

ADULT ATTACHMENT SCALE

Reference

Collins, N. L., & Read, S. J. (1990). Adult attachment, working models, and relationship quality in dating couples. *Journal of Personality and Social Psychology*, 58(4), 644-663.

Description

The 18-item *Adult Attachment Scale*, developed with a sample of undergraduate students, measures adult attachment style dimensions including comfort with closeness and intimacy (Close subscale), comfort with depending on others (Depend subscale), and worry about being rejected or unloved (Anxiety subscale). Each item is rated on a 5-point scale ranging from 1 = *not at all characteristic* to 5 = *very characteristic*.

Collins & Read (1990) reported Cronbach's alpha coefficients of .69 for Close, .75 for Depend, and .72 for Anxiety. Test-retest correlations for a 2-month period were .68 for Close, .71 for Depend, and .52 for Anxiety. The scale authors defined attachment styles as follows:

- Secure = high scores on Close and Depend, low score on Anxiety
- Anxious = high score on Anxiety, moderate scores on Close and Depend
- Avoidant = low scores on Close, Depend, Anxiety

Administration: 6 months

This measure was administered at 6 months to mothers ($n = 107$) during the common protocol home visit, and to fathers/partners ($n = 67$) during the HHS father visit. Items 5, 11, and 17 were reworded to make them applicable to any close relationship, not just a partner relationship.

Scoring: Collins & Read (1990)

Close

Mean of 6 items: 1, 8, -9, -10, 14, -17. A higher score indicates greater feelings of comfort with closeness and intimacy.

Mother report = **M6AACLOS**

$N = 107, M = 3.79, SD = 0.67, \text{range} = 1.5-4.83, \alpha = .69$

Father/partner report = **F6AACLOS**

$N = 67, M = 3.74, SD = 0.68, \text{range} = 2.33-5, \alpha = .73$

Depend

Mean of 6 items: -3, -4, 7, 15, -16, -18. A higher score indicates more comfort with depending on others and a belief that others will be available when needed.

Mother report = **M6AADEP**

$N = 107, M = 3.53, SD = 0.73, \text{range} = 1.83-5, \alpha = .79$

Father/partner report = **F6AADEP**

$N = 67, M = 3.34, SD = 0.84, \text{range} = 1.67-5, \alpha = .86$

Anxiety

Mean of 6 items: -2, 5, 6, 11, 12, 13. A higher score indicates greater worry about being rejected or unloved.

Mother/partner report = **M6AAANX**

$N = 107$, $M = 2.28$, $SD = 0.76$, range = 1-4.67, $\alpha = .68$

Father/partner report = **F6AAANX**

$N = 67$, $M = 2.18$, $SD = 0.67$, range = 1-4.83, $\alpha = .56$

Analysis Data Set

SS6MO

Raw Data Sets

Mother report: M6AA

Father/partner report: F6AA