

Vulnerable attachment style: The role of emotion regulation and coping

Tugba Kocak Ozel, Ozden Yalçinkaya Alkar

Ankara Yıldırım Beyazıt University, Turkey
tkocak@ybu.edu.tr

The style of attachment—how an individual copes with a situation and the strategies employed to regulate emotions—has significant effects on an individual's life. It is also known from current research that the style of attachment affects vulnerability to developing psychological problems. Thus determining the relationships between vulnerable attachment style, emotion regulation, coping style, and developing depression becomes important.

In this context the aim of this study is to identify the mediating role of the subscales of emotion regulation and coping style on the relationship between the types of vulnerable attachment style and depression. For this purpose the Vulnerable Attachment Style Questionnaire, Emotion Regulation Questionnaire, Ways of Coping Inventory, Perceived Stress Questionnaire, and Beck Depression Inventory were used. Mediation analysis in which the bootstrapping method is used indicates that reappraisal, suppression, self-confident coping, optimistic coping, submissive coping, helplessness coping, and social support seeking mediate the relationship between the types of vulnerable attachment style (avoidant-dismissive, ambivalent, anxious-dependent, and lack of autonomy) and depression in a different extent. The findings of the study were discussed in the light of the related literature.