Relationship Science Online

Measuring Adult Attachment Styles

Measure included is:

- **The Experiences in Close Relationships Scale – Short form (ECR-S, Wei, Russell, Mallinckrodt, & Vogel, 2007)**

Instruction: The following statements concern how you feel in romantic relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by indicating how much you agree or disagree with it. Mark your answer using the following rating scale:

1. It helps to turn to my romantic partner in times of need.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

2. I need a lot of reassurance that I am loved by my partner.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

3. I want to get close to my partner, but I keep pulling back.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

4. I find that my partner(s) don't want to get as close as I would like.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

5. I turn to my partner for many things, including comfort and reassurance.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

6. My desire to be very close sometimes scares people away.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

7. I try to avoid getting too close to my partner.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

8. I do not often worry about being abandoned.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

9. I usually discuss my problems and concerns with my partner.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

10. I get frustrated if romantic partners are not available when I need them.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

11. I am nervous when partners get too close to me.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

12. I worry that romantic partners won't care about me as much as I care about them.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

Scoring the ECR-S

Note: Items 1, 5, 8, 9 must be reversed-keyed prior to computing the following two total scores.

(1) The *Attachment Avoidance* score is computed by averaging the 6 odd-numbered (1, 3, 5, 7, 9, 11) items. Higher scores reflect greater avoidance.

(2) The *Attachment Anxiety* score is computed by averaging the 6 even-numbered items (2, 4, 6, 8, 10, 12). Higher scores reflect greater anxiety.

Wei, M., Russell, D. W., Mallinckrodt, B., & Vogel, D. L. (2007). The experiences in Close Relationship Scale (ECR)-Short Form: Reliability, validity, and factor structure. Journal of Personality Assessment, 88, 187-204.

Practicum 2: Scoring the ECR-S

Below you will find the filled-in questionnaire of a person who completed the ECR-S
Your task is to calculate their score for the two dimensions.

1. It helps to turn to my romantic partner in times of need.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

2. I need a lot of reassurance that I am loved by my partner.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

3. I want to get close to my partner, but I keep pulling back.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

4. I find that my partner(s) don't want to get as close as I would like.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

5. I turn to my partner for many things, including comfort and reassurance.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

6. My desire to be very close sometimes scares people away.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

7. I try to avoid getting too close to my partner.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

8. I do not often worry about being abandoned.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

9. I usually discuss my problems and concerns with my partner.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

10. I get frustrated if romantic partners are not available when I need them.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

11. I am nervous when partners get too close to me.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

12. I worry that romantic partners won't care about me as much as I care about them.

1	2	3	4	5	6	7
Disagree Strongly	.....	.....	*Neutral/ Mixed*	.....	.....	*Agree Strongly*

Scoring the ECR-S

Note: Items 1, 5, 8, 9 must be reversed-keyed prior to computing the following two total scores.

(1) The *Attachment Avoidance* score is computed by averaging the 6 odd-numbered (1, 3, 5, 7, 9, 11) items. Higher scores reflect greater avoidance.

(2) The *Attachment Anxiety* score is computed by averaging the 6 even-numbered items (2, 4, 6, 8, 10, 12). Higher scores reflect greater anxiety.

Attachment avoidance score: _____

Attachment anxiety score: _____