



### Attachment Style Questionnaire - Short Form (ASQ-SF)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	29 Nov 2024
<i>Date of birth (age)</i>	14 Dec 1975 (48)	<i>Time taken</i>	1 min 56s
<i>Assessor</i>	Dr David Hegarty		

### Attachment Style

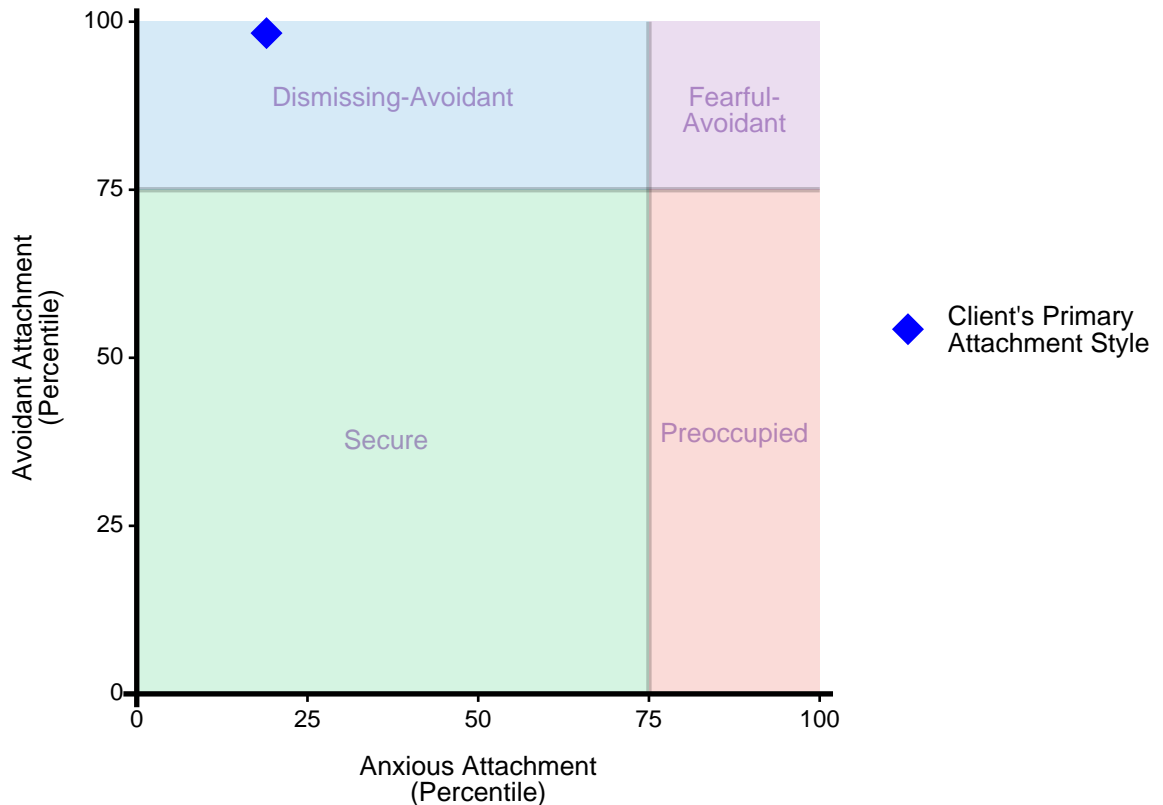
	Score	Percentile	Descriptor
Avoidant Attachment (Range -5 to 75)	42	98.3	High
Anxious Attachment (Range -18 to 57)	15	19	Low

### Attachment Subscales

	Score	Percentile	Descriptor
Discomfort with Closeness (Range 9 to 54) (Avoidant)	39	94	High
Relationships as Secondary (Range 4 to 24) (Avoidant)	13	87	High
Preoccupation with Relationships (Range 5 to 30) (Anxious)	14	28	Average
Need for Approval (Range 5 to 30) (Anxious)	14	30	Average
Confidence in Interpersonal Interactions (Range 6 to 36)	23	41	Average

### ASQ-SF Attachment Style

Anxious Attachment vs Avoidant Attachment





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## Interpretation

### **Pattern Information:**

Primary Pattern: Dismissive-Avoidant Style

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

### **Primary Attachment Pattern Analysis:**

This pattern indicates a predominantly dismissive-avoidant attachment style, characterised by strong emotional distancing with minimal relationship anxiety. This combination suggests someone who maintains significant emotional distance and self-reliance, with little apparent concern about relationship stability or others' approval.

#### *Interpersonal Implications:*

Relationships typically demonstrate strong preference for emotional distance and independence. Common patterns include difficulty sharing personal feelings or vulnerabilities, discomfort with others' emotional expression, tendency to prioritise work or solitary activities over relationships, minimal anxiety about others' opinions or approval, and maintenance of emotional self-sufficiency as a core value.

#### *Therapeutic Considerations:*

Therapeutic work might focus on gradually building awareness of relationship needs and expanding capacity for emotional connection while respecting the need for autonomy. A slow, steady approach to increasing comfort with interdependence may be beneficial.

#### *Therapeutic Approach:*

Building therapeutic alliance requires careful attention to avoidant defences without pushing for premature emotional engagement. Essential approaches include maintaining consistent boundaries while respecting emotional distance, avoiding pursuit when they withdraw, demonstrating reliability through consistency, allowing them to set the pace for deeper emotional work, and focusing on building trust through predictable interactions.

The following items contributed to the client's high score on the Avoidant Attachment scale of the ASQ-SF:

- 2. *I prefer to depend on myself rather than other people (Strongly agree)*
- 3. *I prefer to keep to myself (Agree)*
- 27. *Other people have their own problems, so I don't bother them with mine (Agree)*
- 9. *My relationships with others are generally superficial (Slightly agree)*
- 11. *I find it hard to trust other people (Slightly agree)*

## Scoring and Interpretation Information

For comprehensive information on the ASQ-SF, [see here](#).

Scores consist of two main attachment styles, Avoidant Attachment and Anxious Attachment alongside subscales. The scoring system is based on a combination of direct subscale scores and adjustments using the Confidence subscale items to provide a more nuanced measure of attachment security:

- Avoidant Attachment (score range -5 to 75): This scale reflects the extent to which an individual avoids intimacy and is distrusting of others. It is computed by summing Discomfort with Closeness and Relationships as Secondary scores and then subtracting items 1, 14 & 28



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## Scoring and Interpretation Information (cont.)

from the Confidence subscale

- Anxious Attachment (score range -18 to 57): This scale reflects excessive need for reassurance, fear of rejection, and desire to merge with relationship partners. It is computed by summing Preoccupation and Need for Approval scores and subtracting items 24, 26 & 29 from the Confidence subscale.

The five subscales provide detailed information about specific aspects of attachment and interpersonal functioning:

- Discomfort with Closeness (Items 2, 3, 11, 12, 15, 16, 18, 20, 27; score range: 9 to 54): This subscale measures an individual's tendency to maintain emotional and psychological distance in relationships. It reflects fundamental difficulties with intimacy and vulnerability, including discomfort with emotional closeness and reluctance to share personal feelings or rely on others. High scores suggest a pronounced tendency to maintain rigid emotional boundaries and may indicate defensive strategies developed to protect against perceived relationship threats or emotional pain. This discomfort often manifests in behaviours such as emotional withdrawal, difficulty trusting others, and resistance to deepening relationships beyond a superficial level.

- Relationships as Secondary (Items 4, 5, 6, 9; score range: 4 to 24): This subscale assesses the extent to which an individual prioritises relationships relative to other aspects of life, such as work, personal achievements, or independent pursuits. It reflects the degree of investment in interpersonal connections and willingness to acknowledge and attend to relationship needs. High scores indicate a tendency to devalue the importance of relationships, often manifesting as excessive self-reliance and a strong preference for maintaining independence from others. This pattern may represent either a defensive strategy or a genuine preference for autonomy, with implications for how individuals balance personal and relational needs.

- Preoccupation with Relationships (Items 13, 17, 22, 23, 25; score range: 5 to 30): This subscale measures the extent of cognitive and emotional investment in relationships, particularly concerning worries about relationship status and stability. It reflects the intensity of an individual's focus on relationship dynamics and their tendency to monitor, analyse, and worry about their relationships. High scores indicate significant hypervigilance to relationship cues and excessive concern about relationship status, often leading to difficulties maintaining perspective or engaging in non-relationship activities. This preoccupation can manifest as constant relationship monitoring, difficulty concentrating on other tasks due to relationship concerns, and a tendency to overanalyse relationship interactions.

- Need for Approval (Items 7, 8, 10, 19, 21; score range: 5 to 30): This subscale assesses the degree to which an individual depends on others' validation and acceptance for maintaining self-worth and emotional stability. It reflects sensitivity to rejection and criticism, as well as the strength of need for others' approval and acceptance. High scores indicate excessive dependency on external validation and heightened sensitivity to others' opinions, often manifesting as people-pleasing behaviours, difficulty making independent decisions, and intense fear of rejection. This need for approval can significantly impact relationship dynamics, decision-making processes, and overall emotional well-being.

- Confidence in Interpersonal Interactions (Items 1, 14, 28, 24, 26, 29; score range: 6 to 36):



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### Scoring and Interpretation Information (cont.)

This subscale measures the degree of security and comfort an individual experiences in relationship contexts. Unlike the other subscales, higher scores on this dimension indicate more secure attachment patterns. It reflects an individual's capacity for balanced relationship engagement, including comfort with both intimacy and autonomy. High scores suggest healthy self-reliance combined with the ability to form and maintain meaningful relationships, seek support when needed, and navigate relationship challenges effectively. This subscale plays a unique role in the scoring system, as items from it are subtracted from both attachment dimensions to adjust for security, reflecting the buffering effect of interpersonal confidence against both anxious and avoidant tendencies.

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 adult community sample, where a percentile of 50 represents typical patterns of responding. Participants in the community sample (n = 3,576) ranged in age from 15 to 73 years and were predominantly (90%) of Anglo-Australian background.

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 all dimensions. These patterns range from secure styles (e.g., "Secure Style") to various insecure patterns (e.g., "Fearful-Avoidant Style", "Dismissive-Avoidant 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 scales 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	Slightly agree	Agree	Strongly agree
1	I feel confident that other people will be there for me when I need them	1	2	3	4	5	6
2	I prefer to depend on myself rather than other people	1	2	3	4	5	6
3	I prefer to keep to myself	1	2	3	4	5	6
4	Achieving things is more important than building relationships	1	2	3	4	5	6
5	Doing your best is more important than getting on with others	1	2	3	4	5	6



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### Client Responses (cont.)

		Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly 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
7	It's important to me that others like me	1	2	3	4	5	6
8	I find it hard to make a decision unless I know what other people think	1	2	3	4	5	6
9	My relationships with others are generally superficial	1	2	3	4	5	6
10	Sometimes I think I am no good at all	1	2	3	4	5	6
11	I find it hard to trust other people	1	2	3	4	5	6
12	I find it difficult to depend on others	1	2	3	4	5	6
13	I find that others are reluctant to get as close as I would like	1	2	3	4	5	6
14	I find it relatively easy to get close to other people	1	2	3	4	5	6
15	I find it easy to trust others	6	5	4	3	2	1
16	I feel comfortable depending on other people	6	5	4	3	2	1
17	I worry that others won't care about me as much as I care about them	1	2	3	4	5	6
18	I worry about people getting too close	1	2	3	4	5	6
19	I worry that I won't measure up to other people	1	2	3	4	5	6
20	I have mixed feelings about being close to others	1	2	3	4	5	6
21	I wonder why people would want to be involved with me	1	2	3	4	5	6
22	I worry a lot about my relationships	1	2	3	4	5	6
23	I wonder how I would cope without someone to love me	1	2	3	4	5	6
24	I feel confident about relating to others	1	2	3	4	5	6



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### Client Responses (cont.)

		Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree
25	I often feel left out or alone	1	2	3	4	5	6
26	I often worry that I do not really fit with other people	6	5	4	3	2	1
27	Other people have their own problems, so I don't bother them with mine	1	2	3	4	5	6
28	If something is bothering me, others are generally aware and concerned	1	2	3	4	5	6
29	I am confident that other people will like and respect me	1	2	3	4	5	6