Relationship Science Online

Assessing Attachment Styles

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- **The Experiences in Close Relationships Short Form (ECR-S,** Wei et al., 2007**) is a short version of one the most widely used measures of adult attachment *The Experiences in Close Relationships Scale*** (ECR, Brennan, Clark, & Shaver, 1998).

- **ECR** (Brennan et al., 1998): **36 items – 18 anxiety, 18 avoidance**
- **ECR-S** (Wei et al., 2007): **12 items 6 anxiety, 6 avoidance**
  (Lafontaine et al., 2016 has also developed a short version of the ECR, evidence is still coming in)

- **Items are rated on a 7-point scale 1 *(strongly disagree)* to 7 *(strongly agree)***

- **Items are averaged as they relate to each dimension to derive two scores – one for each dimension.**

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____Av____ 1. It helps to turn to my romantic partner in times of need.
____Anx___ 2. I need a lot of reassurance that I am loved by my partner.
____Av____ 3. I want to get close to my partner, but I keep pulling back.
____Anx __ 4. I find that my partner(s) don't want to get as close as I would like.
____Av____ 5. I turn to my partner for many things, including comfort and reassurance.
____Anx __ 6. My desire to be very close sometimes scares people away.
____Av____ 7. I try to avoid getting too close to my partner.
____Anx __ 8. I do not often worry about being abandoned.
____Av____ 9. I usually discuss my problems and concerns with my partner.
___Anx___ 10. I get frustrated if romantic partners are not available when I need them.
____Av___ 11. I am nervous when partners get too close to me.
____Anx __ 12. I worry that romantic partners won't care about me as much as I care about them.

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