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Experience in Close Relationship Scale - Short Form (ECR-S)

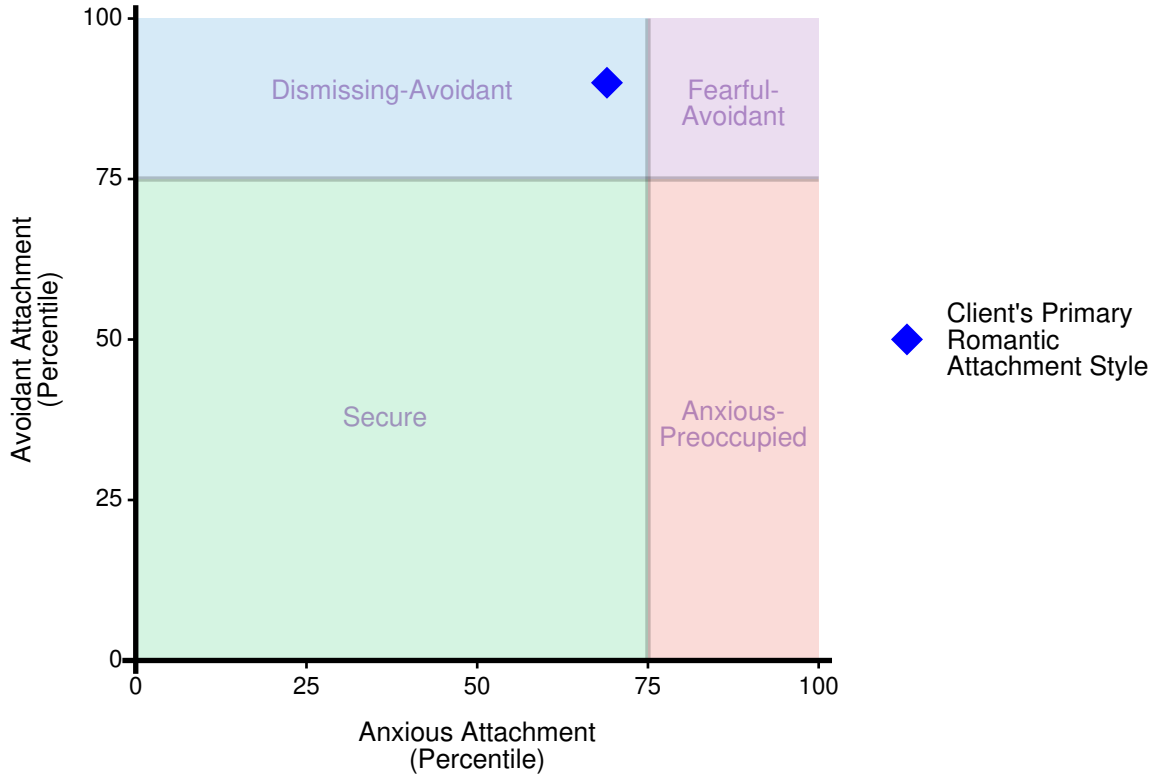
Client Name	Generic Client	*Date administered*	23 Dec 2024
Date of birth (age)	14 Dec 1975 (49)	*Time taken*	19s
Assessor	Dr David Hegarty		

Attachment Style

	Raw Score (6 to 42)	Percentile	Descriptor
Avoidant Attachment	23	90	High
Anxious Attachment	26	69	Average

ECR-S Attachment Style

Anxious Attachment vs Avoidant Attachment



Interpretation

The client's results on the ECR-S indicate a primary attachment pattern of Dismissive-Avoidant Romantic Attachment Style. This pattern shows predominantly avoidant attachment features with typical levels of anxiety in romantic relationships, suggesting someone who maintains significant emotional distance in their romantic relationships. This pattern type indicates someone who primarily manages relationship challenges through distancing strategies.

Pattern Information:
Primary Pattern: Dismissive-Avoidant Romantic Attachment Style

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Interpretation (cont.)

Pattern Key: This analysis is determined by the client's combination of High Avoidant Attachment and Average Anxious Attachment.

Primary Attachment Pattern Analysis:
Interpersonal Implications:
Romantic relationships can show a pattern of emotional distancing with ordinary levels of relationship concern. The respondent may maintain significant emotional boundaries and may struggle with sustained emotional intimacy despite having normal desire for connection, potentially withdrawing when relationships become too close. Communication patterns may be restrained, with careful monitoring of emotional expression.

Therapeutic Considerations:
Therapeutic work often focuses on addressing the prominent avoidant tendencies while acknowledging and normalising typical relationship anxieties. Key areas include understanding how strong distancing patterns interact with normal relationship concerns. Work typically involves gradually expanding capacity for emotional connection while recognising that their relationship anxiety levels are similar to most people. The typical level of anxiety can provide a helpful foundation for engaging in therapeutic work, offering a pathway to exploring relationship patterns while respecting existing coping mechanisms.

Patterns in Partner Selection:
Partner selection often reflects a preference for individuals who respect emotional boundaries while providing typical levels of reassurance. These individuals typically seek partners who can tolerate their need for significant distance without requiring intense emotional engagement, yet who maintain normal levels of availability. They may be drawn to partners who maintain similar levels of emotional distance, creating relationships that feel safe but potentially lack depth. When partnered with more emotionally expressive individuals, they often struggle to balance their partner's needs for connection with their own strong preference for distance.

The following items contributed to the client's high score on the Avoidant Attachment scale of the ECR-S:
- 1. It helps to turn to my romantic partner in times of need. (Strongly Agree)
- 3. I want to get close to my partner, but I keep pulling back. (Strongly Agree)
- 7. I try to avoid getting too close to my partner. (Strongly Agree)

Scoring and Interpretation Information

For comprehensive information on the ECR-S, see here.

Scores for the ECR-S consist of two main attachment dimensions, Attachment Avoidance and Attachment Anxiety. The scoring system reflects distinct patterns of relating in close relationships:

- Attachment Avoidance (items 1,3,5,7,9,11; score range: 6 to 42): High scores indicate strong discomfort with closeness and dependency in relationships, manifesting as emotional distance, excessive self-reliance, and reluctance to share personal feelings or rely on others. Individuals with high avoidance tend to maintain rigid emotional boundaries and may employ defensive strategies to protect against perceived relationship threats.
- Attachment Anxiety (items 2,4,6,8,10,12; score range: 6 to 42): High scores reflect intense fears about relationship stability and partner availability, manifesting as hypervigilance to

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Scoring and Interpretation Information (cont.)

relationship cues, excessive need for reassurance, and difficulty maintaining emotional equilibrium when partners are unavailable. Individuals with high anxiety tend to seek excessive closeness and validation from relationship partners.

Each score is converted to a percentile based on normative data, and descriptors (Low, Average, High) are assigned based on percentile ranges:
- Low: 25th percentile or below
- Average: 26th to 74th percentile
- High: 75th percentile or above

Percentiles are computed based on an undergraduate sample, where a percentile of 50 represents typical patterns of responding. The normative sample was undergraduate students.

The interpretative text includes the Primary Attachment Pattern Analysis. This pattern analysis is based upon the specific combination of score descriptors (Low, Average, High) across both dimensions. These patterns range from secure styles (e.g., "Secure Style") to various insecure patterns (e.g., "Fearful-Avoidant Style", "Dismissing Style", "Preoccupied Style"). Each pattern provides specific insights into attachment organisation and relationship dynamics, along with associated therapeutic implications and approaches. The interpretation considers interactions between the avoidant and anxious dimensions to provide a comprehensive understanding of the person's attachment style and its implications for relationships and therapeutic work. The specificity of the overall Attachment Pattern allows for highly tailored therapeutic recommendations and insights into potential treatment challenges and opportunities.

Client Responses

		Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1	It helps to turn to my romantic partner in times of need.	7	6	5	4	3	2	**1**
2	I need a lot of reassurance that I am loved by my partner.	1	2	**3**	4	5	6	7
3	I want to get close to my partner, but I keep pulling back.	1	2	3	4	5	6	**7**
4	I find that my partner doesn't want to get as close as I would like.	1	2	3	4	5	6	**7**
5	I turn to my partner for many things, including comfort and reassurance.	7	6	5	4	3	**2**	1
6	My desire to be very close sometimes scares people away.	**1**	2	3	4	5	6	7
7	I try to avoid getting too close to my partner.	1	2	3	4	5	6	**7**
8	I don't worry about being abandoned.	**7**	6	5	4	3	2	1

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Client Responses (cont.)

		Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
9	I usually discuss my problems and concerns with my partner.	7	6	**5**	4	3	2	1
10	I get frustrated if my romantic partner is not available when I need them.	1	2	3	4	5	**6**	7
11	I am nervous when my partner gets too close to me.	**1**	2	3	4	5	6	7
12	I worry that a romantic partner won't care about me as much as I care about them.	1	**2**	3	4	5	6	7