Ancillary: The Attachment Style Questionnaire – Short Form (ASQ-SF)

(Alexander et al., 2001; Karantzas et al., 2010)

The pages that follow provide a copy of the ASQ-SF that you can use with your clients. After the measure, you will find a breakdown of the item composition by the broad dimensions (i.e., attachment anxiety and avoidance) as well as the attachment facet dimensions captured by the ASQ-SF. This if followed by the scoring instructions for the measure in order to calculate the client's level of attachment anxiety and avoidance as well as the five attachment facets.

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Show how much you agree or disagree with each of the following items by rating them on this scale 1 = totally disagree to 6 = totally agree

1	I feel confident that other people will be there or me when I need them.					
	1	2	3	4	5	6
	totally disagree					totally agree
2	I prefer to depend on myself rather than other people.					
	1	2	3	4	5	6
	totally disagree					totally agree
3	I prefer to keep to myself.					
	1	2	3	4	5	6
	totally disagree					totally agree
4	Achieving things is more important than building relationships.					
	1	2	3	4	5	6
	totally disagree					totally agree
5	Doing your best is more important that getting on with others.					
	1	2	3	4	5	6
	totally disagree					totally agree
6	If you've got a job to do, you should do it no matter who gets hurt.					
	1	2	3	4	5	6
	totally disagree					totally agree
7	It's important to me that others like me.					
	1	2	3	4	5	6
	totally disagree					totally agree
8	I find it hard to make a decision unless I know what other people think.					
	1	2	3	4	5	6
	totally disagree					totally agree
9	My relationships with others are generally superficial.					
	1	2	3	4	5	6
	totally disagree					totally agree
10	Sometimes I think I am no good at all.					
	1	2	3	4	5	6
	totally disagree					totally agree
11	I find it hard to trust other people.					
	1	2	3	4	5	6
	totally disagree					totally agree
12	I find it difficult to depend on others.					
	1	2	3	4	5	6
	totally disagree					totally agree
13	I find that others are reluctant to get as close as I would like.					
	1	2	3	4	5	6
	totally disagree					totally agree
14	I find it relatively easy to get close to other people.					
	1	2	3	4	5	6
	totally disagree					totally agree
15	I find easy to trust others.					
	1	2	3	4	5	6
	totally disagree					totally agree

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Show how much you agree or disagree with each of the following items by rating them on this scale 1 = totally disagree to 6 = totally agree

16	I feel comfortable depending on other people.					
	1	2	3	4	5	6
	totally disagree					totally agree
17	I worry that others won't care about me as much as I care about them.					
	1	2	3	4	5	6
	totally disagree					totally agree
18	I worry about people getting too close.					
	1	2	3	4	5	6
	totally disagree					totally agree
19	I worry that I won't measure up to other people.					
	1	2	3	4	5	6
	totally disagree					totally agree
20	I have mixed feelings about being close to others.					
	1	2	3	4	5	6
	totally disagree					totally agree
21	I wonder why people would want to be involved with me.					
	1	2	3	4	5	6
	totally disagree					totally agree
22	I worry a lot about my relationships.					
	1	2	3	4	5	6
	totally disagree					totally agree
23	I wonder how I would cope without someone to love me.					
	1	2	3	4	5	6
	totally disagree					totally agree
24	I feel confident about relating to others.					
	1	2	3	4	5	6
	totally disagree					totally agree
25	I often feel left out or alone.					
	1	2	3	4	5	6
	totally disagree					totally agree
26	I often worry that I do not really fit with other people.					
	1	2	3	4	5	6
	totally disagree					totally agree
27	Other people have their own problems, so I don't bother them with mine.					
	1	2	3	4	5	6
	totally disagree					totally agree
28	If something is bothering me, others are generally aware and concerned.					
	1	2	3	4	5	6
	totally disagree					totally agree
29	I am confident that other people will like and respect me.					
	1	2	3	4	5	6
	totally disagree					totally agree

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ITEM COMPOSITION

Show how much you agree or disagree with each of the following items by rating them on this scale 1 = totally disagree to 6 = totally agree

No.	Broad Dimension	Facet	Item
1	Av	Conf	I feel confident that other people will be there or me when I need them.
2	Av	DwC	I prefer to depend on myself rather than other people.
3	Av	DwC	I prefer to keep to myself.
4	Av	RaS	Achieving things is more important than building relationships.
5	Av	RaS	Doing your best is more important that getting on with others.
6	Av	RaS	If you've got a job to do, you should do it no matter who gets hurt.
7	Anx	NfA	It's important to me that others like me.
8	Anx	NfA	I find it hard to make a decision unless I know what other people think.
9	Av	RaS	My relationships with others are generally superficial.
10	Anx	NfA	Sometimes I think I am no good at all.
11	Av	DwC	I find it hard to trust other people.
12	Av	DwC	I find it difficult to depend on others.
13	Anx	PwR	I find that others are reluctant to get as close as I would like.
14	Av	Conf	I find it relatively easy to get close to other people.
15	Av	DwC	I find easy to trust others.
16	Av	DwC	I feel comfortable depending on other people.
17	Anx	PwR	I worry that others won't care about me as much as I care about them.
18	Av	DwC	I worry about people getting too close.
19	Anx	NfA	I worry that I won't measure up to other people.
20	Av	DwC	I have mixed feelings about being close to others.
21	Anx	NfA	I wonder why people would want to be involved with me.
22	Anx	PwR	I worry a lot about my relationships.
23	Anx	PwR	I wonder how I would cope without someone to love me.
24	Anx	Conf	I feel confident about relating to others.
25	Anx	PwR	I often feel left out or alone.
26	Anx	Conf	I often worry that I do not really fit with other people.
27	Av	DwC	Other people have their own problems, so I don't bother them with mine.
28	Av	Conf	If something is bothering me, others are generally aware and concerned.
29	Anx	Conf	I am confident that other people will like and respect me.

Note: Av = Avoidance, Anx = Anxiety, Conf = Confidence, DwC = Discomfort with Closeness, RaS = Relationships as Secondary, NfA = Need for Approval, PwR = Preoccupation with Relationships

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SCORING INSTRUCTIONS

Scoring the Five Facets

Note (reverse scoring): Items 15, 16, and 26 must be reversed prior to computing the following five total ASQ scores:

(1) The *Confidence* score is computed by averaging items 1, 14, 24, 26, 28, and 29. Higher scores reflect greater sense of confidence.

(2) The *Discomfort with Closeness* score is computed by averaging items 2, 3, 11, 12, 15, 16, 18, 20, and 27. Higher scores reflect greater discomfort with closeness.

(3) The *Relationships as Secondary* score is computed by averaging items 4, 5, 6, and 9. Higher scores reflect a stronger tendency to appraise relationships as secondary.

(4) The *Need for Approval* score is computed by averaging items 7, 8, 10, 19, and 21. Higher scores reflect greater need for approval.

(5) The *Preoccupation* score is computed by averaging items 13, 17, 22, 23, and 25. Higher scores reflect greater preoccupation with relationships.

Scoring the Broad Dimensions

In addition to obtaining the above five total scores, ASQ items are used to form dimensional scores of attachment anxiety and attachment avoidance.

Note (reverse scoring): Items 1, 14-16, 24, 28 and 29 must be reversed-keyed prior to computing the following two-dimensional scores:

(1) The *Attachment Avoidance* score is computed by averaging items 1, 2, 3, 4, 5, 6, 9, 11, 12, 14, 15, 16, 18, 20, 27, 28. Higher scores reflect greater attachment avoidance.

(2) The *Attachment Anxiety* score is computed by averaging items 7, 8, 10, 13, 17, 19, 21, 22, 23 24, 25, 26, and 29. Higher scores reflect greater attachment anxiety.

When referencing the ASQ, please cite the following paper:

Feeney, J. A., Noller, P., & Hanrahan, M. (1994). Assessing adult attachment. In M. B. Sperling & W. H. Berman (Eds.), *Attachment in adults: Clinical and developmental perspectives* (pp. 128-152). New York: Guilford Press.

Karantzas, G. C., Feeney, J. A., & Wilkinson, R. B. (2010). Does less mean more? A confirmatory factor analytic study of the Attachment Style Questionnaire and the Attachment Style Questionnaire – Short Form. *Journal of Social and Personal Relationships, 27,* 749-780.

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