

TALK

## CAN PERCEIVED FAMILY SUPPORT PREDICT ADULT ATTACHMENT IN ROMANTIC RELATIONSHIPS?: A BAYESIAN APPROACH

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### ABSTRACT

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Humans rely on attachment bonds for protection and emotional regulation, with family dynamics shaping relational patterns that persist into adulthood, particularly in romantic relationships. Therefore, it is expected that these early experiences impact adult attachment bonds with romantic partners. This study investigated the probability that family support impacts adult attachment, considering family adaptation, autonomy, affection-consistency, and their relationship with anxious and avoidant attachment. The sample consisted of 200 Brazilian adults, predominantly women (72.50%) and highly educated (82.50%). Family support was assessed using the IPSE, while attachment was measured with the ECR-R scale. Bayesian regression analysis was conducted using the brms package in R, with weak priors, the NUTS algorithm, and standardized coefficients. Family adaptation had a high probability of being positively associated with avoidant attachment ( $\beta = 0.25$ , IC95% [0.02, 0.48]), suggesting that greater family conflict increases avoidant attachment. Affectionate support was likely to reduce avoidant attachment ( $\beta = -0.28$ , IC95% [-0.50, -0.06]). Autonomy showed no significant effect. The Bayesian  $R^2$  for the avoidant attachment model was 0.05. Regarding anxious attachment, family adaptation had a high probability of being negatively associated ( $\beta = -0.25$ , IC95% [-0.47, -0.03]), suggesting that greater family conflict is linked to lower anxious attachment. Affectionate support and autonomy showed no significant effects. The  $R^2$  for anxious attachment was 0.11. Avoidant attachment was linked to perceived conflict, consistent with deactivating strategies. Unexpectedly, conflict was associated with lower anxious attachment, possibly reflecting defensive suppression in unpredictable environments. Affectionate support reduced avoidance, reinforcing the importance of emotional warmth.