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Affect Consciousness and Adult Attachment

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ABSTRACT

The concept of affect consciousness refers to the ability to perceive, reflect upon, express and respond to one's own or other individuals' affective experiences. The aim of this study was to investigate how affect consciousness and adult attachment are related. Three clinical groups (eating disorders, relational problems, and stress-related problems), and one non-clinical group (total N = 82) completed the Attachment Style Questionnaire and were interviewed using the Affect Consciousness Interview—Self/Other. Results showed associations between high affect consciousness and secure attachment, and between low affect consciousness and insecure attachment. Moreover, attachment style was predicted by consciousness about others' and own affects in general, and specifically by consciousness about others' anger and guilt, and by own joy. Affect consciousness as a potential dimension or moderator of attachment merits further investigation.

KEYWORDS

Affect; Affect Consciousness; Affect Consciousness Interview—Self/Other; ACI-S/O Attachment Style; ASQ; Emotion

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