

The Adolescent Attachment Anxiety & Avoidance Inventory (AAAAI)

The Adolescent Attachment Anxiety & Avoidance Inventory (AAAAI previously APAI; Moretti & Obsuth, 2009) is a 36-item measure of adolescent-parent attachment adapted from Brennan, Clark, and Shaver's (1996, 1998) Experiences in Close Relationships (ECR) scale to assess adolescents' relationships with their parents or primary caregivers. Each statement is scored on a 7-point scale ranging from 1 "Strongly Disagree" to 7 "Strongly Agree".

Consistent with the ECR and other self-report measures of attachment, two super-ordinate factors tapping attachment anxiety and attachment avoidance have been confirmed (Steiger, 2003, 2008). The measure possesses strong psychometric properties; the factor structure and convergent validity of the AAAAI have been supported in previous research (Moretti & Obsuth, 2009; Moretti et al., 2015; Steiger, 2003, 2008; Steiger & Moretti, 2005; Steiger, Moretti, & Obsuth, 2009).

References and Additional Readings:

Moretti, M. M., Obsuth, I., Craig, S. G., & Bartolo, T. (2015). An attachment-based intervention for parents of adolescents at risk: Mechanisms of change. *Attachment & Human Development*, 17, 119-35.

Moretti, M., & Obsuth, I. (2009). Effectiveness of an attachment-focused manualized intervention for parents of teens at risk for aggressive behaviour: The Connect Program. *Journal of Adolescence*, 32(6), 1347-1357.

Steiger, A., Moretti, M. M., & Obsuth, I. (2009, March). An examination of complex interactions between parenting and attachment in the prediction of adolescent externalizing behavior. Paper presented at the biennial meeting of the Society for Research in Child Development, Denver, CO.

Steiger, A. (2008). Parenting and Attachment: An Examination of Mediation and Moderation in the Prediction of Adolescent Psychopathology. Unpublished doctoral dissertation. Simon Fraser University, Burnaby, BC, Canada

Steiger, A. R., & Moretti, M. M. (2005, June). Convergent and discriminant validity of the comprehensive adolescent-parent attachment inventory. Poster presented at the annual meeting of the Canadian Psychological Association, Montreal.

Steiger, A. (2003). Validation of the Comprehensive Adolescent-Parent Attachment Inventory (CAPAI). Unpublished master's thesis. Simon Fraser University, Burnaby, British Columbia, Canada.

Item	Factor	
	1	2
(30r) I turn to my parent for many things, including comfort and reassurance (v-)	.783	
(27r) I don't mind asking my parent for comfort, advice, or help (v-)	.772	
(24r) I usually discuss my problems and concerns with my parent (v-)	.753	
(33r) It helps to turn to my parent in times of need (v-)	.737	
(20r) I tell my parent just about everything (v-)	.714	
(25r) I find it relatively easy to get close to my parent (v-)	.711	
(18) I try to avoid getting too close to my parent (v+)	-.685	
(16r) I feel comfortable depending on my parent (v-)	.619	
(31) I prefer not to be too close to my parent (v+)	-.615	
(10) I don't feel comfortable opening up to my parent (v+)	-.600	
(05) I find it difficult to depend on my parent (v+)	-.589	
(14) I get uncomfortable when my parent wants to be very close (v+)	-.589	
(03r) I am very comfortable being close to my parent (v-)	.581	
(13r) I feel comfortable sharing my private thoughts and feelings with my parent (v-)	.569	
(36) I am nervous when my parent gets too close to me (v+)	-.565	
(11) Just when my parent starts to get close to me I find myself pulling away (v+)	-.454	.448
(01) I prefer not to show my parent how I feel deep down (v+)	-.426	
(15) I often wish that my parent's feelings for me were as strong as my feelings are for my parent (x+)		.690
(19) I worry a lot about my relationship with my parent (x+)		.690
(34) I find that my parent doesn't want to get as close as I would like (x+)		.686
(08) I worry that my parent won't care about me as much as I care about my parent (x+)		.669
(07) I need a lot of reassurance that I am loved by my parent (x+)		.666
(22) I want to get close to my parent, but I keep pulling back (v+)		.660
(09) I worry about being abandoned by my parent (x+)		.646
(21) I often want to be really close to my parent and sometimes this makes my parent back away (x+)		.643
(17) When my parent disapproves of me, I feel really bad about myself (x+)		.585
(23) I resent it when my parent spends time away from me (x+)		.582
(29) I worry a fair amount about losing my parent (x+)		.577
(26) Sometimes I feel that I have to force my parent to show that my parent cares about me (x+)		.570
(12) I get frustrated when my parent is not around as much as I would like (x+)		.515
(06) I worry about being away from my parent (x+)	.369	.499
(04) If I can't get my parent to show interest in me, I get upset or angry (x+)		.466
(02) When I'm away from my parent I feel anxious and afraid (x+)	.350	.459
(32) I get frustrated if my parent is not available when I need my parent (x+)		.431
(28) My desire to be very close sometimes scares people away (x+)		.411
(35r) I don't often worry about being abandoned (x-)		-.303

Table 1. EFA rotated 2-factor solution for the AAAAI; Loadings less than .30 are suppressed for ease of interpretation; X's denote Anxiety items, V's denote Avoidance items; +/- indicates direction of keying; Item numbers are in parentheses. For more information, please see Steiger, A. (2008).

Note: Some items did not load as expected. Items 11, 06, and 02 loaded on both the Anxiety and Avoidance factors. Item 22, an avoidance item, loaded instead on the Anxiety factor. We recommend all researchers using the AAAAI to conduct their own factor analysis.

Scoring of the Adolescent Attachment Anxiety & Avoidance Inventory (AAAI)

The AAAAI contains 18 items assessing attachment anxiety and 18 items that tap attachment avoidance. Attachment anxiety is calculated as the mean of the following items: (Note that item 35, marked with a small "r", is reverse scored; 7=1, 6=2, 5=3, 4=4, 3=5, 2=6, 1=7)

- 8. I worry that my parent won't care about me as much as I care about my parent
- 19. I worry a lot about my relationship with my parent
- 7. I need a lot of reassurance that I am loved by my parent
- 15. I often wish that my parent's feelings for me were as strong as my feelings are for my parent
- 12. I get frustrated when my parent is not around as much as I would like
- 34. I find that my parent doesn't want to get as close as I would like
- 2. When I'm away from my parent I feel anxious and afraid
- 9. I worry about being abandoned by my parent
- 17. When my parent disapproves of me, I feel really bad about myself
- 29. I worry a fair amount about losing my parent
- 23. I resent it when my parent spends time away from me
- 4. If I can't get my parent to show interest in me, I get upset or angry
- 26. Sometimes I feel that I have to force my parent to show that my parent cares about me
- 21. I often want to be really close to my parent and sometimes this makes my parent back away
- 6. I worry about being away from my parent
- 28. My desire to be very close sometimes scares people away
- 32. I get frustrated if my parent is not available when I need my parent
- 35r. I don't often worry about being abandoned

Attachment avoidance is calculated as the mean of the following items (Note that items 27, 24, 25, 20, 30, 3, 33, 16, 13 are reverse scored; 7=1, 6=2, 5=3, 4=4, 3=5, 2=6, 1=7)

- 27r. I don't mind asking my parent for comfort, advice, or help
- 24r. I usually discuss my problems and concerns with my parent

- 25r. I find it relatively easy to get close to my parent
- 20r. I tell my parent just about everything
- 18. I try to avoid getting too close to my parent
- 30r. I turn to my parent for many things, including comfort and reassurance
- 3r. I am very comfortable being close to my parent
- 31. I prefer not to be too close to my parent
- 33r. It helps to turn to my parent in times of need
- 10. I don't feel comfortable opening up to my parent
- 16r. I feel comfortable depending on my parent
- 13r. I feel comfortable sharing my private thoughts and feelings with my parent
- 14. I get uncomfortable when my parent wants to be very close
- 5. I find it difficult to depend on my parent
- 36. I am nervous when my parent gets too close to me
- 11. Just when my parent starts to get close to me I find myself pulling away
- 1. I prefer not to show my parent how I feel deep down
- 22. I want to get close to my parent, but I keep pulling back