

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.

**THE ADOLESCENT ATTACHMENT ANXIETY & AVOIDANCE INVENTORY – SHORT FORM**  
**Youth Self-Report**

What parent or adult has been the most important in raising you? You probably live with this parent now, but you may be living somewhere else and still have contact with them. Answer all the questions based on how you feel about this parent/adult.

Who is this parent/adult (for example: mother, father, foster parent, etc.)? \_\_\_\_\_

Read each sentence and circle the number to show how much you agree or disagree with how it describes you over the past 6 months, on average.

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

<b>Over the <u>past 6 months</u>, on average...</b>							
1. I need a lot of reassurance that I am loved by my parent.	1	2	3	4	5	6	7
2. 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
3. I feel comfortable depending on my parent.	1	2	3	4	5	6	7
4. I worry about being abandoned by my parent.	1	2	3	4	5	6	7
5. I often wish that my parent's feelings for me were as strong as my feelings are for my parent.	1	2	3	4	5	6	7
6. I try to avoid getting too close to my parent.	1	2	3	4	5	6	7
7. I worry a lot about my relationship with my parent.	1	2	3	4	5	6	7
8. I tell my parent just about everything.	1	2	3	4	5	6	7
9. I often want to be really close to my parent and sometimes this makes my parent back away.	1	2	3	4	5	6	7
10. I usually discuss my problems and concerns with my parent.	1	2	3	4	5	6	7
11. I find it relatively easy to get close to my parent.	1	2	3	4	5	6	7

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12. I want to get close to my parent but I keep pulling back.	1	2	3	4	5	6	7
13. I don't mind asking my parent for comfort, advice, or help.	1	2	3	4	5	6	7
14. I find that my parent doesn't want to get as close as I would like.	1	2	3	4	5	6	7
15. I turn to my parent for many things, including comfort and reassurance.	1	2	3	4	5	6	7
16. It usually helps to turn to my parent for comfort in times of need.	1	2	3	4	5	6	7

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