



The Relationship Between Adult Attention-Deficit Hyperactivity Disorder and Insecure Attachment Styles

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Introduction

Attachment: the means in which a bond is created in order to maintain future relationships; divided into four classifications

ADHD: Disorder commonly found in children and adolescents, characterized by symptoms of either hyperactivity-impulsivity or inattention, or is represented in a combined form

Hypothesis

Participants with a diagnosis of ADHD will report higher levels of anxious and avoidant attachment styles as well as higher scores on both the Adult ADHD Self-Report Scale and the Neuroticism section of the Big Five Inventory.

Methods

ASRS-5

BFI-N

ECR-R

291
Participants

165
females
120
males

Between
the ages
of 18 and
71

SONA
Systems
&
Cloud
Research

Results

Descriptive Statistics for Experiences in Close Relationships-Anxiety Scale by ADHD Diagnosis

ADHD Diagnosis	N	Mean	S.D.	S.E.
Yes	180	78.00	24.8	1.8
No	107	60.00	25.7	2.5
Total	287	71.29	26.5	1.6

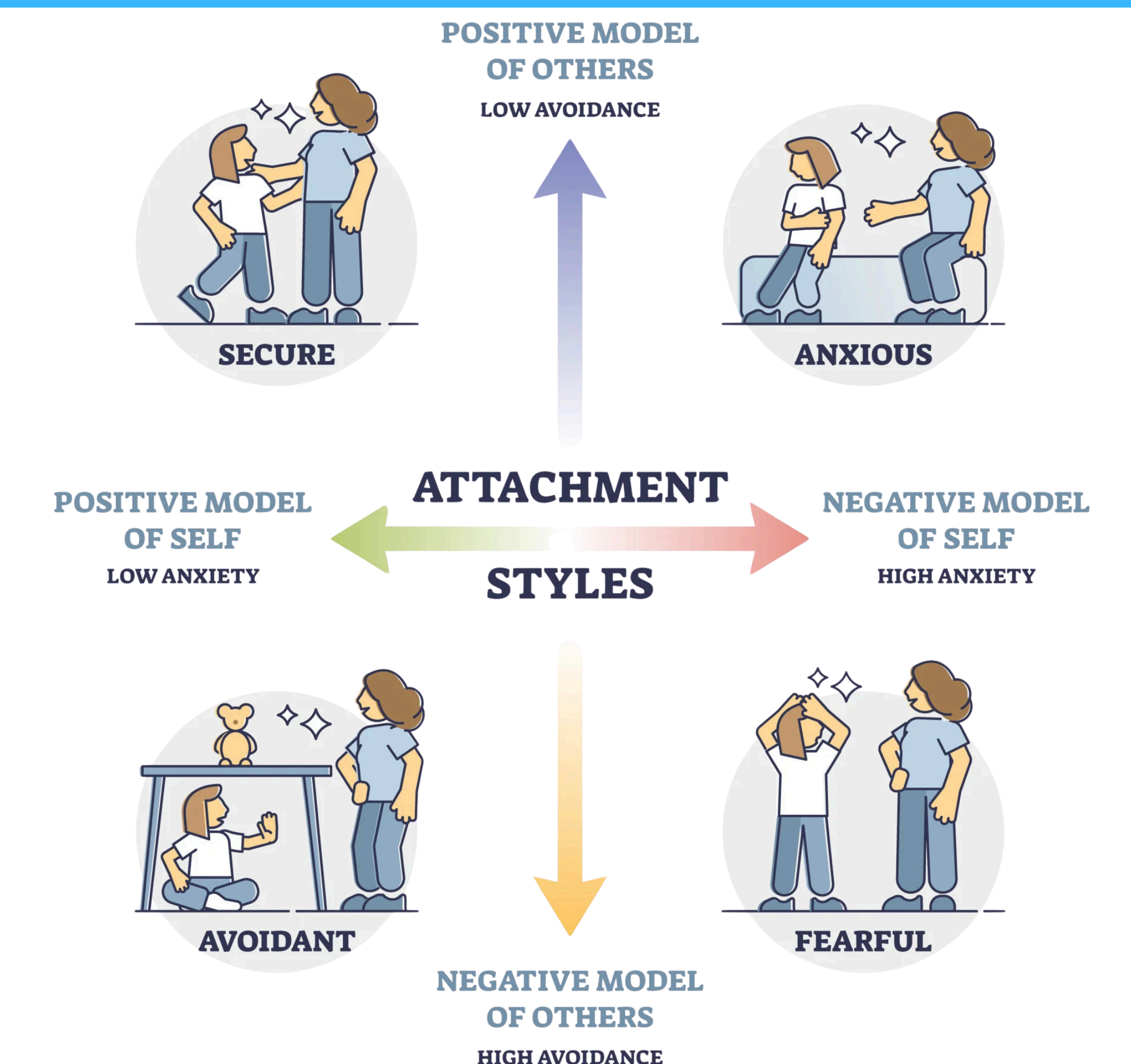
Descriptive Statistics for Experiences in Close Relationships-Avoidance Scale by ADHD

Diagnosis

ADHD Diagnosis	N	Mean	S.D.	S.E.
Yes	179	65.30	19.8	1.5
No	107	59.84	19.4	1.9
Total	286	63.26	19.8	1.2

Discussion

- Correlation found between negative peer relationships and insecure attachment styles
- Insecurely attached individuals have a lower model of self and lower confidence
- Avoidantly attached individuals experience less positive emotional feelings and have a more negative outlook on life
- Anxiously attached individuals report less joy, competence, and higher stress levels
- Having a secure attachment figure by age 3 leads to higher levels of competency
- Children with secure attachment styles are more liked by their peers are seen as more cooperative, supportive than insecurely attached peers due to their improved emotional management skills



Limitations

- The use of measures such as the Adult Attachment Interview
- The addressing of environmental factors may further our understanding of ADHD and improvements in the lives of those who are affected by the disorder.

Future Directions

- Replicate current study on children with ADHD
- Reconvene same child study to analyze adult behavior patterns in order to analyze the effects of ADHD on relationships longitudinally
- Use current study as basis to determine the effectiveness of several different types of ADHD treatments including therapy and medication