

Attachment Styles in Adult Relationships

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The purpose of Beeny's "et al" (2019) article was to study the link between personality disorders and romantic relationship disturbance. Previous research has shown how personality disorders are commonly associated with problems in a romantic relationship, but little research has examined the link between people with high personality disorder severity partnered with a romantic relationship disturbance. The final sample size consisted of 130 heterosexual couples and 260 participants. The average relationship length for these couples were 54.5 months ($SD = 51.2$ months). The participants were between the ages of 29.2 years and 30.2 years. Ninety-five ($n = 73.1\%$) of the participants and one hundred ($n = 77.7\%$) of their partners were European American. Eighteen ($n = 13.8\%$) participants and nineteen ($n = 14.6\%$) of their partners were African American. Eleven ($n = 8.5\%$) patients and seven ($n = 5.4\%$) of their partners were a mixed race. Five ($n = 3.9\%$) patients and three ($n = 2.3\%$) of their partners were Asian. One ($n = .8\%$) of the patients and none of their partners were Native American. Participants were interviewed by clinical evaluators by using the structured clinical interview for Diagnostic and Statistical Manual of Mental Disorders. Attachment styles were evaluated by clinicians using a social interview focused on parental, work, and romantic relationships throughout the lifespan. Interpersonal functioning was rated on a nine point scale according to the pervasiveness and level of dysfunction based on occupational, romantic levels, and overall dysfunction within the relationship. The results of the study indicated that the partner effect between attachment anxiety and attachment avoidance increased as personality dysfunction increased. The study also indicated that attachment anxiety was also associated with relationship dissatisfaction through

high levels of withdrawal by the person with higher attachment anxiety. People with higher levels of attachment anxiety had negative views of conflict and were less likely to maintain open and expressive communication. Despite the usefulness and many strengths of this study, it is not without limitations. For instance, one limitation of this study is that the same clinician was used for rating personality disorder symptoms and attachment difficulties and also the study had a limited age range. Future studies on this topic should utilize multiple clinicians to measure personality disorder and attachment anxiety as well as aim to include samples of couples with a more broad range of age than 29-30.

The purpose of Goldsmith's "et al" (2016) article was to examine the influence of avoidance due to the style of attachment and anxiety on sexual communication. The participants were given an incentive for participating in the study: course credit and entry in a draw for a \$250 gift card. The participants were young adults and graduate students within the community, men ($n = 106$) and women ($n = 349$) there were 455 participants in total. The participants were required to complete a questionnaire that measured their ideal type of gender roles, sexual communication within a relationship, sexual satisfaction, and their own attachment style. The participants were from a large North American university and were between the ages of 17 and 23 years. The mean age of women was 20.79 years ($SD = 2.98$) and the mean age of the men was 21.07 years ($SD = 3.44$). For ethnicity ($n = 37.2\%$) of the women reported being East Asian, ($n = 37.2\%$) reported being Euro-Caucasian, and ($n = 25.6\%$) identified with other groups. As far as ethnicity of the male participants ($n = 47.8\%$) reported being East Asian, ($n = 24.1\%$) Euro-Caucasian, and ($n = 28.1\%$) of various other groups. This study also reported

sexual orientation and ($n = 88.7\%$) of women identified as heterosexual, ($n = 8.0\%$) were bisexual, and ($n = 3.3\%$) were homosexual, ($n = 84.1\%$) of the male participants

identified as heterosexual, ($n = 3.8\%$) as bisexual, and ($n = 9.5\%$) as homosexual. Relationship status was also an important factor in this study of the women, ($n = 54.9\%$) were in a monogamous relationship, ($n = 1.1\%$) were in an open relationship, and ($n = 44.1\%$) were not in a relationship. The average relationship duration was approximately a year and a half. As far as the male participants go, ($n = 50.0\%$) were in a monogamous relationship, ($n = 3.2\%$) were in an open relationship, and ($n = 46.8\%$) were not in a relationship. Only men and women who were sexually active (either by themselves or with a partner) within the four weeks prior to participation were allowed to be included in this study. After the participants gave their consent to be questioned, they were directed through a series of surveys assessing demographic characteristics, attachment style, gender role ideology, sexual communication, and sexual satisfaction. The results were found by conducting analysis studying the relation between attachment styles in relationships and sexual satisfaction considering sexual communication. The results of the study showed that individual ideas of gender roles and sexual communication together were found to totally mediate the relation between attachment-related anxiety and sexual satisfaction in women. This result indicates that there is disparity in sexual communication. Among men, the only significant finding was that attachment-related anxiety and avoidance were related to lower sexual communication. This study had many strengths but it was not without limitations. For instance the sample was convenient since the researchers used participants from a specific school and community who were also given incentives to encourage

them to participate. Additionally, there was not a way to determine the differences between the participants who were students and the participants who were members of the community, so there was not a way to determine if there could be a difference between college students and non-college students. For future studies, researchers should include non-college students as well as obtain results from a less convenient and more inclusive sample size and define data collected from a separate group of college students.

The purpose of VanUitert's "et al" (2012) article was to examine the attachment styles of college students in friendships and romantic relationships. The study examined patterns of attachment styles in different relationship contexts and links between attachment representation and negative peer relationship experiences. Students were informed of the opportunity to participate through announcements in their psychology courses and notices posted on the class websites. Participants were 381 undergraduate college students, ages 17-26 years ($SD = 2.16$) enrolled in psychology classes at Utah State University. Women represented ($n = 67\%$) of the sample and men represented the other ($n = 33\%$). Of the participants ($n = 36.2\%$) were single, ($n = 28.3\%$) were casually dating, ($n = 22.3\%$) reported being in a serious relationship, ($n = 3.7\%$) were engaged, ($n = 10.2\%$) were married, and ($n = 0.3\%$) were divorced. For the aim of this study, the 15 item attachment scale from the Behavioral Systems Questionnaire was utilized to examine views with romantic partners and friends. Scores were calculated for secure, dismissing, and preoccupied attachment styles. The results of this study indicated that the majority of the participants reported more secure attachment styles in their relationships. However, analysis of biological sex indicated that men reported more dismissing attachment styles with both friends and romantic partners, relative to women. Despite the usefulness of this

study, it is not without limitations. In particular, the study did not mention the racial demographics of the participants and the sample was convenient since the participants were psychology students from a college campus. Future studies should include more specific demographics and should search for a less convenient sample in the community.

The purpose of Madey's "et al" (2012) article was to investigate the link between attachment and dissolution of romantic relationships in college students. Previous research has shown that attachment predicts quality of the relationship while it is ongoing, however, little research has observed the connection between attachment and post-dissolution distress. This investigation researched how attachment styles are related to thoughts about the partner post-breakup. Participants were 78 college undergraduates, 37 females and 41 males, the average age was 18.9 years ($SD = 1.08$). The sample consisted of ($n = 3\%$) African American, ($n = 92\%$) European American, ($n = 1\%$) Hispanic, ($n = 3\%$) Asian American, and ($n = 1\%$) Native American. Participants received course credit upon completion of the study. To be selected for the study, participants had to have experienced a breakup within six months prior to the recruitment of participants. Participants filled out the Relationship Scales Questionnaire and answered questions related to the conclusion of a most recent romantic relationship on a 1-6 point scale. One question was created to measure satisfaction with the relationship, "How satisfied were you with the relationship?" Participants passed through this question on a scale of 1 (unsatisfied) to 6 (very satisfied). Participants were asked to point how relieved they were after the breakup, how angry they were, how depressed they were after the breakup, and what amount of stress did the breakup cause. The researchers also created five items to measure how the

participants relate to the partner after the breakup by asking the participants how apprehensive they feel towards their ex-partner. The attachment styles were measured using the Relationship Scale Questionnaire and was used to provide understanding of the association between attachment and end of romantic relationships. Results indicated that a more secure attachment was associated with less apprehension about seeing the ex-partner again, less blame assigned to the partner for breaking up, less likely to get back into the relationship, and readiness to start dating again. Secure attachment was associated to a modest degree with a more mutual breakup. This study is not without limitations. Although a requirement to participate in the study was to have experienced a breakup within six months, the study did not measure how long since the breakup at the time of the study. Also, it was not measured whether or not the participants were now in another relationship. Future studies should measure how long it has been since the breakup and inquire if the participants are in a new relationship currently since that can have an effect on how the participants answer the questions.

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