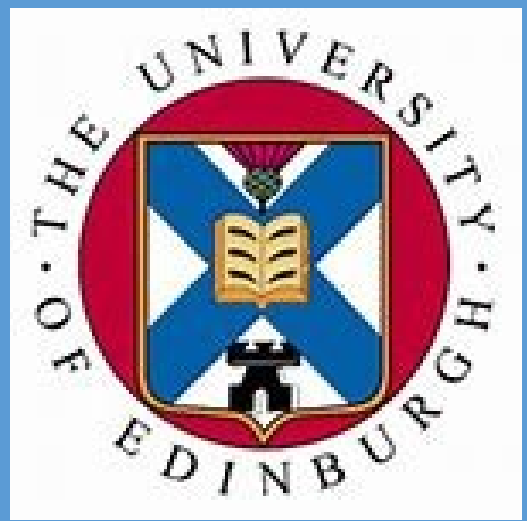


# Flexible Security: Psychological Flexibility & Attachment in Romantic Partnerships

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## Introduction

- Attachment style impacts behaviourally on social functioning (Holt-Lunstad, 2018)
- Attachment insecurity typically linked to poorer individual and relational wellbeing (Loving & Slatcher, 2013)
- Individuals with insecure attachment styles typically self-critical and low on self-

- compassion (Irons et al 2006)
- Attachment can change in the context of romantic relationships (Arriaga et al 2018)

## Research question

- What role does attachment play in the relationship between psychological flexibility and individual and relational wellbeing?

## Method

### Participants

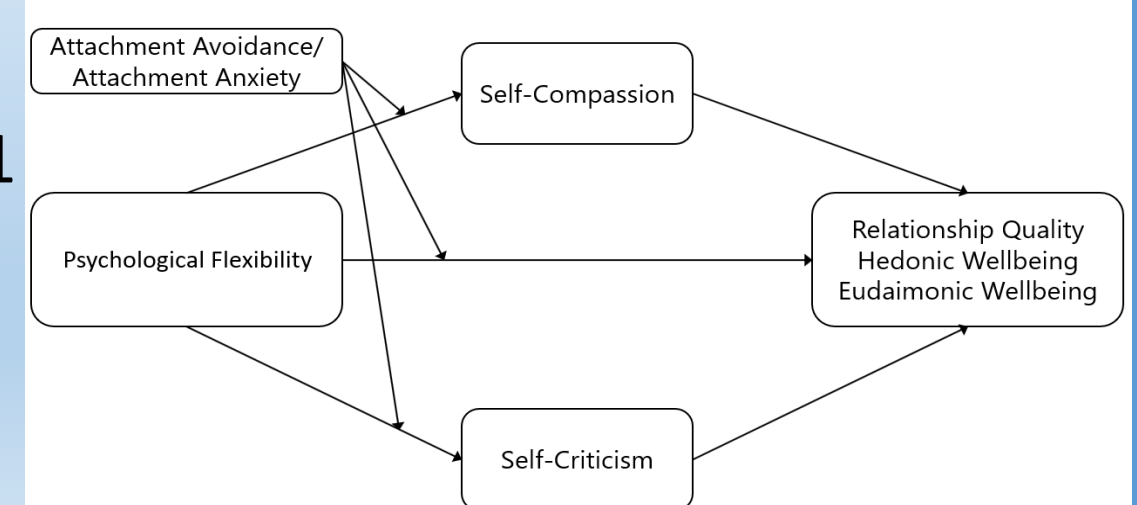
1479 romantically-involved individuals: 62% female, 18-76 years of age ( $M_{years} = 37$ ,  $SD_{years} = 11$ ), 81% Caucasian, 89% heterosexual, relationship length 1 month - 54 years ( $M_{years} = 10$ ,  $SD_{years} = 10$ ), 62% common-law, engaged, or married, 70%

cohabiting

### Materials & Procedure

Qualtrics based online study across three samples

### Conceptual Model

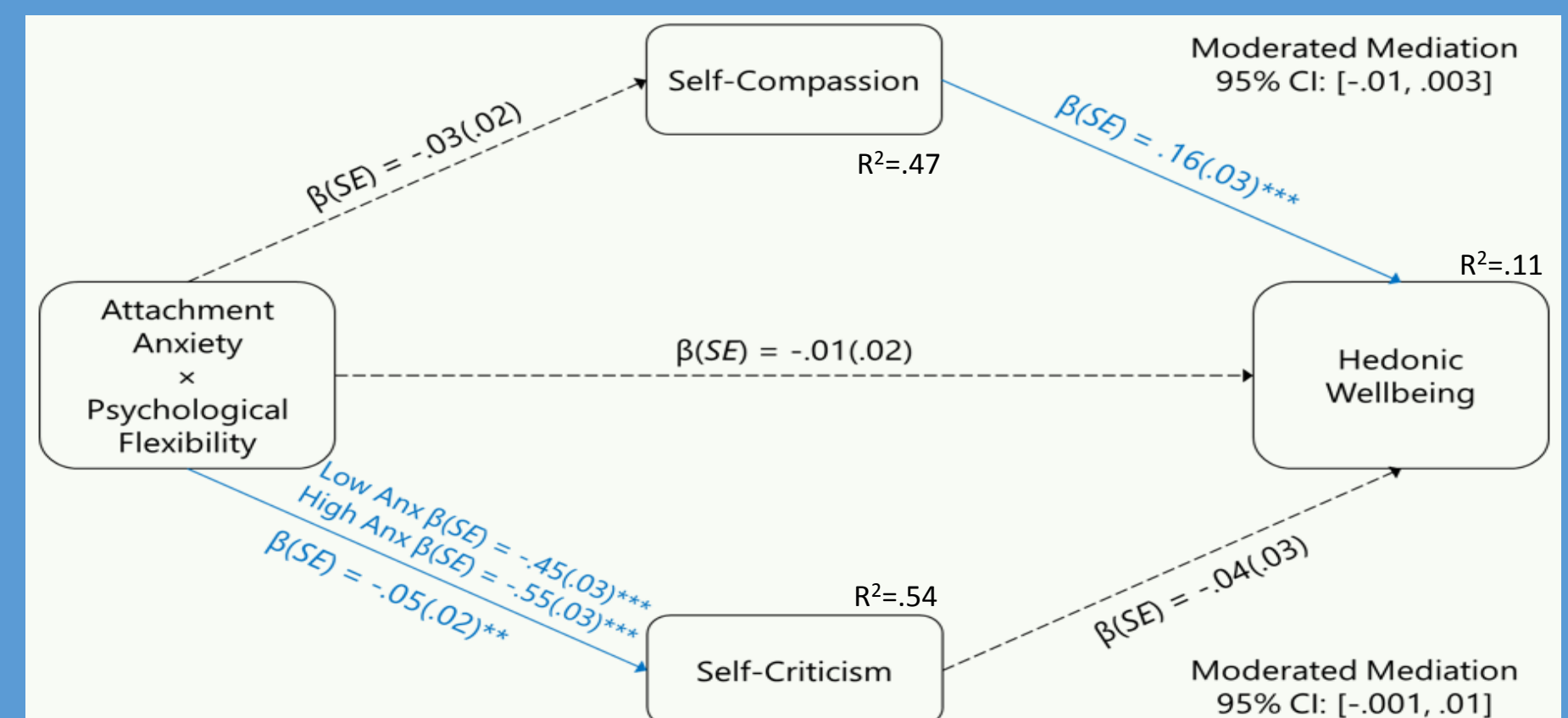
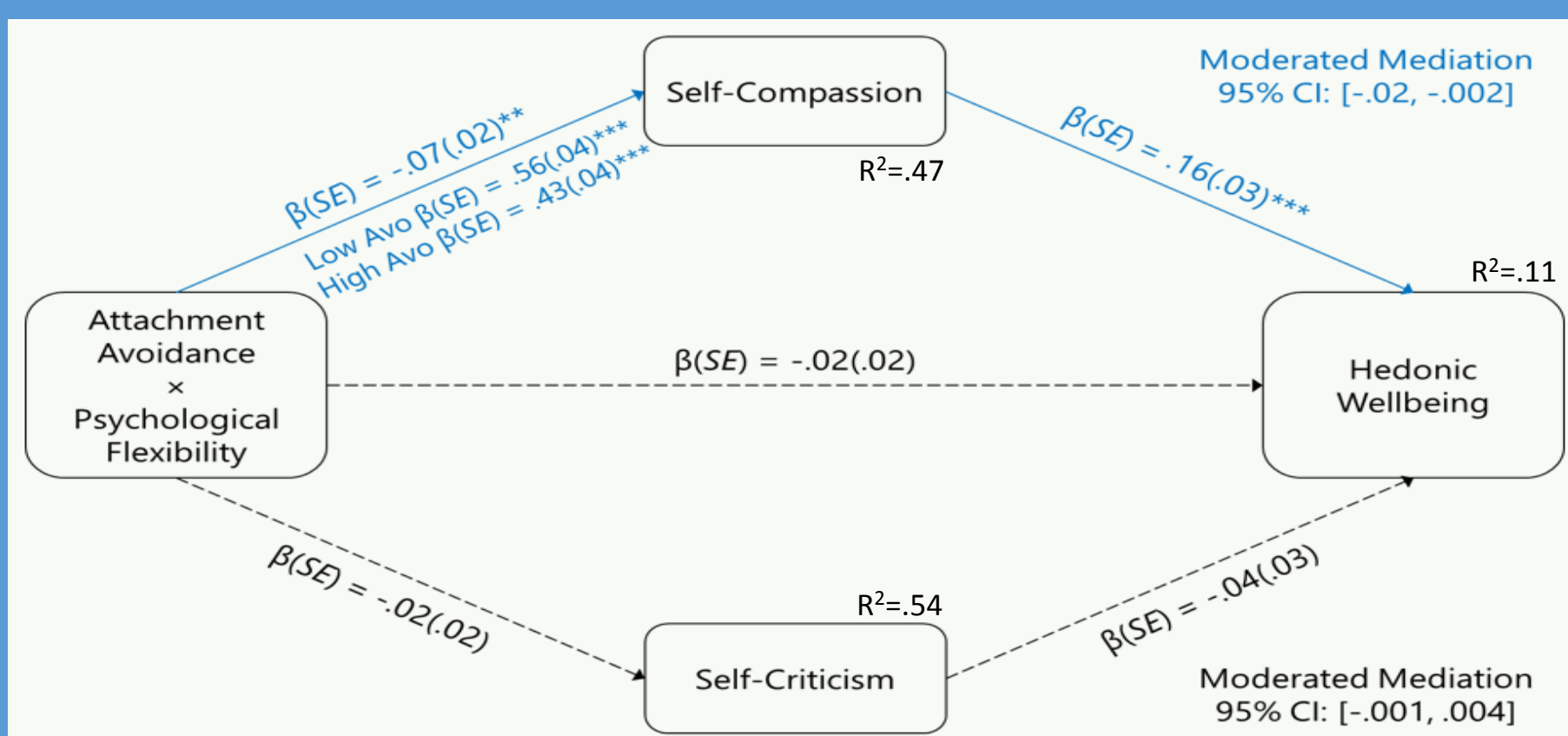


## Correlations Among Study Measures

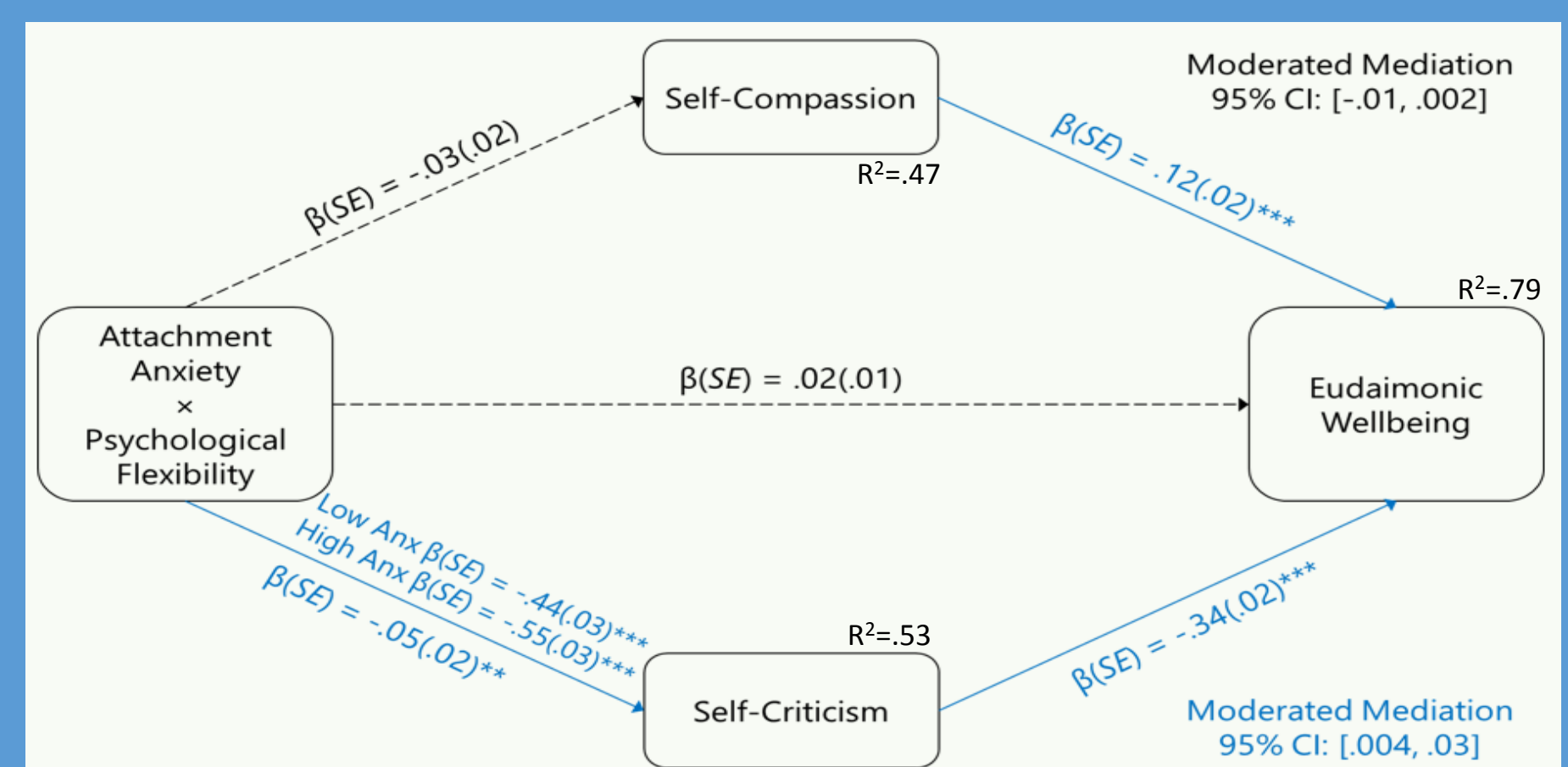
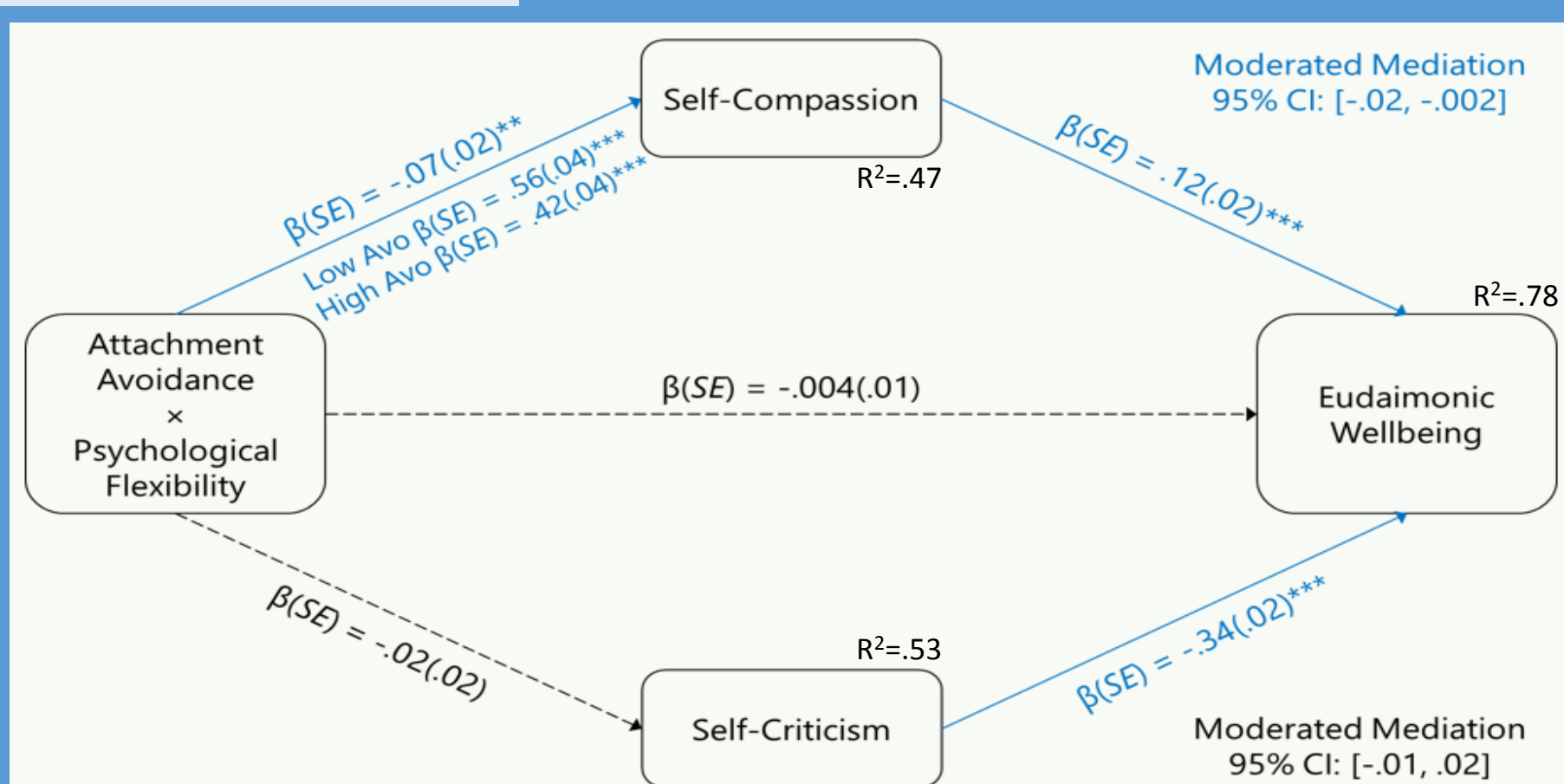
	Psychological Flexibility	Attachment Anxiety	Attachment Avoidance	Self Compassion	Self Criticism	Hedonic Wellbeing	Eudaimonic Wellbeing	Relationship Quality
Psychological Flexibility	-	-.63**	-.56**	.65**	-.70**	.10**	.79**	.37**
Attachment Anxiety		-	-.42**	-.52**	.59**	-.003	-.59**	-.30**
Attachment Avoidance			-	-.40**	.48**	-.11**	-.60**	-.48**
Self Compassion				-	-.82**	.24**	.74**	.29**
Self Criticism					-	-.18**	-.81**	-.34**
Hedonic Wellbeing						-	.29**	.27**
Eudaimonic Wellbeing							-	.46**
Relationship Quality								-

Note: \*\*p<.001

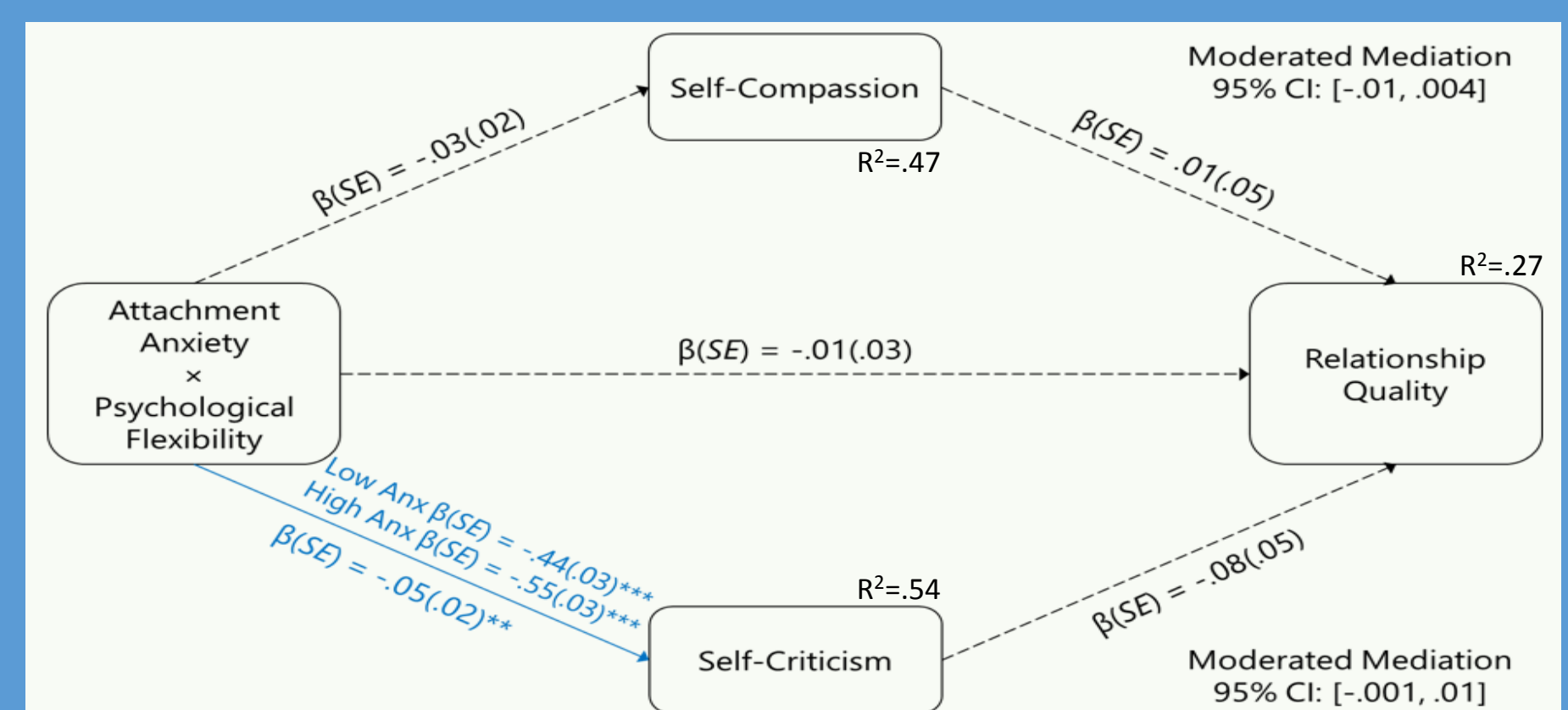
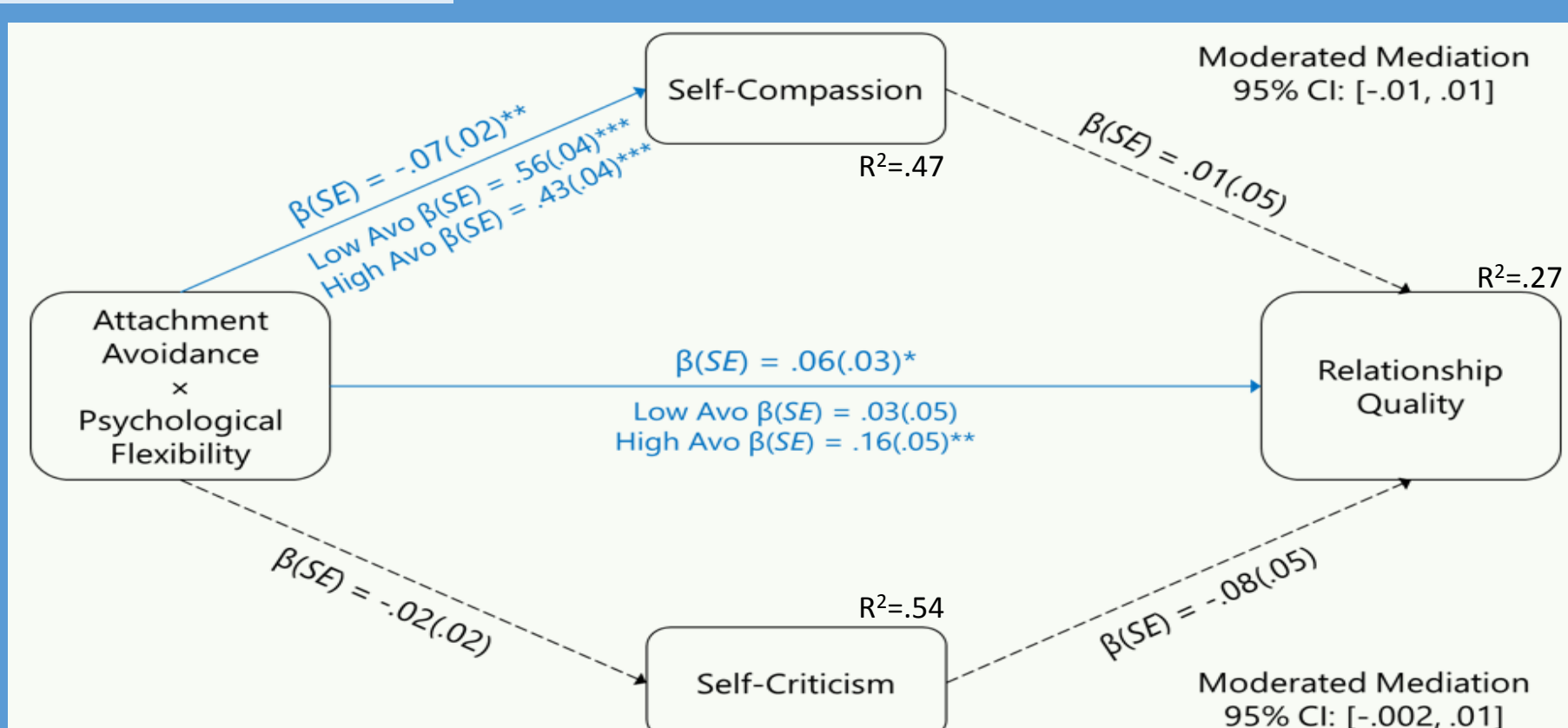
## Hedonic Wellbeing



## Eudaimonic Wellbeing



## Relationship Quality



## References

- Arriaga et al. (2018) Revising working models across time: Relationship situations that enhance attachment security. *Personality and Social Psychology Review*, 22, 71-96.
- Holt-Lunstad (2018) Why social relationships are important for physical health: A systems approach to understanding and modifying risk and protection. *Annual Review of Psychology*, 69, 437-58.
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