

The Attachment Style Interview for Researchers & Clinicians (ASI-RCP)

Kingston University London

The Research Attachment Style Interview (ASI-RCP) is an assessment tool, which assesses characteristics of adults and young people in terms of their quality of close relationships, social support and security of attachment style.

Training package & costs

A 4 day training workshop, taking place in central London, is available for researchers and clinicians, which will enable the reliable use of the assessment tool.

The training involves:

- A 4-day training workshop for researchers and clinicians wanting to learn to use the ASI reliably. The current cost of the training is £550 for full 4 days per trainee. (*Those previously trained on a ASI-RCP 3-day course we are now able to offer the additional, 4th training day for £100. This training day is to discuss rating thresholds and experiences of administering the interview in practice*).
- Additional arrangements can be made for further evaluation of the ASI in practice, continued consultation and reliability with Professor Bifulco and her team if required.

The ASI is an interview which **assesses characteristics of young people and adults** in terms of their quality of partnerships, or (relationship with parents for young people) social support and attachment style. It is one of the few attachment style interviews which has a transparent method of questioning and scoring to assess both secure and insecure relating styles. The training course will enable researchers to administer and reliably score the ASI.

The ASI research interview has been used extensively in research studies to examine psycho-social risks for mental health problems, including major depression, anxiety and post natal depression. It has also been extensively used cross culturally and is translated into a number of languages including Japanese, French, German and Italian. Its reliability and validity is established among researchers (including several cross cultural studies) and high levels of association are found with depression outcomes and social factors such as poor support, low self-esteem and early adverse childhood experience and tracking such needs over the course of crises that may arise with the placed child.

The training is run by Professor Antonia Bifulco at Kingston University London and her team of researchers. Professor Bifulco is an experienced social scientist with 20 years experience researching family life, parenting, neglect/abuse and support in relation to mental health. The other four co-trainers are all researchers with extensive experience of the ASI and with additional experience in evaluating services, assessing children and counselling and play therapist skills.

Training workshop timetable (4 days)

Day 1: An overview of the ASI categories and rating procedures, the interview and rating system. Introduction to scoring quality of marital relationship, support and relating ability.

Day 2: Intensive training in scoring quality of marital relationship, support and relating ability. This will be aided by video and audio-taped interviews and vignettes of adults' support-contexts. Introduction to assessing attachment style.

Day 3: Intensive training in assessing attachment style in terms of secure and insecure styles and those enmeshed, fearful, dismissive and withdrawn. Trainees will acquire reliable scoring of interviews and vignettes.

Day 4: Trainees will return after completion of a pilot interview to discuss rating thresholds and experiences of administering the interview in practice.

Location & duration

All the training will take place at a Central London venue: **11 Bedford Square**, WC1B 3RF (020 7307 8600). 11 Bedford Square is located on the corner of Gower Street and Montague Place and is 5-10 minutes in a taxi from King's Cross Railway station.

All training will take place between 10am and 4pm with lunch 1-2pm. There may be a little reading or rating set as homework tasks.

For further information, training dates or to receive academic papers on the measure please contact:

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Academic papers

Bifulco, A, J, Kwon J-H, Jacobs C, Moran PM, Bunn A, Beer N, (2006). Adult Attachment Style as mediator between childhood neglect/abuse and adult depression and anxiety. Social Psychiatry and Psychiatric Epidemiology, 127: 1-11.

Bifulco A, Figueiredo B, Guedeney N, Gorman L, Hayes S, Muzik M, Gatigny-Dally E, Valoriani V, Kammerer M, Henshaw C & the TCS-PND group. (2004) Maternal attachment style and depression associated with childbirth; preliminary results from European/US cross-cultural study. British Journal of Psychiatry 184 (suppl 46), s31-s37

Bifulco, A, Mahon J, Kwon J-H, Moran PM & Jacobs C (2003). The Vulnerable Attachment Style Questionnaire: An interview-derived measure of relationship styles predictive of depression. Psychological Medicine, 33, 1099-1110

Bifulco A (2002) Attachment style measurement - A clinical and epidemiological perspective. Attachment and Development, 4: 180-188

** Bifulco A, Moran P, Ball C & Bernazzani O (2002) Adult Attachment Style I: Its relationship to clinical depression. Social Psychiatry and Psychiatric Epidemiology, 37: 50-59.

**Bifulco A, Moran P, Ball C & Lillie A (2002) Adult Attachment Style II. Its relationship to psychosocial depressive-vulnerability. Social Psychiatry and Psychiatric Epidemiology, 37: 60-67.