

## The Adolescent Attachment Anxiety & Avoidance Inventory: Youth Version

Please think about one parent or caregiver who has played the **most important part in raising you**. You most likely live with this parent now, but you may be living somewhere else and still have contact with this parent. Answer all the questions based on how you feel about this parent **now or in the past six months**.

**Before you start, who is this parent? Circle ONE:**

MOM                                      DAD                                      STEPMOM                                      STEPDAD  
FOSTER MOM                                      FOSTER DAD                                      GRANDMOTHER                                      GRANDFATHER

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

**Disagree Strongly**                                      **Neutral**                                      **Agree Strongly**  
1                                      2                                      3                                      4                                      5                                      6                                      7

1. I prefer not to show my parent how I feel deep down.  
1                                      2                                      3                                      4                                      5                                      6                                      7
2. When I'm away from my parent I feel anxious and afraid.  
1                                      2                                      3                                      4                                      5                                      6                                      7
3. I am very comfortable being close to my parent.  
1                                      2                                      3                                      4                                      5                                      6                                      7
4. If I can't get my parent to show interest in me, I get upset or angry.  
1                                      2                                      3                                      4                                      5                                      6                                      7
5. I find it difficult to depend on my parent.  
1                                      2                                      3                                      4                                      5                                      6                                      7
6. I worry about being away from my parent.  
1                                      2                                      3                                      4                                      5                                      6                                      7
7. I need a lot of reassurance that I am loved by my parent.  
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](mailto:moretti@sfu.ca) for permission to do so.

8. I worry that my parent won't care about me as much as I care about my parent.  
1            2            3            4            5            6            7
9. I worry about being abandoned by my parent.  
1            2            3            4            5            6            7
10. I don't feel comfortable opening up to my parent.  
1            2            3            4            5            6            7
11. Just when my parent starts to get close to me I find myself pulling away.  
1            2            3            4            5            6            7
12. I get frustrated when my parent is not around as much as I would like.  
1            2            3            4            5            6            7
13. I feel comfortable sharing my private thoughts and feelings with my parent.  
1            2            3            4            5            6            7
14. I get uncomfortable when my parent wants to be very close.  
1            2            3            4            5            6            7
15. I often wish that my parent's feelings for me were as strong as my feelings for my parent.  
1            2            3            4            5            6            7
16. I feel comfortable depending on my parent.  
1            2            3            4            5            6            7
17. When my parent disapproves of me, I feel really bad about myself.  
1            2            3            4            5            6            7
18. I try to avoid getting too close to my parent.  
1            2            3            4            5            6            7
19. I worry a lot about my relationship with my parent.  
1            2            3            4            5            6            7
20. I tell my parent just about everything.  
1            2            3            4            5            6            7
21. I often want to be really close to my parent and sometimes this makes them back away.  
1            2            3            4            5            6            7
22. I want to get close to my parent, but I keep pulling back.  
1            2            3            4            5            6            7

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23. I resent it when my parent spends time away from me.  
1            2            3            4            5            6            7
24. I usually discuss my problems and concerns with my parent.  
1            2            3            4            5            6            7
25. I find it relatively easy to get close to my parent.  
1            2            3            4            5            6            7
26. Sometimes I feel that I have to force my parent to show that my parent cares about me.  
1            2            3            4            5            6            7
27. I don't mind asking my parent for comfort, advice, or help.  
1            2            3            4            5            6            7
28. My desire to be very close sometimes scares people away.  
1            2            3            4            5            6            7
29. I worry a fair amount about losing my parent.  
1            2            3            4            5            6            7
30. I turn to my parent for many things, including comfort and reassurance.  
1            2            3            4            5            6            7
31. I prefer not to be too close to my parent.  
1            2            3            4            5            6            7
32. I get frustrated if my parent is not available when I need my parent.  
1            2            3            4            5            6            7
33. It helps to turn to my parent in times of need.  
1            2            3            4            5            6            7
34. I find that my parent doesn't want to get as close as I would like to.  
1            2            3            4            5            6            7
35. I don't often worry about being abandoned.  
1            2            3            4            5            6            7
36. I am nervous when my parent gets too close to me.  
1            2            3            4            5            6            7