

The Adolescent Attachment Anxiety & Avoidance Inventory: Parent Version

Please read each sentence and indicate how much you agree or disagree in regards to your relationship with your youth now or in the past six months.

Disagree Strongly			Neutral			Agree Strongly	
1	2	3	4	5	6	7	
1. My youth prefers not to show me how he/she feels deep down.	1	2	3	4	5	6	7
2. When my youth is away from me, he/she feels anxious and afraid.	1	2	3	4	5	6	7
3. My youth is very comfortable being close to me.	1	2	3	4	5	6	7
4. If my youth can't get me to show interest in him/her, he/she gets upset or angry.	1	2	3	4	5	6	7
5. My youth finds it difficult to depend on me.	1	2	3	4	5	6	7
6. My youth worries about being away from me.	1	2	3	4	5	6	7
7. My youth needs a lot of reassurance that he/she is loved by me.	1	2	3	4	5	6	7
8. My youth worries that I don't care about him/her as much as he/she cares about me.	1	2	3	4	5	6	7
9. My youth worries about being abandoned or rejected by me.	1	2	3	4	5	6	7
10. My youth isn't comfortable opening up to me.	1	2	3	4	5	6	7
11. Just when I start to get close to my youth I find him/her pulling away from me.	1	2	3	4	5	6	7

12. My youth gets frustrated when I am not around as much as he/she would like.
1 2 3 4 5 6 7
13. My youth is comfortable sharing his/her private thoughts and feelings with me.
1 2 3 4 5 6 7
14. My youth gets uncomfortable when I want to be close to him/her.
1 2 3 4 5 6 7
15. My youth wishes that my feelings for him/her were as strong as his/her feelings for me.
1 2 3 4 5 6 7
16. My youth feels comfortable depending on me.
1 2 3 4 5 6 7
17. My youth feels really bad about him/herself when I disapprove of him/her.
1 2 3 4 5 6 7
18. My youth tries to avoid getting too close to me.
1 2 3 4 5 6 7
19. My youth worries a lot about his/her relationship with me.
1 2 3 4 5 6 7
20. My youth tells me just about everything.
1 2 3 4 5 6 7
21. Often my youth wants to be really close to me and this makes me feel like backing away.
1 2 3 4 5 6 7
22. My youth wants to get close to me but keeps pulling back.
1 2 3 4 5 6 7
23. My youth resents it when I spend time away from him/her.
1 2 3 4 5 6 7
24. My youth usually discusses his/her problems and concerns with me.
1 2 3 4 5 6 7
25. My youth finds it relatively easy to get close to me.
1 2 3 4 5 6 7

If interested in using this measure for research and/or clinical purposes, please contact Dr. Marlene Moretti at moretti@sfu.ca for permission to do so.

26. Sometimes my youth tries to force me to show that I care about him/her.
1 2 3 4 5 6 7
27. My youth doesn't mind asking me for comfort, advice, or help.
1 2 3 4 5 6 7
28. My youth's desire to be very close sometimes scares people away.
1 2 3 4 5 6 7
29. My youth worries a fair amount about losing me.
1 2 3 4 5 6 7
30. My youth turns to me for many things, including comfort and reassurance.
1 2 3 4 5 6 7
31. My youth prefers not to be too close to me.
1 2 3 4 5 6 7
32. My youth gets frustrated if I am not available when he/she needs me.
1 2 3 4 5 6 7
33. My youth is comforted by turning to me in times of need.
1 2 3 4 5 6 7
34. My youth feels that I don't want to get as close as he/she would like.
1 2 3 4 5 6 7
35. My youth doesn't often worry about being abandoned.
1 2 3 4 5 6 7
36. My youth gets nervous when I get close to him/her.
1 2 3 4 5 6 7