al. [12] observed how members of divorced families tended to use more extreme forms of logic in their value judgments and found that younger children showed poorer family functioning in areas such as emotional responsiveness, emotional intervention, and behavioral control. However, bereaved families were characterized by an unbalanced family structure, with dysfunctional dynamics and declining cohesion.

However, the reverse process does not seem to have been carried out, which consists in analyzing how the experienced functioning of the family itself can determine the perception with regard to the consideration of the characteristics that define the family institution or its structure. This circumstance is easy to understand from an experiential point of view, since everyone can form an idea of the concept of the family based on their personal experience without the need to define it, but it is more difficult to understand from a scientific point of view, since knowing how the concept of the family evolves, what its foundations are, and

analyzing its degree of rigidity can have multiple implications and multiple consequences at the socio-cultural level.

It is in this frame of reference, therefore, where it is contextualized, the present research aims to answer the following questions: What are the family belonging conditions that determine whether someone is considered a member of a family, and which underlie the very concept of family? To what extent does the dynamics of family functioning influence the way these conditions are considered?

Understanding the answers to these questions would allow, on the one hand, to understand and predict the elements on which the individual's concept of family is based. On the other hand, to facilitate the understanding of one's own context, opening the perspective to other socio-cultural realities could have important repercussions in the design of educational intervention programs focused on the acceptance of family diversity.

2. Theoretical Background

Although the theoretical framework for the study of the family can be considered from different approaches and models, the one that has become predominant is derived from General Systems Theory [13], whose concrete application to the family setting has given rise to Family Systems Theory [14].

From this point of view, the family can be understood as an autonomous group with its own identity and is in continuous adaptation [15], developing in a dynamic environment. In other words, it is a system in which all the elements are interconnected and where a change of one element affects the functioning of the others.

As a result, some of the elements and processes of the system take on a particular relevance, as is the case, among others, of the family structure, the internal organization based on subsystems, the adoption of roles by each of the family members, the definition of hierarchies and the establishment of power relations, the interaction that takes place through communication processes, the implementation of a system of rules that establishes the guidelines for the functioning of its members, or the imposition of limits that define the limits of the family environment and separate it from the outside.

However, the fact that it is an independent system does not mean that it acts independently of other systems that are part of the social reference environment, such as the school, health services, the community, the media, etc. To the contrary, as the bio-ecological model [16] shows, the family system influences and is influenced by these spheres, forming a pattern of mutual interdependence that has a great weight in the development of individuals and in the establishment of family dynamics.

In the same way, also at the level of internal organization (and even in a broader and supra-ordered framework of analysis with respect to the family system itself), theoretical perspectives can be found that try to explain some of the phenomena that occur within this environment. Such is the case of Olson's Circumplex Model [17], one of the most widely used theoretical perspectives to explain the patterns of family functioning, which has been used not only to study the family as a system, within the framework of Family Systems Theory, but also as a context of relationship between individuals, on the basis that understanding the whole is much more than understanding the mere sum of information of the individuals that comprise it [14].

Thus, the Circumplex Model is composed of three dimensions derived from an analysis of more than 50 concepts developed to describe family dynamics [17]. The first dimension is family cohesion, which is defined as the emotional bond that family members share among themselves and which accounts for the existing balance between the separation of its members and their degree of union. The second dimension is adaptability, which refers to the amount of change that can occur in leadership, role relations, or relational

rules, focusing on how systems balance stability and change. And the third dimension is communication, although this is only a facilitator whose function is to explain movement in the other two dimensions, so it is not usually included in the models.

These two dimensions are further categorized into four levels each [18], so that in terms of adaptability, family functioning can be defined as follows: rigid (very low), structured (moderate-low), flexible (moderate-high), and chaotic (very high). The levels of cohesion are defined as follows: disengaged (very low), separated (moderate-low), connected (moderate-high), and enmeshed (very high).

2.1. Hypotheses

The analysis of family functioning according to the Circumplex model has been extensively studied using the different versions of the FACES (Family Adaptability and Cohesion Scale) instrument. This instrument is currently in its fourth edition [19]. In fact, the importance of the model as well as these instruments has been confirmed by the publication of more than 1200 papers and theses [20]. However, in the specific case of Spain, with the purpose of further exploring the Circumplex Model, overcoming the lack of instruments to measure family functioning, and generating a test adapted to the cultural context, a specific and abbreviated scale of the FACES scales was developed, the FACES-20Esp, based on the second version of the test [21].

In any case, the studies carried out using this tool in any of its versions have consistently shown that the dimensions of cohesion and adaptability are in general closely related to family functioning, an aspect that has been proven in a variety of cases and family situations [22,23]. Thus, we propose the following hypotheses:

H1. *The level of family cohesion will be related to the level of family functioning.*

H2. *The level of adaptability will be related to the level of family functioning.*

This relationship has also been demonstrated when family functioning has been related to family structure, although this structure has generally been used as a contextual variable in a broader way of relating family functioning to other variables that predict some degree of adjustment in psychosocial functioning. For example, Schrodtt [24] evaluated family functioning in reconstituted families and analyzed its degree of influence on the mental health of its members, observing how the facilitating role of communication created a more flexible and cohesive dynamic that had a positive effect on mental health. Likewise, families with better parental anger management and less frequent parent–child conflict tend to have adolescents with more positive outcomes, underscoring the benefits of healthy family processes [25]. On the other hand, Yee and Sulaiman [26] analyzed family functioning in single-parent families to study the role of resilience as a protective factor against depressive tendencies, observing that family cohesion had a stronger relationship with resilience than adaptability.

However, although the Circumplex Model seems to work adequately in Western societies, it also encounters some difficulties when proposed as a cross-cultural model, since in more traditional societies, the values of cohesion and adaptability reach extreme values, which is problematic given that both constructs have a curvilinear character. And this circumstance implies that in the presence of extreme values, family functioning becomes dysfunctional if there is no adjustment to the general interpretation of the model.

Thus, in studies such as Turkdogan et al. in the context of Turkish society, a level of attachment derived from high levels of family cohesion often appears, although in this case, it is interpreted as a facilitating dimension contributing relatively to family functioning in Turkish collectivist culture. Similar conclusions are found in the study of Pirutinsky

and Kor [27], in the context of Orthodox Jewish families in the State of Israel, where high levels of cohesion and low levels of adaptability are normative and adaptive in that specific context. They propose a different factorial structure consisting of four factors, which causes a mismatch in the classical model.

Thus, depending on the cultural context, these circumstances mark a significant difference in the functioning of the family, with the cultural context deriving and perpetuating its own conception of the family. It can be hypothesized that this functioning reproduces the foundation on which it is based. Thus, as has been mentioned in the analysis of the historical evolution of the family from a theoretical point of view, the conditions or types of ties that are at the basis of the concept of the family itself could be considered: consanguinity and legal and patrimonial ties, in the case of a traditional vision of the family; and social openness and affectivity, in the case of a more horizontal modality that has been called socio-affective.

Therefore, taking into account that cohesion in traditional cultures is very high compared to adaptability, the following two hypotheses are proposed, according to which family functioning as established in the Circumplex Model will be related to the transmission of a socio-affective conception of the family, but not the traditional concept. Thus, we propose the following hypotheses:

H3. *Family functioning will be related to understanding the family as a social-affective institution.*

H4. *Family functioning will not be related to the traditional concept of family.*

To all of the above, it is necessary to add the moderating variable of gender, since gender roles largely determine the role of individuals in different cultures and, consequently, within families. Indeed, this aspect has already been verified, with women obtaining higher mean scores than men in both cohesion and adaptability in studies such as that of Baiocco et al. [28] on family functioning.

2.2. Research Model

The research model shown in Figure 1 is proposed to carry out this study. It establishes the relationship between the family functioning factor, configured by cohesion and adaptability, and the family concept from a socio-affective perspective, mediated by gender. This is a relationship that, moreover, will not affect the traditional concept of the family.

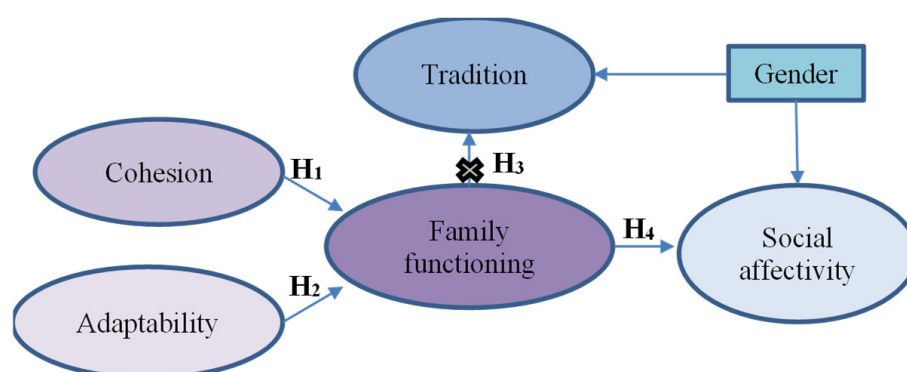


Figure 1. Conceptual model.

3. Materials and Methods

3.1. Sample

The sample used to conduct this study consists of 309 respondents, predominantly university students (86.9%). There are 70.2% females and 29.1% males, with 2 subjects

identifying as non-binary (0.6%). The participants also have an average age of 23.20 years ($SD = 10.300$) and are placed on an ideological scale ranging from 1: extreme left to 10: extreme right, with an average score of 4.69 ($SD = 1.968$).

Table 1 shows personal and socio-demographic information of the sample that might influence perceptions of the concept of family.

Table 1. Personal and socio-demographic information.

	N	(%)
Sexual Orientation		
Heterosexual	270	87.4%
Homosexual	5	1.6%
Bisexual	34	11%
Relationship		
Single without a partner	150	48.5%
Single with a partner	113	36.6%
Domestic partner/cohabitating with partner	21	6.8%
Married	21	6.8%
Divorced	3	1.0%
Widowed	1	0.3%
Number of brothers and sisters		
None	91	29.4%
1	132	42.7%
2	61	19.7%
3	14	4.5%
4 or more	11	3.6%

3.2. Measurement

The measurement instrument used to collect information was an ad hoc questionnaire consisting of four sections.

The first section comprises personal and socio-demographic variables.

The second section, related to the conditioning factors of family membership, consists of 6 items that ask about the fundamental aspects that must be taken into account in order to consider someone a member of the family. These items have been designed taking into account the evolution of relational ties inherent to the very constitution of the family institution [29] from a historical analysis perspective and are as follows: (1) Condic1: “to consider someone as a member of my family I think it is important to have a biological kinship relationship (siblings, cousins, grandparents, etc.) with that person”; (2) Condic2: “to consider someone as a member of my family I think it is important to have an in-law relationship (father-in-law, brother-in-law, godfather, etc.) with that person”; (3) Condic3: “to consider someone as a member of my family I think it is important to have a patrimonial relationship (assets in common: house, car, inheritance, etc.) with that person”; (4) Condic4: “to consider someone as a member of my family I think it is important that he/she is governed by a common system of norms, values and rules of conduct”; (5) Condic5: “to consider someone as a member of my family I think it is important to interact socially and have regular communication with that person”; (6) Condic6: “to consider someone as a member of my family I think it is important to grow and develop together with that person”.

Finally, the third section corresponds to the FACES-20Esp scale [21]. It contains 20 items aimed at assessing family functioning, although these items are grouped into

two factors (cohesion and adaptability). Again, a 4-point Likert scale is used (1.—strongly disagree, 2.—disagree, 3.—agree, 4.—strongly agree) and includes items such as “Family members feel very close to each other” or “In our family, we all find it easy to express our opinions”.

3.3. Procedure

The distribution of the questionnaire was carried out in two ways: (a) personally going to the classrooms of the students, after having obtained the permission of the collaborating teachers, or (b) using an online questionnaire accessed through the social network WhatsApp. In both cases, participants accessed the instrument with their computer devices through the Google Forms tool. Also in these two situations, information about the purpose of the research and how to complete the questionnaire was included.

In addition, in accordance with the ethical principles established for this type of study, the students were informed that the study was anonymous, that their data was confidential, and that data protection legislation was followed. They were asked to sign their informed consent in a clause added to the questionnaire. By doing so, they acknowledged having been informed about these aspects and agreed to participate in the study. This ensured compliance with the ethical principles inherent to this type of study, in accordance with the Declaration of Helsinki.

3.4. Data Analysis

Descriptive, preliminary, and correlational analyses were performed using IBM SPSS-27. Subsequently, a measurement and structural equation model was conducted using Partial Least Squares Structural Equation Modelling (PLS-SEM) by SmartPLS 4 software.

4. Results

4.1. Data

In accordance with the recommendations of Anderson and Gerbing [30], a two-step modelling approach that employs a series of nested models and sequential chi-square difference tests was used. In this way, convergent validity was assessed via Outer Loadings, Cronbach's alpha, composite reliability (CR), and Average Variance Extracted (AVE). According to Hair et al. [31], indicators with outer loadings greater than 0.6 were retained, while indicators with outer loadings between 0.4 and 0.6 were “considered for removal from the scale only if deletion of the indicator resulted in an increase in composite reliability (or average variance extracted) above the proposed threshold”. To assess internal consistency, Cronbach's alpha measures must be examined. Internal consistency is achieved when reliability estimates are greater than 0.70. Convergent validity is demonstrated when the Average Variance Explained (AVE) value between the constructs is equal to, or exceeds, 0.5 [31]. In addition, all constructs showed acceptable to high composite reliability values are greater than 0.60. Table 2 illustrate the main measurement results.

Likewise, discriminant validity was analyzed following Fornell–Larcker criterion. It suggests that the square root of the AVE of each construct should be greater than the correlations between each construct and the other constructs in the model, and should not be less than 0.50. Table 3 shows the Fornell–Larcker correlation results.

In addition, we calculated the Standardized Root Mean Square Residual (SRMR) that in this case is 0.061, which is valid. Finally, we tested the model for the common bias method using the full collinearity approach [32]. The results show that the highest internal VIF was 2.647, which is below the proposed limit of 5, and therefore, the proposed model is valid.

Table 2. Results of measurement model.

Variable	Item	Outer Loadings	Cronbach's Alpha	AVE	Composite Reliability
Adaptability	Faces2	0.605	0.902	0.537	0.920
	Faces3	0.664			
	Faces6	0.801			
	Faces7	0.819			
	Faces9	0.608			
	Faces12	0.723			
	Faces14	0.747			
	Faces16	0.825			
	Faces18	0.682			
	Faces20	0.810			
Cohesion	Faces1	0.646	0.761	0.534	0.919
	Faces4	0.755			
	Faces5	0.771			
	Faces8	0.795			
	Faces10	0.727			
	Faces11	0.804			
	Faces13	0.521			
	Faces15	0.743			
	Faces17	0.765			
	Faces19	0.521			
Tradition	Condic1	0.873	0.761	0.679	0.863
	Condic2	0.865			
	Condic3	0.726			
Social affectivity	Condic4	0.778	0.718	0.640	0.842
	Condic5	0.850			
	Condic6	0.769			

Table 3. Fornell–Larcker correlation matrix.

	Adaptability	Cohesion	Tradition	Social Affectivity
Adaptability	0.733			
Cohesion	0.831	0.731		
Tradition	0.098	0.115	0.824	
Social affectivity	0.152	0.131	−0.019	0.800

4.2. Structural Model

Structural equation modelling is one of the most salient research methods across a variety of disciplines [33]. In this case, we use PLS-SEM to analyze the hypothesis proposed in this study. This method is selected primarily because it can estimate complex models with many variables, measures, and structural pathways without imposing distribution assumptions on the data. Thus, to test the quality of the structural model, we evaluated the predictive relevance (Q^2), coefficient of determinants (R^2), and magnitude and significance of path coefficients [34]. In this instance, the R^2 value for the dependent variable exceeded the values of 0.26 suggested by Cohen [35], indicating a reliable predictive power of the model. In addition, the Q^2 value of predictive significance is greater than 0, indicating that the structural model has a satisfactory predictive significance for the dependent variables [34]. For this proposal, bootstrapping with 5000 resamples was used to evaluate the significance of the path coefficients [31]. The results are illustrated in Table 4.

Table 4. Results of structural model (bootstrapping).

	Sample Mean (M)	t-Statistics	p-Values
Direct effect			
H1: Cohesion → Family functioning	0.504	49.798	0.000
H2: Adaptability → Family functioning	0.540	50.844	0.000
H3: Family functioning → Tradition	0.113	1.764	0.078
H4: Family functioning → Social affectivity	0.165	2.557	0.011
Control variables			
Gender → Tradition	−0.125	1.995	0.046
Gender → Social affectivity	0.148	2.362	0.018

The results presented above confirm that the hypotheses are statistically significant. Family cohesion ($\beta = 0.504$, $p < 0.001$) and adaptability ($\beta = 0.540$, $p < 0.001$) are positively and significantly related to family functioning, confirming H1 and H2. In turn, family functioning is positively and significantly related to a socio-affective conception of family ($\beta = 0.165$, $p = 0.011$), confirming H3, while its relationship with the traditional conception of family is not significant ($\beta = 0.113$, $p = 0.078$), confirming H4. Regarding the moderating role of gender, the results show that gender significantly affects both the traditional ($\beta = -0.125$, $p = 0.046$) and the socio-affective ($\beta = 0.148$, $p = 0.018$) conceptions of family.

These results are consistent with the previous literature pointing out those family dynamics characterized by high cohesion and adaptability tend to favor more flexible and inclusive definitions of family bonds, in line with the proposal of Rhoden [36], who already highlighted that functional family processes, rather than structural composition, are central to how individuals construct their understanding of family membership.

In addition, the moderating effect of gender found in this study aligns with previous research, such as that of Sze et al. [37], which has shown that women tend to adopt more relational and inclusive views of family bonds than men, a pattern that may be explained by differentiated gender socialization processes that emphasize emotional connectedness and caregiving roles among women.

5. Discussion and Conclusions

The results obtained in this study allow us to confirm that family functioning, understood from the dimensions of cohesion and adaptability proposed by the Circumplex Model, plays a determining role in the way young adults define their family bonds. Specifically, both cohesion and adaptability were found to be strongly and positively related to family functioning, supporting H1 and H2 and reinforcing the centrality of these two dimensions within Family Systems Theory.

From a theoretical standpoint, these findings contribute to Family Systems Theory by providing empirical evidence that the internal functioning of the family system, rather than its structural composition, shapes how individuals construct the boundaries of family membership. This supports the idea that family functioning operates as an antecedent of the socio-affective conception of family, while leaving the traditional conception largely unaffected, as confirmed by H3 and H4.

From a practical perspective, these results have important implications for the design of socio-educational intervention programs aimed at fostering the acceptance of family diversity. Strengthening cohesion and adaptability within family systems may favor the development of more inclusive conceptions of family membership, which is particularly relevant in increasingly diverse societies where family forms extend beyond biological or legal ties.

Regarding the contextual implications of this study, it should be noted that the Circumplex Model, despite its wide international use, may present limitations when applied to more traditional or collectivist cultural contexts, where extreme values of cohesion and adaptability can be considered normative rather than dysfunctional. This highlights the importance of interpreting family functioning results in light of the specific socio-cultural context in which they are obtained and calls for caution when generalizing the present findings beyond the Spanish young adult population from which the sample was drawn.

This study is not without limitations. First, the cross-sectional design does not allow for causal inferences to be drawn. Second, the sample, although sufficiently large, is predominantly composed of university students, which may limit the generalizability of the findings to other age groups or educational backgrounds. In this respect, because the understanding of family has been shown to vary with educational attainment, this feature not only constrains generalizability to populations without higher education but also leaves unexamined a dimension that is itself of substantive interest; the findings are thus most directly applicable to educated young adults socialized within a Western European family model. Third, the use of self-reported measures may be subject to social desirability bias. A further and more fundamental limitation is that the quantitative approach adopted here captures the strength of the association between family functioning and the conception of family, but it does not access the meaning that participants attach to the affective ties at the core of that conception. Although the family has operated as a social-affective institution across historical periods and cultural settings, the content of that affection—and, with it, the very notion of family—has been continually redefined [6,9]; the present design cannot recover these situated meanings, and the socio-affective conception measured here should, therefore, be understood as a Western European, and specifically Spanish, construal rather than a universal one. More specifically, the socio-affective conception of family is grounded in the existence of reciprocal emotional bonds, encompassing dimensions such as affection, empathy, mutual support, and a sense of belonging among its members [38].

Future research lines should consider extending this study to other cultural contexts in order to test the cross-cultural validity of the proposed model, as well as incorporating longitudinal designs that would allow the evolution of family conceptions to be tracked over time. It would also be of interest to explore additional moderating variables, such as socioeconomic status or family structure, that may further refine the understanding of the relationship between family functioning and the conception of family bonds. In particular, qualitative approaches—such as in-depth interviews or narrative analysis—would help clarify what family affection actually means to individuals and how those meanings are constructed and transformed, thereby complementing the structural relationships documented here. Likewise, comparative designs contrasting respondents with and without higher education would allow educational level to be treated not merely as a control variable but as an explanatory dimension in its own right.

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Institutional Review Board Statement: This study did not require formal ethics committee approval, as it is a non-biomedical, non-interventional study based on an anonymous and voluntary questionnaire completed by adult participants. In accordance with Spanish Law 14/2007 on Biomedical Research and Royal Decree 1090/2015 regulating clinical trials, mandatory ethical review applies primarily to biomedical research involving clinical interventions, medicinal products, or biological samples, which are not part of the present study. No identifying or sensitive personal data were collected, and responses were analysed only in aggregated form, in line with the principles on anonymous data under the EU General Data Protection Regulation (GDPR). Participation was informed, voluntary, and involved no foreseeable risks, consistent with general ethical principles for research involving human participants.

Informed Consent Statement: Informed consent was obtained from all subjects involved in the study.

Data Availability Statement: The data presented in this study are available on request from the corresponding author due to privacy/ethical restrictions.

Conflicts of Interest: The authors declare no conflicts of interest.

Abbreviations

The following abbreviations are used in this manuscript:

PLS-SEM	Partial Least Squares Structural Equation Modelling
FACES	Family Adaptability and Cohesion Evaluation Scale
FACES-20Esp	Spanish 20-item adaptation of the Family Adaptability and Cohesion Evaluation Scale
AVE	Average Variance Extracted
CR	Composite Reliability
SRMR	Standardized Root Mean Square Residual
VIF	Variance Inflation Factor

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