Psychometric Evaluation of Vulnerable Attachment Style Questionnaire

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Abstract

The relationship between an infant and its caregiver has been studied for many years since it has very significant effects on individual's life. In this context, it has been widely accepted that securely attached individual lead a relatively unproblematic life, whereas insecurely attached individual may probably have a problematic life. Owing to the fact that these problems regarding attachment style may turn to some vulnerabilities, identifying the relationship between these problems and its effects on individual has become important. In this context, *Vulnerable Attachment Style Questionnaire* was adapted to Turkish culture in order to examine vulnerability to depression regarding attachment style. For this purpose, *Experiences in Close Relationships Inventory-II*, *Beck Depression Inventory* and *The Perceived Stress Questionnaire* were used. According to the findings of the exploratory and confirmatory factor analysis, four factor attachment patterns which were avoidant-dismissive, ambivalent, anxious-dependent and lack of autonomy were found. In addition, results of the regression analysis indicate that these four factor attachment patterns were significant predictors of depression and perceived stress. The findings of the study were discussed in the light of the related literature, and suggestions for future research were offered.

Key Words: Vulnerable Attachment Style, Perceived Stress, Depression.

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