

POSTER

DIMENSIONS OF ADULT ATTACHMENT: VALIDATION OF A COLLABORATIVELY DEVELOPED INSTRUMENT

Isabella Cardoso*, Vicente Casepp-Borges

Universidade Federal Fluminense, Volta Redonda - RJ, Brazil

*isabella_cardoso@id.uff.br

ABSTRACT

Attachment studies began with Bowlby in 1969, focusing on child development and bonds with caregivers. Subsequently, several models have sought to explain attachment patterns in adulthood. Bartholomew and Horowitz proposed a typology based on self- and other-perceptions, structured along two dimensions: anxiety and avoidance. Based on Bartholomew's model, this study aims to analyze the validation of an adult attachment scale collectively developed by students of the "Love and Relationships" course. A total of 344 individuals participated in the study, with a mean age of 30.83 years ($SD = 13.19$), including 89 (23.9%) men and 245 (71.2%) women. Of these, 93.6% ($n = 322$) resided in the states of São Paulo and Rio de Janeiro. The questionnaire was administered online via Google Forms. Data analysis was conducted using SPSS. Initially, the scale consisted of 36 items. Following exploratory factor analysis (EFA), items 3, 6, 20, 26, 28, and 33 were removed due to factor loadings below .32, as well as items 21 and 27, which loaded on both factors. The final version of the scale comprised 28 items: 15 for the Anxiety factor and 13 for the Avoidance factor. The two factors explained 33.5% of the total variance. The reliability coefficients were $\alpha = .875$ for Anxiety and $\alpha = .763$ for Avoidance. The results suggest that the scale is a psychometrically adequate instrument for assessing adult attachment in the Brazilian context.