

Interviewer ID _____

ADPATED ADULT ATTACHMENT SCALE

We'd like you to think about the person you consider to be your mother. It could be your biological mother, or another maternal relative who has been your caretaker. Please tell us about whom this is, is it . . .

1. Your biological or adoptive mother
2. Your stepmother
3. Your grandmother
4. Another relative _____
5. Your foster mother
6. Or someone else, please describe _____
7. I do not have someone I think of as my mother

Using the following scale, please rate how much you personally agree/disagree with the following statements **about your mother**.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree

1. I find it difficult to depend on my mother.	1	2	3	4	5
2. My mother is never there when I need her.	1	2	3	4	5
3. I find it difficult to trust my mother completely.	1	2	3	4	5
4. I am comfortable depending on my mother.	1	2	3	4	5
5. I am not sure I can always depend on my mother to always be there when I need her.	1	2	3	4	5
6. I feel that my mother is reluctant to get as close to me as I would like.	1	2	3	4	5
7. Often I worry that my mother does not really love me.	1	2	3	4	5
8. I want to be close to my mother, but I worry that she will hurt me.	1	2	3	4	5
9. Often I worry that my mother would like to avoid me.	1	2	3	4	5
10. I often wonder whether my mother really cares about me.	1	2	3	4	5

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Next, I'll ask you to answer the same set of questions. This time, please think about **your father when answering**.

We'd like you to think about the person you consider to be your father. It could be your biological father, or another paternal relative who has been your caretaker. Please tell us about whom this is, is it . . .

1. Your biological or adoptive father
2. Your stepfather
3. Your grandfather
4. Another relative _____
5. Your foster father
6. Or someone else, please describe _____
7. I do not have someone I think of as my father

Using the following scale, please rate how much you personally agree/disagree with the following statements **about your father**.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree

1. I find it difficult to depend on my father.	1	2	3	4	5
2. My father is never there when I need him.	1	2	3	4	5
3. I find it difficult to trust my father completely.	1	2	3	4	5
4. I am comfortable depending on my father.	1	2	3	4	5
5. I am not sure I can always depend on my father to always be there when I need him.	1	2	3	4	5
6. I feel that my father is reluctant to get as close to me as I would like.	1	2	3	4	5
7. Often I worry that my father does not really love me.	1	2	3	4	5
8. I want to be close to my father, but I worry that he will hurt me.	1	2	3	4	5
9. Often I worry that my father would like to avoid me.	1	2	3	4	5
10. I often wonder whether my father really cares about me.	1	2	3	4	5