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ASSESSING WORKING MODELS OF ATTACHMENT
USING OBJECT RELATIONS CONCEPTS

A Thesis Presented

by

DOUGLAS RICHARD RAU

Submitted to the Graduate School of the
University of Massachusetts Amherst in partial fulfillment
of the requirements for the degree of

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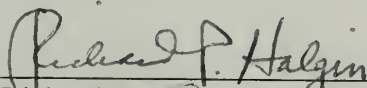
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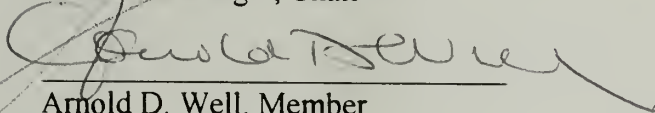
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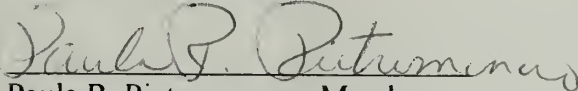
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CHAPTER 1

RELATIONAL APPROACHES TO BEHAVIOR

Two developmental domains, attachment theory and object-relations, have historically been concerned with the developmental antecedents of relational behavior. Both approaches place importance on an infant's early experiences with caregivers as fundamentally important in establishing patterns, expectations, and modes of later relational behavior. Although both domains share this converging area of emphasis, important theoretical differences between the two approaches do exist. The remainder of the introduction will explore the contributions that each approach has made toward understanding relational behavior in general, as well as toward one specific area of relational behavior, adult romantic relationships. Finally, the rationale for an integrated study of adult romantic relationships using both approaches will be developed and an experiment assessing working models of attachment with object relational concepts will be introduced.

Object Relations Theory

Object-relations theorists share a common emphasis on the importance of intrapsychic structures or "object-relations" that infants create out of actual and fantasized experiences with important persons in childhood. These internalized structures can be conscious or unconscious and comprise information about the self, others, and the self in relation to others. Theorists differ in terms of how they view the developmental roots and mechanisms by which objects are internalized (see Greenberg & Mitchell, 1983), yet most theorists view these object constructs as the "bedrock(s) of existence; all other human behavior and experiences ... are relational derivatives," (Greenberg & Mitchell, 1983, p. 404). Quality of

early parenting is paramount; nonresponsive or abusive parenting can lead to chronic anxiety due to separation fears or development of a malevolent object-world (Bowlby, 1973; Kernberg, 1975). Recent empirical studies have focussed on impaired object-relations in relation to several clinical groups including individuals with borderline personality disorder, (Westen, Ludolph, Lerner, Ruffins, & Weiss, 1990), sexually abused children, (Orduff & Kelsy, 1996), physically abused children (Freedefeld, Ornduff, & Kelsy, 1995), partners in abusive relationships (Cogan & Porcerelli, 1996), and psychotic individuals (Blatt, Tuber, & Auerbach, 1990).

For many object relations theorists, an individual's capacity to give and receive love is seen as directly related to the quality of affective experiences incurred during the separation-individuation process (Bergman, 1971; Mahler, 1968). Out of a successful completion of this process, "whole object-relations" are developed whereby a child develops a sense of him or herself as a lovable, separate individual, and a view of others as trustworthy, responsive, and essentially "good" (Givelber, 1990; Kernberg, 1980). If whole object relations are not achieved, losses, rejections, and projective identifications may be played out in an individual's choice of partner and in later relational dynamics, (Cashdan, 1988; Dick, 1967). While these writers and others (e.g., Chasin, Grunenbaum, & Herzig, 1990) have explored the dynamics of intimate relationships using an object relational framework, there has been little systematic, empirical research of intimate relationships using object relational concepts.

Attachment Theory

Attachment theory originated in the work of Bowlby (1969, 1973, 1980). Bowlby redefined the relationship between the infant and the caregiver as primarily relational, holding that humans have a universal, biological need to create close affectional bonds. Infants desire “felt security” from which they explore their environment and interact with others. The primary caregiver’s availability and responsiveness to his or her infant’s needs are important in the development of infants’ “working models”--hypothesized cognitive-affective structures which include information regarding the value of the self as well as information on the availability and responsiveness of the attachment figure. These models are thought to serve as organizing templates for information regarding one’s behavior in later interpersonal relationships (Bowlby, 1973).

With Bowlby’s theory of attachment as a framework, Ainsworth, Blehar, Waters & Wall, (1978) used a separation-reunion task to investigate infants’ attachment patterns to their primary caregivers. Accompanied by their mothers, infants enter a room filled with toys. As the mother and the child begin to play, an unfamiliar woman enters the room, talks to the mother, and attempts to engage the child in play. The mother then quietly walks out of the room. The mother returns some time later and the infant’s responses to the mother’s return are observed. Ainsworth noticed that infants’ responses upon the mother’s return could be classified into three patterns: secure, resistant, and avoidant. Secure infants show distress when the caregiver leaves, but are readily comforted upon her return. Resistant infants are ambivalent toward the caregiver. Upon reunion, the resistant child seems simultaneously to seek and resist physical contact. An avoidant infant generally ignores the caregiver upon

return. These infants pay little attention to the caregiver when she is in the room, and show minimal distress when she leaves.

In their pioneering research work, Hazan & Shaver (1987) extended Bowlby's theory of attachment to the study of adult romantic relationships. They hypothesized that romantic love was the integration of three behavioral systems: attachment, caregiving, and sexuality. Using the attachment classifications of Ainsworth and her colleagues (1978), Hazan & Shaver (1987) developed self-report vignettes that highlight different attachment-related experiences in romantic relationships. Using a "love quiz" survey in a local newspaper, Hazan and Shaver collected data from 620 subjects who reported on their relationship attitudes and experiences. Each subject chose one of the three vignettes which best described his or her feelings in romantic relationships. The secure vignette described feeling that "I find it relatively easy to get close to others ... and to depend on others." The anxious/ambivalent vignette described feeling that "others are reluctant to get close as I would like ... and I worry that my partner doesn't really love me, or won't stay with me." Finally, the avoidant vignette described feeling that "I am somewhat uncomfortable being close to others ... and find it difficult to allow myself to depend on them." Interestingly, the percentage of subjects' self-classifications using the three attachment vignettes roughly corresponded to the percentages found in Ainsworth's study of infant attachment patterns. The researchers also found differences in subjects' experiences in romantic relationships relative to their attachment style. Subjects with different attachment styles reported different degrees of emotionality in romantic relationships, views on the availability and dependability of partners, and beliefs of their worthiness as love partners.

More recent research on attachment in romantic relationships has suggested that there are two underlying dimensions of attachment. In one study, Simpson (1990) used Hazan & Shaver's (1987) vignettes and had subjects rate the extent to which they agreed or disagreed with the statements. Simpson factor-analyzed the responses and came up with a two-factor solution, which he named "security vs. avoidance" and "anxiety." Collins & Read (1990) also adapted Hazan and Shaver's (1987) vignettes into statements and had subjects rate the extent to which the statements were self-descriptive. Upon factor-analyzing the items, three factors emerged: depend, anxiety, and close factors. The depend factor contains items concerning the extent to which subjects could trust and depend on others. The anxiety factor contains items reflecting anxiety pertaining to fears of abandonment and not being loved. Finally, the close factor contains items that reflect comfort with closeness and intimacy. While the anxiety factor seemed to be independent of the other two, the depend and close factors were significantly correlated ($r = .38$) and both can be considered aspects of Simpson's security vs. avoidance factor.

In another study, Sanford (1997) used a confirmatory factor analytic procedure which also supported two underlying factors of attachment. Using Collins & Read's (1990) adapted attachment scale, Sanford (1997) found that a two-factor solution, as opposed to a three or one-factor solution, was a more parsimonious fit to the data with both married and non-married couples. Also, he found that the two factors, which he called closeness and anxiety, had different patterns of correlation with other relationship variables in theoretically predicted directions.

Finally, Brennan, Clark, and Shaver (1997) compiled 60 separate attachment measures

which were administered to 1,086 subjects. A principal components analysis of the 60 scales produced two factors, called avoidance and anxiety which accounted for 63% of the variance in the subscale scores. The authors advocated using the dimensional scores of the two factors, rather than the categorical measure of attachment styles to give a more comprehensive and rich understanding of attachment.

Bridging Object Relations and Attachment Theory

Several theorists have noted differences between attachment and object relations theories (e.g., Diamond & Blatt, 1994; Sperling, Berman, & Fagen, 1992). Early attachment researchers (Ainsworth, 1990; Ainsworth, Blehar, Waters & Wall, 1978) observed infants' reactions to a separation-reunion task and have conceptualized attachment styles based on these behaviors. The initial attachment relationship to the primary caregiver is an adaptive, bio-social relationship in which infants seek comfort and "felt security" in the face of distress and separation. Adult attachment, which has only recently been investigated, is viewed essentially as an extension of these early attachment experiences with modifications in the attachment system based on changing attachment figures in adult life. This initial attachment relationship, however, may not represent a prototype for all adult relationships, but only those relationships in which these processes are relevant. Moreover, it is questionable whether these attachment processes are still relevant as individuals develop out of their initial dependence on caregivers. As such, attachment researchers have begun to question the extent to which a single attachment style influences all relational behavior (Ainsworth, 1990; Pietromonaco & Feldman Barrett, 1997).

Object relations theorists, on the other hand, have first examined adult personality and

relational behavior and then reconstructed infant-caregiver dynamics post hoc (Sperling, Berman, & Fagen, 1992). Object relations are thought to be general and all-encompassing processes whereby early experiences of separation and individuation and their associative affective experiences become internalized and come to formulate an individual's representational world in a variety of contexts (Cashdan, 1988; Kernberg, 1980). These processes are thought to include generalized knowledge about the dependability and trustworthiness of others as well as how the self exists in relation to others.

The two approaches have also differed on the emphasis that each has placed on clinical application. From the start, object relations theorists have integrated clinical application with their theoretical developments and have formulated therapy models that have been used with people suffering from a variety of psychological disturbance. While the influence of attachment theory can be seen in various therapy models (e.g., psychodynamic, interpersonal, cognitive-behavioral, family systems), with a few exceptions (e.g., Bowlby, 1988; Belsky & Nezworski, 1988) there has been little specific clinical application of the tenets of attachment theory to adult psychopathology and treatment.

Despite these differences, both object relations and attachment theorists have emphasized the mechanisms by which a child internalizes caregiving experiences and how these experiences inform later relational behavior. In his original work on attachment, Bowlby (1973) described how individuals develop "working models" of attachment through early experiences with primary caregivers. Working models are thought to contain generalized sets of expectations about the availability and responsiveness of the attachment figure, as well as one's beliefs as an individual worthy of care and attention. Attachment

researchers (Hazan & Shaver, 1987; 1993) have hypothesized that adults have working models of attachment that operate similarly in the context of close relationships, though they may be revised and updated by experience in other significant relationships. In this way, an individual's working model of attachment is a type of object relation. From early attachment experiences, an individual comes to formulate mental representations (objects) of themselves, others, and self in relation to other. These representations, which are associated with affective experiences, come to serve as a basis for future interactions in close relationships. This converging area of emphasis between a working model of attachment and the internalization of objects could be a fruitful area for cross-pollination of theory and research.

Some recent attachment researchers have attempted to study working models of attachment. In a recent reformulation of Hazan & Shaver's (1987) classification of attachment, Bartholomew & Horowitz (1991) theorize that underlying working models of attachment include two dimensions: a view of self and a view of others. Each view can be either positive or negative, and the combination of the positive or negative qualities within these dimensions results in four attachment styles: secure, preoccupied, dismissing-avoidant, and fearful-avoidant. Bartholomew & Horowitz's secure and preoccupied categories correspond roughly to Hazan & Shaver's secure and anxious-ambivalent categories, while Bartholomew & Horowitz's fearful-avoidant and dismissing-avoidant categories can be seen as subdivisions of Hazan & Shaver's avoidant category. Hereafter, when I discuss these two avoidant categories, I will use the terms fearful and dismissing. A secure style is characterized by a positive view of self and others; these individuals find it easy to become

close to others and to become interdependent with others. A preoccupied style is characterized by a negative view of self and a positive view of others; these individuals desire more intimacy than they believe they receive, feel uncomfortable without close relationships, but view themselves as unworthy in the eyes of others. Those with a dismissing style are thought to hold positive views of themselves and negative views of others; they value independence and may feel close relationships are unnecessary, often believing that close relationships pose a threat to their independence and self-sufficiency. A fearful style is characterized by a negative view of self and a negative views of others. These individuals desire close relationships, feel uncomfortable without close relationships, yet are fearful of the emotional repercussions of intimacy and may actively avoid relationships for fear of abandonment or rejection. Using self-report measures, interview data, and friends' reports, the four attachment styles have been construct validated and differentiated with respect to self-disclosure, emotional expressiveness, self-confidence, and reliance on others (Bartholomew & Horowitz, 1991; Griffin & Bartholomew, 1994).

Using subjects' ongoing diary entries and retrospective reports, Pietromonaco & Feldman Barrett (1997) sampled 104 college students and found similar findings to those of Bartholomew & Horowitz (1991). Preoccupied individuals showed greater emotionality, lower self-esteem, lower defensiveness, and greater difficulty in self-other differentiations. Dismissive individuals showed patterns similar to secure individuals (e.g., low distress, high defensiveness, high self-esteem), but lower level of experienced emotions.

Using a different approach, Collins & Read (1990) examined some facets of working models of attachment. Using a sample of 118 college students, Collins & Read (1990)

administered a modification of Hazan & Shaver's (1987) attachment scale and other instruments measuring self-esteem, trust, self-disclosure, and beliefs about romantic love. They found that people with a secure style had a higher sense of self-worth, are more expressive, and view people as generally trustworthy. By contrast, individuals with an anxious-ambivalent style had primarily negative views of themselves and others, lower self-worth, a lack of assertiveness, and a lower sense of control over outcomes than secures. They factor analyzed their attachment scale to close, depend, and anxiety factors. Although individuals with different factor scores could be differentiated with respect to other relationship variables, no substantial differences between anxious-ambivalent and avoidant individuals were found when their original attachment classifications were retained. Hence, in this study it was unclear how avoidant and anxious-ambivalent subjects experience themselves and others differently in the context of romantic relationships.

In another study of working models of attachment, Simpson (1990) compared 144 college-aged dating couples who had been together for an average of 14 months, and for whom, presumably, attachment-related experiences were salient. He found that individuals who were classified as either anxious-ambivalent or avoidant tended to experience less trust, commitment, and satisfaction in their relationships than secures. Simpson concluded that avoidant individuals were less interdependent and committed in their relationships than anxious-ambivalent subjects. He suggested that his results "corroborate previous research which has shown that avoidant people tend to be preeminently concerned about avoiding excessive intimacy and commitment ... and anxious-ambivalent people tend to be extremely preoccupied with issues surrounding their partner's predictability, dependability, and

trustworthiness” (p. 978). These results provide some indication of the differences between individuals with anxious-ambivalent and avoidant styles. Greater clarification, however, is needed to elucidate how issues of interdependence and relationship investment relate to the experience of emotion, and representations of self and others among the two styles.

Using a variety of methodologies, Mikulincer (1995a) conducted a series of studies which investigated subjects’ working models of attachment. In a detailed study of working models using the self-representations of 467 adolescents, Mikulincer (1995a) conducted six studies which examined the association between attachment style and mental self-representations. He examined subjects’ self-structure in terms of its hedonic value, differentiation, and integration. Using an adjective sorting task and a color naming task, Mikulincer found that secure individuals have a highly integrated and differentiated self-structure which contains more positive than negative attributes. Avoidant individuals have a differentiated, but less integrated self-structure with primarily positive attributes of the self. Anxious-ambivalent subjects have a less differentiated self-structure with a preponderance of negative self-attributes. This study was an important step in moving to a more sophisticated level of examination of the mental self-representations associated with individuals with different attachment styles. Mikulincer (1995a) concludes by urging future research to “replicate the current findings using other techniques, such as thematic analysis of personal narrative” (p. 1213) that he believes may bypass avoidant subject’s defensiveness.

Adult attachment theorists have used primarily self-report, Q-sort tasks, and to a lesser extent interview and observational measures to assess working models. Other attachment researchers have commented on the possible confounds of method variance in self-report

measures and have emphasized the need for different methodologies to assess working models (Collins & Read, 1990; Feeney & Noller, 1990; Mikulincer, 1995a).

Projective techniques may be valuable in clarifying the intrapersonal and unconscious dynamics of working models underlying attachment styles. In reviewing the literature, few researchers have used this method to assess working models of attachment (for exceptions see Wills Van Manen, 1995 and Woike, Osier, & Candela, 1996). Woike, Osier, & Candela (1996) examined the association between attachment styles and incidents of violent imagery in thematic stories about relationships. These investigators administered Hazan & Shaver's (1987) attachment classifications and six cards from the Thematic Apperception Test (TAT) to 309 college students. These researchers found that anxious-ambivalent individuals, particularly men, used significantly more violent images in their thematic stories.

Interestingly, they also found that anxious-ambivalent men told a significantly greater number of stories in which men were the perpetrators of violent acts compared to either secure or avoidant subjects. The researchers conclude by saying that "violent imagery may reflect a working model of attachment that involves the expectation that attachment needs will be thwarted by female attachment figures and the development of interpersonal strategies of expressing hostility toward these figures to prevent abandonment" (p. 1033).

As a projective technique, the TAT elicits "underlying inhibited tendencies which the subject is not willing to admit, or cannot admit because he or she is unconscious of them," (Murray, 1943). Subjects respond to the ambiguous interpersonal events depicted in the TAT with the organizing characteristics of their unique, representational world. As some attachment researchers have noted, (Bretherton, 1985; Main et al., 1985) aspects of working

models may be outside of conscious awareness. In terms of studying attachment styles, the TAT may be useful in uncovering the dynamics of working models of attachment which may be outside of conscious awareness.

The present study attempted to extend the work of other investigators by elaborating on the working models of attachment using object relations concepts with self-report and projective methodologies. Self-report measures of attachment and object relations as well as a thematic analysis of TAT stories were used to investigate the relationship between attachment styles, working models of attachment, and object relations.

Research Questions and Hypotheses

Two general questions were addressed in this study: (1) How do individuals with different attachment styles vary in their patterns of object relations? Based on prior research and theoretical considerations, it was hypothesized that subjects in the three insecure groups, using Bartholomew & Horowitz's (1991) classification, would show significantly higher elevations in pathological responses on both the self-report (as measured by the Bell Object Relations Inventory) and projective (using the SCORS-R) measures of object relations. Since few researchers have used both attachment and object relations instruments in their studies, no a priori hypotheses were made regarding differences on measures of object relations among individuals in the three insecure attachment groups.

The second question addressed in the study was: (2) What is the relationship between attachment style classification and two underlying dimensions of attachment: anxiety and avoidance? Based on prior research using both the classification and dimensional approaches to attachment, two a priori predictions were made in regard to Bartholomew &

Horowitz's (1991) four attachment styles and reported levels of anxiety and avoidance in romantic relationships as assessed by Brennan, Clark, & Shaver's (1997) Multi-Item Measure of Adult Romantic Attachment.

A. It was hypothesized that fearful and dismissing subjects would report significantly higher levels of avoidance in close relationships than secure and preoccupied subjects.

B. It was hypothesized that preoccupied and fearful subjects would report significantly higher levels of anxiety in close relationships than secure and dismissing subjects.

CHAPTER 2

METHOD

Participants

Subjects were chosen from four undergraduate winter session psychology classes at the University of Massachusetts, Amherst: Physiological Psychology, Cognitive Psychology, Abnormal Psychology, and Introductory Psychology. I went to each class and described the study and invited students to participate for extra course credit. Those who indicated an interest in the study were later contacted and informed of the available study times. There were 78 subjects, 54 females and 24 males, who participated in the study. Age ranged from 19 to 43 with a mean of 22.4 years old.

Procedures

The study was conducted in a classroom using a group format. Subjects arrived sat at desks which were separated to maintain privacy. As a group, subjects were instructed about the different parts of the study and were asked to give written consent before participating. After consent was obtained, subjects completed a brief demographic questionnaire on which they answered questions about their age, major, year in school, current romantic relationship status, and grade point average. Participants who indicated that they were currently in a romantic relationship were also asked how long they were in this relationship. Participants then completed the forced-choice and continuous versions of Bartholomew & Horowitz's Relationships Questionnaire (1991) to assess their attachment style. Subjects were then administered seven cards from the Thematic Apperception Test (TAT) under classroom conditions using the standard group format for administration (Atkinson, 1958). Cards were

chosen that best represented interpersonal dynamics; most cards contained two or more human figures. Subjects then completed the Bell Object Relations Inventory, otherwise known as the Bell O-R (Bell, Billington, & Becker 1986) and Brennan, Clark & Shaver's (1997) Multi-Item Measure of Adult Romantic Attachment. Upon completion of the study, subjects were debriefed and invited to contact the researcher if they had any questions regarding the study.

Measures

Bartholomew & Horowitz' (1991) Relationships Questionnaire consists of four brief descriptions of attachment-related experiences in romantic relationships. Each description represents one of the four styles of attachment: secure, preoccupied, dismissing, and fearful. In the forced-choice version, subjects choose which style they believe best describes them. In the continuous version, subjects are then asked to rate on a 9-point scale the extent to which they resemble each style. In this study, responses to these two measures were used as selection criteria; subjects were classified as belonging to a particular attachment style where their most self-descriptive style on the continuous measure matched that style they chose on the forced-choice version. Five subjects reported mismatches on their attachment classification on the forced-choice and continuous versions of the questionnaire and were excluded from all analyses that used attachment style as a categorical variable. This procedure was used to insure the internal consistency of the attachment groupings. Percentages of all subjects classified in the different attachment styles were as follows: 51% were classified as secure, 11% as dismissing, 16% as preoccupied, and 22% as fearful. For males, 57% were classified as secure, 17% as dismissing, 13% as preoccupied, and 13% as

fearful. For females, 48% were classified as secure, 8% as dismissing, 18% as preoccupied, and 26% as fearful. These percentages approximate those found in other studies using similar classification procedures (see Bartholomew & Horowitz, 1991; Pietromonaco & Feldman Barrett, 1997). (See Figure 1, p. 423).

The Bell O-R is a widely-used self-report measure of object relations and reality testing. It is comprised of four subscales of object relations: alienation, insecure attachment, egocentricity, and social incompetence and three subscales of reality testing: reality distortion, uncertainty of perception, and hallucinations and delusions. The author's scoring manual (Bell, 1991, pp. 12-16) includes the following characterizations based on subscale elevations: (1) alienation, "high scores indicate a basic lack of trust in relationships...social relations are superficial with no real sense of connection or belonging"; (2) insecure attachment, "high scorers are likely to be very sensitive to rejection and easily hurt by others...and remain vigilant for any signs of potential abandonment"; (3) egocentricity, "high scores that others are to be manipulated for one's own self-centered aims...high scorers take a self-protective and exploitative attitude toward relationships"; (4) social incompetence, "elevations indicate shyness, nervousness, and uncertainty about how to interact with members of the opposite sex and difficulty making friends"; (5) reality distortion, "elevated scores suggest severe distortions of external and internal reality...high scorers may have delusions of influence or grandiose or paranoid beliefs"; (6) uncertainty of perception, "high scorers have a keen sense of doubt about their own perception of internal and external reality...they are confused by their feelings and by the behavior and feelings of others...and may be unable to be decisive in even small matters"; (7) hallucinations and distortions,

“elevations suggest the presence of hallucinatory experiences and paranoid delusions of various types...(it) identifies a dimension of ego function involving severe breaks from reality.” Subjects respond to 90 items by reporting whether the statement has been primarily true or primarily false for them during the past two weeks. As an example, subjects respond either true or false to the statement “I have at least one stable and satisfying relationship.” Scoring is done by using either a computer program or a hand-scoring method designed by the author (Bell, 1991). The hand-scoring method was used for this study where subscale scores were obtained by summing the factor loadings of all items for each subscale. Norms for the Bell O-R are available for psychiatric patients, college students, and community adults. The Bell O-R has been validated on clinical and nonclinical subjects (Bell, Billington, & Becker, 1986).

Brennan, Clark & Shaver’s (1997) Multi-Item Measure of Adult Romantic Attachment is a 142-item scale that includes statements of attachment-related experiences which subjects rate from “disagree strongly” (1) to “agree strongly” (7). The scale is anchored at (4) which indicates a neutral/ mixed response to the statement. The scale was obtained by using attachment theory and a factor analysis of 60 separate attachment scales. The researchers chose those items from the 60 measures that best represent the attachment phenomenon. The scale includes 36 items that have been shown, using a cluster analytic procedure, to best represent the anxiety and avoidance dimensions of attachment. Brennan, Clark & Shaver (1997) have validated the anxiety and avoidance subscales with respect to other related variables including comfort with physical and sexual contact. I was primarily interested the scores of subjects on these two dimensions of attachment as they related to my hypotheses.

The 142-item scale also includes 12 attachment-dimension scales which were not used in the current study due to their peripheral nature to my hypotheses and validity problems with these items.

The Social Cognition and Object Relations Scale, SCORS-R, is an instrument developed by Westen and colleagues (Westen, Barends, Leigh, Mendel, & Silber, 1993) that is informed by clinically-based object relations and social cognitive theories. It is designed to evaluate various facets of object representation in interview and narrative data. One fruitful use of the SCORS-R has been to assess object relations using responses to ambiguous interpersonal episodes portrayed on TAT cards. Accounts of personal episodes provide a “window through which the internal object world can be viewed” (Kernberg, 1980). The SCORS-R is designed to assess five dimensions of object relations from narrative data. Each dimension is ordered hierarchically, and represents a unique component of object relations. The dimensions include: (1) cognitive structure of representations of people, CS, (descriptions of people ranging from those that are poorly differentiated to those that are rich, complex and multifaceted); (2) affect tone of relationship schemes, AT, (ranging from grossly malevolent descriptions of relationships to those that are described as positive and enriching); (3) capacity for emotional investment in relationships, IR, (ranging from relationships that are portrayed as interchangeable or self-soothing to those characterized by deep, committed sharing and interdependence); (4) capacity for emotional investment in values and moral standards, IV, (descriptions ranging from antisocial acts without moral commentary to descriptions that indicate an internalized sense of moral standards; and (5) understanding of social causality, SC, (ranging from alogical or illogical descriptions of

events to those that show a particular coherence or psychological-mindedness). In addition to these dimensions, the SCORS-R also includes a non-hierarchical subscale, Dominant Interpersonal Concerns (DIC), which was not used for the current study due to its undemonstrated validity and reliability. The SCORS-R has been validated in numerous studies. The scale has been used to differentiate adult patients (Westen et al., 1990) and adolescent patients (Westen, Ludolph, Lerner, Ruffins, & Block, 1990) with borderline personality disorder from other psychiatric and normal comparison subjects, and to differentiate sexually abused from physically abused children (Ornduff & Kelsey, 1996).

Scoring and Reliability of the SCORS-R. The principal investigator and one advanced undergraduate research assistant scored responses to the TAT. Raters were blind to the attachment classification and gender of each subject. Both coders received extensive training using the SCORS-R from workshops and detailed manual instruction. Stories from seven TAT cards for each subject were coded independently by the two raters on the five dimensions of SCORS-R. Reliability between raters was computed using Pearson's r , with Spearman-Brown correction for multiple raters. Each subject's average scores on seven TAT cards across four dimensions of object relations were used as the unit of analysis. Raters achieved satisfactory reliability on coding an alternative set of TAT responses prior to coding the present data. Raters were unable to achieve acceptable interrater reliability on one dimension, SC, and scores from that dimension were excluded from all analyses. Initial corrected reliabilities for the remaining scales were: CS, $r = .88$; AT, $r = .85$; IR, $r = .85$; IV, $r = .65$. These reliabilities represent satisfactory interrater reliabilities according to recommended criterion (Westen, et al., 1993). Interrater reliabilities were also computed

after all data had been coded. The corrected reliabilities were: CS, $r = .64$, AT, $r = .73$, IR, $r = .82$, IV, $r = .67$. These data reflect a suboptimal level of interrater agreement due to coder drift, and hence all analyses using the SCORS-R are suspect and interpretation should be exercised with caution. The discrepancy between initial and final levels of interrater reliability will be addressed further in the limitations section.

CHAPTER 3

RESULTS AND DISCUSSION

Relationship between Attachment Styles and Object Relations

It was hypothesized that individuals in all three insecure attachment groups would show significantly more impaired levels on both measures of object relations than individuals in the secure group. Analyses were conducted separately for both measures of object relations. Using the SCORS-R, lower scores reflect more primitive, less differentiated levels of object relations, while higher levels on the Bell O-R reflect more pathological levels of object relations.

Attachment Styles and the SCORS-R. First, a two-way MANOVA (Gender x Attachment Style) was conducted on the combined effect of all four dependent variables using SCORS-R. Using Wilks' Lambda criterion, a significant interaction was found between attachment style and gender $F(12,164) = 1.87, p < .05$. Main effects for attachment style and gender were non-insignificant. Next, a two-way ANOVA (Gender x Attachment Style) was conducted separately on all four dimensions of object relations using the SCORS-R. A significant interaction was found between attachment style and gender on the cognitive structure dimension of object relations $F(3,65) = 5.65, p < .01$. All other main effects and interactions were non-insignificant. See Tables 1 & 2, (pp. 44-45), for complete results. Post hoc analyses of simple effects revealed that fearful and dismissing males showed significantly greater cognitive complexity and elaboration in their descriptions of interpersonal situations than did secure males ($M_{\text{fearful males}} = 2.89; M_{\text{secure males}} = 2.25$), $F(1,65) = 12.7, p < .001$ and $M_{\text{dismissing males}} = 2.62; M_{\text{secure males}} = 2.25$, $F(1,65) = 5.44, p < .05$. Post

hoc analyses of female simple effects on all dimensions of object relations were non-significant.

Planned comparisons were done to examine the relationship between secure individuals and insecure individuals using the SCORS-R. Collapsing across gender, the insecure individuals displayed significantly greater cognitive complexity in descriptions of events and people in their TAT narratives than did secure individuals ($M_{\text{secure}} = 2.48$; $M_{\text{insecure}} = 2.55$), $F(1,65) = 5.46, p < .05$. All other analyses using the SCORS-R showed no significant differences between secure and insecure individuals on other measures of object relations (see Table 3, p. 46).

With methodological cautions in mind, we can still infer some interesting trends. Fearful and dismissing males described people and events in more complex ways than did secure males, a finding opposite to that which I had hypothesized. Upon closer examination of the data, it became apparent that this significant difference was due to all seven avoidant male subjects who described people in significantly greater and more elaborate levels of complexity. One explanation can be proposed for this finding. These individuals actively avoid relationships (as shown by their self-classification into avoidant attachment categories). Their avoidance may be viewed as a type of “giving up” on relationships due to potentially negative experiences in previous relationships. These subjects may have the ability to describe people in complex ways, though this complexity may reflect primarily negative thoughts and feelings. It is interesting to note that complexity, as scored by the SCORS-R, is coded by descriptions of internal states that are varied, regardless of whether these states are primarily positive or negative.

The fact that only avoidant males, compared with avoidant females, displayed greater complexity and depth in their descriptions of people is more difficult to interpret. This finding is contrary to previous research which has examined gender differences in individuals' construction of their social worlds. Several researchers (Fishstein, 1996; Markus & Oyserman, 1989) have suggested that women tend to describe relationships and relationship partners in more complex ways than males.

In a similar vein, insecurely attached individuals told stories on the TAT in more sophisticated and complex ways than did securely attached individuals. This result is also contrary to what was hypothesized and a similar speculation can be offered for this finding. Perhaps insecurely attached individuals, in general, have had more experiences (primarily distressing ones) in romantic relationships. Consequently, their descriptions of people and events on the TAT tended to reflect more complex levels of representations, even though these representations were primarily negative. As an example, one female subject who was classified as insecurely attached (preoccupied) described a TAT card depicting a man and women this way:

This woman just cheated on her boyfriend and is trying to explain herself to him. He can't even look her in the face and is trying to pull himself away from her. She wants to regain his love to her. He knows that he can no longer trust her or ever be with her again. He feels great pain and hurt. She still loves him, but knows she has lost him forever. In this story, the couple separates and will never see each other again. Their love for one another will never be the same again.

Attachment Styles and the Bell O-R. A two-way (Gender x Attachment Style) ANOVA was conducted on the four subscales of object relations and the three subscales of reality testing of the Bell O-R. A main effect was found for attachment style on alienation scores $F(3,64) = 5.58, p < .01$, insecure attachment scores $F(1,65) = 5.03, p < .01$, and uncertainty of perception scores $F(3,64) = 3.48, p < .05$. Also, there was a significant main effect for gender on alienation scores $F(1,64) = 7.47, p < .01$, and social incompetence scores $F(1,64) = 4.88, p < .05$, where males reported greater levels of distrust in interpersonal relationships and greater levels of nervousness and uncertainty about how to interact in interpersonal situations. See Tables 4 & 5 & 6 (pp. 47-49) for complete results.

Planned contrasts were done to examine the relationship between the scores of secure individuals and insecure individuals on the Bell-OR. Collapsing across gender, insecure individuals showed significantly higher levels of pathological responses in all measures of object relations of the Bell-OR, (with the exception of social isolation) than did secure individuals. As predicted, secure and insecurely-attached individuals differed in the extent to which they reported alienation from others, perceived rejection by others, and willingness to engage in self-centered and exploitative behaviors. Furthermore, insecure individuals reported more doubts about their own perceptions of external and internal events than did secure subjects. Secure and insecure individuals, however, did not significantly differ with respect to their feelings of social incompetence in relationships nor with respect to their reported levels of hallucinations, delusions, and reality distortions. (See Table 7, pp. 50).

Post hoc comparisons of individuals in all attachment classifications and scores of the Bell-OR were conducted using Tukey HSD comparisons. Dismissing subjects reported

greater levels of distrust in relationships than secure subjects ($M_{\text{fearful}} = 14.20$; $M_{\text{secure}} = 5.49$), $p < .001$. Fearful subjects reported greater rejection fears in their interpersonal relationships than secure subjects ($M_{\text{fearful}} = 9.93$; $M_{\text{secure}} = 6.05$), $p < .05$. Preoccupied subjects also reported greater rejection fears in their interpersonal relationships than secure subjects ($M_{\text{preoccupied}} = 10.92$; $M_{\text{secure}} = 6.05$), $p < .01$. Fearful subjects reported a greater degree of self-centered and exploitative behaviors than did secure subjects ($M_{\text{fearful}} = 6.13$; $M_{\text{secure}} = 2.86$), $p < .01$. Fearful subjects also reported greater degrees of self-centered and exploitative behaviors than dismissing subjects ($M_{\text{fearful}} = 6.13$; $M_{\text{dismissing}} = 2.87$), $p < .05$. Finally, fearful subjects reported more uncertainty about their own perceptions of internal and external events than secure subjects ($M_{\text{fearful}} = 8.6$; $M_{\text{secure}} = 4.6$), $p < .01$. All other post hoc comparisons between attachment classifications and scores on the Bell-OR were non-significant.

As predicted, individuals in all three insecure groups reported more alienation (reflecting distrust of relationships) than did those in secure groups. One may speculate, however, that individuals in these three groups would experience alienation in relationships for different reasons. Bartholomew & Horowitz (1991) have postulated that fearful individuals have negative views of others and avoid relationships as a defensive maneuver to allay their fears of rejection and abandonment. Their experience of alienation may represent a consequence of their avoidance and distrust of others. Preoccupied individuals, on the other hand, are hypothesized to hold others in higher regard, and see others as potential compensators for their low sense of self-worth. These individuals go into relationships willingly, though they desire more closeness than they receive, and end up feeling more unfulfilled in relationships

than secure individuals (Bartholomew & Horowitz, 1991; Collins & Read, 1990; Simpson, 1990). These individuals may feel emotionally alienated as a result of their continual disappointment that others cannot fulfill all their needs; they may realize that their efforts at fusion with another are habitually thwarted or frustrated.

Dismissing individuals, like fearful and preoccupied individuals, reported significantly more experiences of alienation in relationships than secure subjects. This finding was predicted, but contrary to previous research findings. Several researchers (Bartholomew & Horowitz, 1991; Fraley & Shaver, 1997) have noted that dismissing individuals deny the importance of relationships, (which they view as threatening their independence and self-sufficiency), report less relationship distress, have high self-esteem, and can suppress attachment-related distress. In this study, however, I found that dismissing individuals reported subjective experiences of relationship-related distress which may be a consequence of their avoidance of relationships. These findings help to extend our understanding of dismissing individuals by suggesting that these individuals do suffer (and report) an interpersonal cost of their defensive avoidance of relationships.

Fearful and preoccupied subjects also reported more experiences of insecure attachment (reflecting abandonment fears) than did secure or dismissing subjects. These subjects reported significantly more sensitivities to rejection and being hurt by partners than did secure or dismissing subjects. This finding corroborates the findings of other researchers (Bartholomew & Horowitz, 1991; Brennan & Shaver, 1995; Pietromonaco & Feldman Barrett, 1997) who suggested that both preoccupied individuals and fearful individuals have feelings of low-esteem, have significantly more experiences of distress and negative

emotions in relationships, and report more frustrations in their relationships than secure individuals. In addition, dismissing subjects did not report more experiences of insecure attachment than secures, a finding which also coincides with previous research that has suggested that avoidant individuals use repressive defensiveness to mask fears and attachment-related anxieties in relationships (Mikulincer, 1995b), and hence would not differ from secure individuals in their report of abandonment and rejection fears.

Compared with secure and dismissing individuals, fearful individuals reported significantly more egocentric behaviors, including engaging in manipulative, self-centered, and demanding behaviors in their interpersonal relationships than individuals in other attachment categories. This finding that fearful individuals reported acting in more selfish and manipulative ways in their relationships was unexpected and may highlight a unique characteristic of fearful individuals. Attachment researchers (Bartholomew & Horowitz, 1991) have suggested fearful individuals hold negative views of others due to their fears of being abandoned and their distrust of others' motivations. The present findings suggest that only fearful individuals' mental representations of others are so pervasively ridden with fear and distrust that they may have "given up" on others' abilities to satisfy their attachment needs. Perhaps these individuals have "taken matters into their own hands" by attempting to manipulate others in selfish, exploitative ways.

Preoccupied individuals, on the other hand, are thought to derive their self-esteem from interactions with others and may hold primarily positive (though sometimes inconsistent) views of others (Bartholomew & Horowitz, 1991; Pietromonaco & Feldman Barrett, 1997). One could hypothesize that these individuals too would engage in manipulative, selfish

behaviors in their relationships to satisfy their self-esteem and attachment needs. These individuals, however, engage in these behaviors significantly less often than fearful individuals. One may speculate that preoccupied individuals may still believe others may satisfy their needs and thus are not driven to engage in these manipulative behaviors.

Finally, compared to secure subjects, fearful subjects reported less certainty in their perceptions of the world at large as well as less certainty in their own thoughts and feelings. This result was also unexpected. Lerbinger (1992) who also employed the Bell-OR and similar methodology to the current study found that shy individuals were significantly more uncertain in their internal and external perceptions than were non-shy subjects. While the classification procedures for shy and fearful subjects were dissimilar in the two studies, there are similarities between shy and fearful individuals. Both types of individuals are hypothesized by theorists to have low self-esteem and avoid relationships due to their distrust of others. At the same time, both shy and fearful individuals at some level still desire close relationships. Perhaps the greater degree of distrust and fear that shy and fearful individuals experience in relationships poses so much distress that doubt and uncertainty is cast upon the accuracy of their feeling-states and perceptions in general.

The hypothesis that insecurely-attached individuals would report higher levels of nervousness in interacting with potential partners was not supported. Individuals in no attachment group differed significantly from one another in their reported feelings of social incompetence in relationships. Males, however, reported significantly more experiences of distrust, uncertainty, and nervousness in relationships than females. This finding was not hypothesized, though the authors of the Bell-OR indicated that in past studies male

undergraduates consistently reported more anxiety, nervousness, and uncertainties in relationships than females (see Bell, 1991).

Attachment Styles and Two Dimensions of Attachment

It was hypothesized that fearful and dismissing subjects would report significantly higher levels of avoidance in close relationships than both secure and preoccupied subjects. It was also hypothesized that preoccupied and fearful subjects would report significantly higher levels of anxiety in close relationships than both secure and dismissing subjects.

A two-way ANOVA (Gender x Attachment Style) was conducted on anxiety and avoidance subscales of Brennan, Clark & Shaver's Multi-Item Attachment Scale. Results are reported separately for anxiety and avoidance subscales.

Significant main effects were found for attachment style and gender on reported levels of anxiety in interpersonal relationships: $F_{\text{attclass}}(3, 65) = 13.08, p < .0000$ and $F_{\text{gender}}(1, 65) = 5.68, p < .05$. Males reported significantly higher levels of anxiety in interpersonal relationships than females ($M_{\text{males}} = 3.62; M_{\text{females}} = 3.29$). Post hoc analyses using Tukey HSD comparisons showed that fearful subjects reported significantly higher levels of interpersonal anxiety than secure subjects ($M_{\text{fearful}} = 3.92; M_{\text{secure}} = 2.82$), $p < .01$. Preoccupied subjects reported significantly higher levels of interpersonal anxiety than secure subjects ($M_{\text{preoccupied}} = 4.43; M_{\text{secure}} = 2.82$), $p < .0001$. Last, preoccupied subjects reported a significantly greater degree of interpersonal anxiety than dismissing subjects ($M_{\text{preoccupied}} = 4.43; M_{\text{dismissing}} = 3.06$), $p < .05$.

A significant main effect was found for attachment style on reported levels of avoidance in interpersonal relationships; $F_{\text{attclass}}(3, 65) = 4.85, p < .01$. Post hoc analyses using Tukey

HSD comparisons show that fearful subjects reported a significantly greater degree of avoidance of interpersonal relationships than secure ($M_{\text{fearful}} = 3.58$, $M_{\text{secure}} = 2.36$), $p < .001$ and preoccupied subjects ($M_{\text{fearful}} = 3.58$; $M_{\text{preoccupied}} = 2.47$), $p < .05$. Last, dismissing subjects reported greater avoidance of interpersonal situations than did secure subjects ($M_{\text{dismissing}} = 3.51$; $M_{\text{secure}} = 2.36$, $p < .05$). See Tables 8 & 9 (pp. 51-52) for complete results.

In summary, six out of the eight hypotheses were supported. Preoccupied individuals reported significantly more anxiety in relationships than did secure or dismissing individuals. Fearful individuals reported significantly more anxiety in relationships than did secure individuals, but not more than dismissing individuals. Fearful individuals reported significantly more avoidance of relationships than did secure or preoccupied individuals. Dismissing individuals reported more avoidance of relationships than did secure individuals, but not more than preoccupied individuals. Also, the finding that males were more anxious in their romantic relationships than females corroborates findings using the Bell-OR where males reported more uncertainty and nervousness in their relationship interactions than females.

The early attachment framework of Mary Ainsworth and her colleagues' (1978) held that children's reactions to parental separation and reunion can be conceptualized as varying within a two-dimensional space composed of the child's level of anxiety and avoidance of their caregivers. Findings from this study strongly support this attachment conceptualization using these two dimensions and also corroborate recent research that has attempted to validate these two underlying dimensions of adult attachment in romantic relationships (see Brennan, Clark, & Shaver, in press; Collins & Read, 1990; Sanford, 1997). Moreover,

results of this study provide empirical support to the four attachment styles conceptualized by Bartholomew & Horowitz (1991) which could be differentiated by their patterns of avoidance and anxiety in relationships.

CHAPTER 4

LIMITATIONS, FUTURE RESEARCH AND CONCLUSIONS

There are several limitations in the current study. First, there were very few male subjects, especially in the avoidant attachment categories. This small number of male subjects made it difficult to make gender comparisons among attachment classifications. As mentioned earlier, there were substantial scoring difficulties using the SCORS-R. The SCORS-R may not be well-suited for use with a college sample; it was designed primarily for clinical populations, with a scoring system ranging from low, primitive levels of object relations to higher level, integrated, whole object relations. In this study, the majority of individuals neither scored at the low, pathological end of the scale nor at the high, whole object relations end of the scale. While there are several possible explanations for this phenomenon including the relative homogeneity of the sample and the developmental stage of the participants, the narrow range of scores posed serious limitations to the reliability and interpretability of the scores. The restricted range of scores may have deflated the correlations used to compute interrater reliability and may have made comparisons between groups more problematic.

In a related vein, the present study could not differentiate attachment experiences in romantic relationships from those in non-romantic relationships. Also, the current study could not differentiate object relatedness in general from object relational dynamics in romantic relationships. The current study generated some empirical support for the contention that there is a continuity between one's attachment experiences in romantic relationships and one's general degree of object relatedness. This assumption, however, may

not be correct and future research should continue to explore the general and specific effects of attachment style and object relations. While object relations theory posits that one's internalized objects influence all subsequent relationships, recently researchers on attachment theory in adulthood (Davila, Burge, & Hammen, 1997; Pietromonaco & Feldman Barrett, 1997) have questioned this assumption by exploring (a) the stability of attachment style over time and (b) whether attachment experiences are more salient in some relationships than others. These researchers have suggested that attachment style can change over time and there are general and specific attachment processes that may be context-dependent.

In the future, researchers can elaborate on some of the unexpected findings in this study. First, clarification is needed regarding the finding that fearful subjects engage in selfish, manipulative acts in their relationships. Do only fearful avoidant individuals engage in these behaviors consistently? And if so, under what conditions and in what contexts do these behaviors occur? Also, the finding that dismissing subjects can report subjective experiences of relationship-related distress is interesting and should be followed up with research regarding the defensive mechanisms of these individuals.

Also, future research should continue to explore the dimensional and categorical approaches to studying adult attachment. Special attention should be given to the advantages and disadvantages of each and each can advance theoretical understanding of attachment.

Finally, it would be useful in future research on adult attachment to use a clinical sample or a clinical comparison group when using the SCORS-R to code narrative data. In fact, most studies using the SCORS-R have employed at least one clinical group. Researchers

might also find it beneficial to address the restricted range of scores by using another aspect of the SCORS-R, the Dominant Interpersonal Concerns, that does not use a hierarchical scoring system. This system codes for the presence or absence of common interpersonal themes in relationships and is a more viable alternative to examine the thematic structure of narrative data.

The current study investigated the relationship between working models of attachment and dimensions of object relations. In general, individuals in different attachment classifications could be differentiated in reasonably predictable ways by their patterns of object relations on a self-report measure. The projective measure of object relations had significant measurement problems which made conclusions speculative. Last, results from this study suggested two underlying dimensions of attachment (avoidance and anxiety) which could be differentiated along theoretical lines using Bartholomew & Horowitz's (1991) 4-category attachment classification.

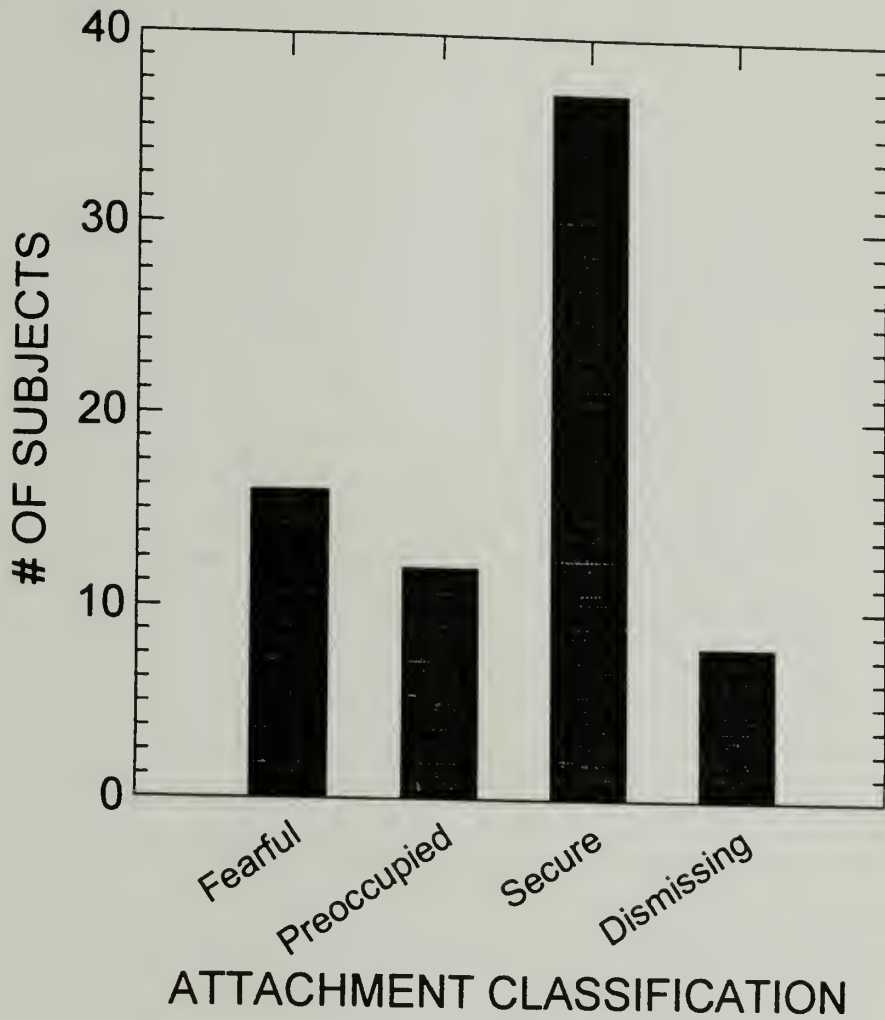


Figure 1. Percentages of Subjects in Different Attachment Classifications

Table 1. Mean Scores for Social Cognition and Object Relations Scales for Four Attachment Classifications

Scale	Fearful ^a		Preoccupied ^b		Secure ^c		Dismissing ^d		F	df
	M	SD	M	SD	M	SD	M	SD		
CS	2.53	.31	2.53	.32	2.48	.30	2.58	.30	2.27	3,65
AT	2.50	.18	2.51	.28	2.55	.19	2.59	.22	.59	3,65
IR	2.01	.27	2.02	.39	2.10	.29	1.92	.36	.61	3,65
VM	2.46	.17	2.31	.25	2.41	.24	2.42	.24	1.23	3,65

Note. CS = Cognitive Structure of Representations, AT = Affect-Tone of Relationships, IR = Investment in Relationships, VM = Investment in Values and Moral Standards
 $n^a = 16$, $n^b = 22$, $n^c = 37$, $n^d = 8$

Table 2. Mean Scores for Social Cognition and Object Relations Scales for Sex and Attachment Classifications

Scale	Fearful ^a		Preoccupied ^b		Secure ^c		Dismissing ^d		F	df	
	M	SD	M	SD	M	SD	M	SD			
CS	Males	2.89	.30	2.54	.47	2.25	.25	2.62	.35		
	Females	2.45	.26	2.53	.30	2.60	.26	2.54	.29		
	Sex									.33	1,65
	ATT/C x Sex									5.65**	3,65
AT	Males	2.40	.31	2.61	.29	2.51	.23	2.44	.11		
	Females	2.53	.14	2.48	.29	2.58	.17	2.73	.21		
	Sex									2.07	1,65
	ATT/C x Sex									1.55	3,65
IR	Males	2.19	.33	2.10	.40	1.99	.33	1.76	.40		
	Females	1.97	.25	1.99	.40	2.17	.25	2.08	.28		
	Sex									.21	1,65
	ATT/C x Sex									1.76	3,65
VM	Males	2.52	.23	2.31	.34	2.24	.23	2.29	.28		
	Females	2.44	.17	2.31	.24	2.50	.19	2.55	.10		
	Sex									3.19	1,65
	ATT/C x Sex									2.34	3,65

Note. CS = Cognitive Structure of Representations, AT = Affect-Tone of Relationships, IR = Investment in Relationships, VM = Investment in Values and Moral Standards. ATT/C = Attachment Classification

** $p < .01$

$\underline{n}^a = 16$, $\underline{n}^b = 22$, $\underline{n}^c = 37$, $\underline{n}^d = 8$

Table 3. Mean Scores for Social Cognition and Object Relations Scales in Secure and Insecure Attachment Classifications.

Scale	Secure		Insecure		F	df
	M	SD	M	SD		
CS	2.48	.30	2.55	.31	5.46*	1,65
AT	2.55	.19	2.53	.23	.07	1,65
IR	2.10	.29	1.98	.34	.64	1,65
VM	2.41	.24	2.40	.34	.40	1,65

Note. CS = Cognitive Structure of Representations, AT = Affect-Tone of Relationships, IR = Investment in Relationships, VM = Investment in Values and Moral Standards

Insecure = Preoccupied + Fearful + Dismissing subjects

* $p < .05$

Table 4. Mean Scores for Bell Object Relations Inventory for Four Attachment Classifications

Scale	Fearful		Preoccupied		Secure		Dismissing		F	df
	M	SD	M	SD	M	SD	M	SD		
ALN	14.2	8.15	10.08	8.77	5.49	4.95	11.37	9.53	5.58**	3,64
IA	9.93	3.95	10.92	4.58	6.05	4.25	8.75	6.09	5.03**	3,65
EGC	6.13	3.40	3.92	2.11	2.87	2.58	2.87	2.90	1.55	3,65
SI	4.0	3.62	3.83	5.1	2.13	2.90	3.37	3.89	2.24	3,65
RD	5.2	4.81	3.25	4.83	3.32	4.95	4.75	3.92	.72	3,65
UP	8.6	3.98	6.83	4.37	4.59	4.04	7.62	3.33	3.84*	3,64
HD	1.2	2.1	.67	1.07	1.24	2.23	1.62	1.41	.48	3,65

Note. ALN = Alienation, IA = Insecure Attachment, EGC = Egocentricity, SI = Social Incompetence, RD = Reality Distortion, UP = Uncertainty of Perception, HD = Hallucinations and Distortions

* $p < .05$; ** $p < .01$

Table 5. Mean Scores for Bell-OR Object Relations Subscales for Sex and Attachment Classifications

Scale	Fearful		Preoccupied		Secure		Dismissing		F	df
	M	SD	M	SD	M	SD	M	SD		
ALN										
Males	16.00	7.07	19.33	10.97	8.54	5.77	13.25	3.59		
Females	13.92	8.53	7.00	5.74	3.83	3.58	9.50	13.77		
Sex									7.5**	1,64
ATT/C x Sex									1.1	3,64
IA										
Males	7.00	2.83	15.67	4.51	7.38	4.75	7.00	3.74		
Females	10.38	3.99	9.33	3.53	5.33	3.86	10.50	8.02		
Sex									.1	1,64
ATT/C x Sex									2.6	3,64
EGC										
Males	3.00	0.00	6.00	2.65	3.61	3.25	2.75	3.10		
Females	6.61	3.40	3.22	1.48	2.46	2.10	3.00	3.16		
Sex									0.0	1,64
ATT/C x Sex									2.1	3,64
SI										
Males	3.00	1.41	9.33	8.14	3.46	3.38	4.00	4.00		
Females	4.15	3.90	2.00	2.00	1.42	2.39	2.75	4.27		
Sex									4.9*	1,64
ATT/C x Sex									2.4	3,64

Note. ALN = Alienation, IA = Insecure Attachment, EGC = Egocentricity, SI = Social Incompetence
ATT/C = Attachment Classification

* $p < .05$; ** $p < .01$

Table 6. Mean Scores for Bell-OR Reality Testing Subscales for Sex and Attachment Classifications

Scale	Fearful		Preoccupied		Secure		Dismissing		F	df
	M	SD	M	SD	M	SD	M	SD		
RD										
Males	8.00	8.48	3.00	0.0	6.38	6.46	5.00	4.24		
Females	4.77	4.42	3.33	5.66	1.67	2.90	4.50	4.20		
Sex									1.88	1,64
ATT/C x Sex									.97	3,64
UP										
Males	11.5	6.36	7.76	1.53	6.31	5.72	7.75	3.86		
Females	8.15	3.55	6.56	5.03	3.67	2.44	7.50	3.32		
Sex									2.09	1,64
ATT/C x Sex									.30	3,64
HD										
Males	1.00	1.41	1.00	1.73	2.54	3.10	2.75	.98		
Females	1.23	2.24	.56	.88	.54	1.14	.50	.58		
Sex									3.47	1,64
ATT/C x Sex									1.04	3,64

Note. RD = Reality Distortion, UP = Uncertainty of Perception, HD = Hallucinations and Delusions
ATT/C = Attachment Classification

Table 7. Mean Scores for Bell-OR for Secure and Insecure Attachment Classifications

Scale	Secure		Insecure		F	df
	M	SD	M	SD		
ALN	5.49	4.95	11.89	8.82	14.68***	1,68
IA	6.05	4.25	9.87	4.87	12.63***	1,68
EGC	2.86	2.58	4.31	2.8	4.82*	1,68
SI	2.13	2.91	3.74	4.2	3.44	1,68
RD	3.32	4.95	4.40	4.52	.87	1,68
UP	4.59	4.04	7.69	3.89	10.37**	1,68
HD	1.24	2.23	1.16	1.53	.03	1,68

Note. ALN = Alienation, IA = Insecure Attachment, EGC = Egocentricity, SI = Social Incompetence, RD = Reality Distortion, UP = Uncertainty of Perception, HD = Hallucinations and Distortions
 Insecure = Preoccupied + Fearful + Dismissing subjects
 * $p < .05$; ** $p < .01$; *** $p < .001$

Table 8. Mean Scores of Anxiety and Avoidance Subscales of Multi-Item Measure of Adult Attachment for Sex and Attachment Classifications

Scale	Fearful		Preoccupied		Secure		Dismissing		F	df
	M	SD	M	SD	M	SD	M	SD		
ANX										
Males	5.17	.28	5.15	1.06	3.02	1.18	3.03	1.03		
Females	3.63	1.01	4.19	.49	2.72	.92	3.10	.68		
Sex									5.68*	1,65
ATT/C	3.92	1.10	4.43	.75	2.82	1.01	3.06	.81	13.08***	3,65
ATT/C x Sex									1.52	3,65
AVD										
Males	3.65	.39	1.81	3.07	2.61	.84	3.83	.71		
Females	3.56	1.30	2.26	.66	2.22	.93	3.19	1.71		
Sex									2.35	1,65
ATT/C	3.58	1.17	2.48	1.02	2.36	.91	3.51	1.26	4.84**	3,65
ATT/C x Sex									.22	3,65

Note. ANX = Anxiety, AVD = Avoidance
ATT/C = Attachment Classification

* $p < .05$; ** $p < .005$; *** $p < .0001$

Table 9. Post Hoc Comparisons Between Attachment Classifications on Anxiety and Avoidance Subscales of Multi-Item Measure of Adult Attachment

AVOIDANCE			
	Fearful	Preoccupied	Secure
Fearful			
Preoccupied	.03*		
Secure	.001**	.98	
Dismissing	.99	.12	.03

ANXIETY			
	Fearful	Preoccupied	Secure
Fearful			
Preoccupied	.52		
Secure	.002**	.98	
Dismissing	.18	.01*	.92

Note. Data show a matrix of pairwise comparison probabilities using Tukey HSD Multiple Comparisons

* $p < .05$; ** $p < .005$

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