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Poster Presentation Research

Explanation of Vulnerability to Somatization and Anxiety Based on Attachment Styles

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Abstract

Several factors may make children vulnerable to psychological problems. Attachment style can be considered as a risk factor for later psychological pathology. The main purpose of this study was to explain vulnerability to somatization and anxiety based on attachment styles in university students in Tehran. The research method was descriptive- correlation. The statistical population comprised of all students at mixed-state universities in Tehran, that by using random multiple cluster sampling method, 384 male and female students were selected and completed the adult attachment inventory (AAI) and the symptom checklist-90-revised (SCL-90-R). Findings were analyzed by using SPSS statistical software, Pearson correlation coefficients and simultaneous regression analysis. Analysis of the data revealed that secure attachment style with vulnerability to anxiety and somatization has negative significant correlation and avoidant and ambivalent attachment styles have positive significant correlation. The results revealed that secure and insecure internal working models that constructed in frame of mother-infant relationship can play a determining role in genesis and perpetuation of psychological vulnerabilities.

Keywords: Somatization, Anxiety, Attachment Styles.

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