

Love Isn't Blind:

Adult Attachment, Emotional Symptoms, and Romantic Relationship Satisfaction
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Introduction

- Studies show that there is a strong correlation between individuals with **emotional symptoms** (i.e., **depression or anxiety**) and **attachment issues** (Delgado et al., 2022) which we believe will also equate to **dissatisfaction in their love life**.
- Individuals with **insecure attachment style of any subtype** are at a higher risk of **developing depression and anxiety** (Delgado et al., 2022).
- In addition, **early attachment relationships** are predictive of later **dissatisfaction in their love life** (Nascimento et al., 2021).

Hypothesis

- We hypothesize that certain **attachment styles** will equate to more **emotional symptoms**.
- We also hypothesize that certain **attachment styles** will equate to less **romantic relationship satisfaction** and that more **emotional symptoms** will equate to less **romantic relationship satisfaction**.

Methods

Participants

N = 103 — recruited via Twitter, Discord, Facebook, Snapchat, Instagram, and texting.

Inclusion – English-speaking individuals, over the age of 18 years old.

Exclusion – Under the age of 18 years old. Did not complete the required questions.

Measures

Attachment – Adult Attachment Questionnaire (Simpson, Rholes, Phillips, 1996)

"I find it relatively easy to get close to others."

7-point scale from 7 (*I strongly agree*) to 1 (*I strongly disagree*)
 Subscales within the AAQ include Anxiety and Avoidance.

Emotional Symptoms – Strengths & Difficulties Questionnaire (Goodman et al., 1998)

"I am nervous in new situations. I easily lose confidence."
 2-point scale from 2 (*Certainly true*) to 0 (*Not true*).

Romantic Relationship Satisfaction – Satisfaction with love life scale (Neto, 2005)

"If I could live my love life over, I would change almost nothing."
 7-point scale from 7 (*Strongly disagree*) to 1 (*Strongly agree*)

Results

All data in this study were normally distributed and a review of the data found no outliers. All analyses were conducted using JASP (Love et al., 2019).

Table 1: Descriptive Statistics

Descriptive Statistics of Attachment, Emotional Issues, and Love Life Dissatisfaction

Descriptive Statistics	Attachment	Emotional Problems	Love Life
Mean	3.603	1.843	3.561
Std. Deviation	0.981	0.593	1.998
Minimum	1.118	1.000	1.000
Maximum	6.176	3.000	7.000

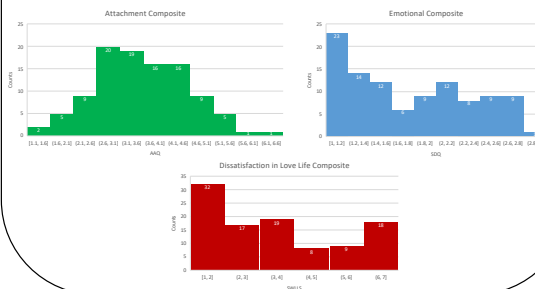
Mediation Analyses revealed a significant indirect effect of **relationship satisfaction** through **emotional problems** and **adult attachment**.

Table 2: Mediation Results

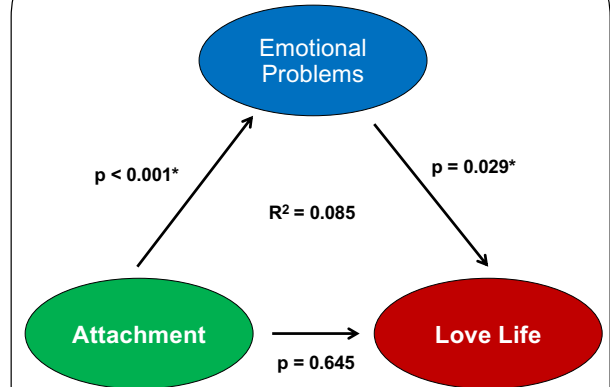
Indirect effect of attachment on Love Life Dissatisfaction via Emotional Issues

Indirect effect of attachment on Love Life Dissatisfaction via Emotional Problems						
Effect	B	SE	t	p	LLCI	ULCI
Attachment → Emotional Problems	0.345	0.049	6.988	<.001**	0.247	0.443
Emotional Problems → Love Life	0.871	0.393	2.219	0.029**	0.092	1.651
Attachment → Love Life (direct)	0.108	0.234	0.454	0.645	-0.350	0.566
Attachment → Emotional Problems → Love Life (indirect)	0.300	0.147		0.320	0.036	0.612
R² = .085						

*Note: AAQ is the Adult Attachment Questionnaire. SDQ is the Strength and Difficulties Questionnaire. SWLS is the Satisfaction with Love Life Scale Questionnaire. Total N = 103; CI = Confidence interval; LLCI = lower limit confidence interval; ULCI = upper limit confidence interval. ** means significant.*



Results



* Indicates a significant p-value.

Discussion

- The findings of this study suggest that those that experience **insecure attachment styles** have an increase in **emotional symptoms such as depression and anxiety**. This also results in a **decrease in satisfaction in romantic relationships**.
- This shows that **attachment** has a major influence on major components of a child's future.
- Going forward, the **parent-child attachment** should be a major focus through parenting classes and books. Furthermore, there should be more studies done on **attachment** in different countries to determine cultural differences.
- Limitations:** This study was based on a very small sampling of the overall population. The Love Life Scale was a scale that had love life questions added to them. They did not consider those who may not be in a relationship.

Sources

Sources are available by emailing warnerlb@usca.edu, ncorbitt@usca.edu, ggodsey@usca.edu, or navarrc@usca.edu.