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# **OBSESSIVE-COMPULSIVE DISORDERS IN ADULTS**

AND INSECURE ATTACHMENT

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## OBSESSIVE-COMPULSIVE DISORDERS IN ADULTS

## AND INSECURE ATTACHMENT

by

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## THESIS

Presented to the Graduate Faculty of Psychology

The University of Texas of the Permian Basin

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of Requirements

for the Degree of

MASTER OF ARTS

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

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## Abstract

The purpose of the present study was to examine the relationship between obsessive-compulsive symptoms and disorders in adults and lack of secure childhood attachment. An additional hypothesis was that obsessive-compulsive individuals would most closely fit an avoidant pattern of adult attachment. A group of obsessive-compulsive adults, a group of adults with other emotional symptoms, and a normal group of adults representing the general population were measured using the Maudsley Obsessional-Compulsive Inventory, the Parental Bonding Instrument, the Attachment Style Questionnaire and Bartholomew's Four-Group Model of Attachment. Results did not confirm a relationship between insecure childhood attachment and obsessive-compulsiveness. However, obsessive-compulsive subjects were found to be fearful avoidant, while normal subjects were found to be secure. Subjects in the middle group did not fit a specific attachment pattern. Possible explanations for the outcomes, limitations of the present study, and implications for further research were presented.