

Information Sheets & Guidance to aid Social workers in the dissemination of the Attachment Style Interview for Adoption/Fostering

Introduction

Using the ASI-AF

- Only professionals who have completed the four day training and hold a certificate of attendance are able to carry out and rate an ASI-AF interview.
- The whole interview, with each ASI-AF scale evidenced, must be completed.
- The fully rated ASI-AF interview pack must be kept in the person's file for future scrutiny and to back up your judgements. This may need to be seen by others.
- If there is doubt over a key rating it must be discussed with a colleague who is trained or a member of the Lifespan group.
(see www.attachmentstyleinterview.com)

Introducing the ASI-AF to carers

- Print out, or photocopy, Information Sheet 1 from this document
- Always ask client to read information sheet before administering the interview.
- Carers must be interviewed without their partner or family members present.

Feeding back the ASI-AF to carers

- Print out, or photocopy, Information Sheet 2 from this document
- Always bear in mind the elements of carer characteristics which you are assessing for suitability and the role of the ASI-AF in your overall assessment. Thus practice guidance talks of stable partnerships, good support network and good emotional context for the child. These are the areas which the ASI addresses and the ASI will therefore form only part of a much wider assessment.
- Make it clear to yourself and your client that the assessment tool is an *objective assessment made on predetermined rules and rating procedures* and not based on the opinion of the practitioner.

- If a person is rated either with a 'Markedly Insecure' or 'Moderately Insecure' attachment on the ASI-AF then outline the risks associated in terms of:
 - Inability to get effective support
 - Problems in interactions
 - Problems in trusting or relying on others etc
 - Higher risk for problems with emotional health in relation to stress
 - Often more negative early life experience
 - History of severe marital problems
- Note that $\frac{3}{4}$ of the regular population are expected to be clearly secure or Mildly Insecure. You can state that insecure attachment style can change and that positive change is related to improvements in support and communication patterns.

Information Sheet 1 for foster carers or adopters:

Introducing the Attachment Style Interview for Adoption/Fostering (ASI-AF) For use before the interview

The Attachment Style Interview is an assessment tool now being used in the Adoption/Fostering field to look at characteristics of carers and prospective carers to help us with the assessment of prospective carers as part of the wider assessment, to predict better matches between carers and placed children and to offer appropriate post-placement support. Originally used in the research world (at Royal Holloway, University of London) to assess vulnerability and resilience in parents, it is now being introduced for use with carers to provide a more standardised tool for assessment. The Adoption/ Fostering team you are engaged with is currently using this assessment tool as part of the overall assessment.

The following information helps you to understand how it works:

What is the Attachment Style Interview (ASI-AF)?

A conversational style interview with two main sections. The first is about support and questions will cover your current relationship with your partner (if you have one), your family of origin and with two adults to whom you feel very close and who you would turn to in times of stress. The second section will then ask about your general style of relating to other adults including things like how self-reliant you are, whether you like people around you a lot of the time and how easy you find it to ask for help. To be sure that we really understand things from your point of view, we will always ask for examples of the particular topic we are talking about.

How long does the ASI-AF take?

The interview usually takes around an hour. We like to audio-record it in order to use the responses to evidence the scoring system. We will not need this audio file after the interview is scored and can destroy it if you wish.

Can you give more detail about the areas which are covered in the ASI-AF interview?

The support section of the ASI-AF provides a way of assessing how supportive your partner and other close figures are for you in times of stress. As part of the ASI-AF interview, we ask you questions about your ways of confiding in people who are close to you about important topics, how you ask for help, how other people support you emotionally, feelings of closeness and other aspects of your close relationships. What we find is out about is the way that these relationships are for you and this is then combined into an assessment of your ability to relate to others who are close to you. We then ask you about your general attitudes about asking for help and some of the things that can get in the way. We will talk with you about the extent to which you feel it is easy to get close to others, enjoy a high level of company and need others to help you make decisions or the extent to which you are self-reliant, cautious about getting close and enjoy your privacy. When looking at how

sociable or self-reliant you are, we also look at whether you get angry with other people easily or are easily hurt by other people's criticisms or harsh remarks.

We then put everything together and work out what is your overall attachment style, in other words, how you tend to relate to most people. For example, some people are cautious about getting close to others because they feel they may be let down, others are more independent-minded and like to manage without other people's help. Others enjoy having people around them most of the time and find it reasonably easy to trust others.

Therefore, deciding on your (and your partner's) style will help us to see whether you are the type of person who easily asks for help or prefers to be self-reliant and cope on your own

Why is it useful to find out about my attachment style and ways of relating using the ASI-AF?

The information from the ASI_AF will help us to think about the type of support most suitable for you if you need it in the future. Also, knowing your style may help us to match your characteristics with that of the child we are thinking of placing with you. In addition, it helps to identify your areas of strength and any areas of difficulty which we may need to talk further about, as part of your assessment as potential carers.

Because the ASI-AF interview always covers the same areas it seen as a fair assessment tool. Also, because we are always very careful to collect examples in your own words, this allows us to build up a detailed and accurate picture of how things are for you at the moment.

Does the ASI-AF assess what sort of parent I am/will be?

No. The ASI-AF does not ask about parenting or relationship with children. This is of course important but will be assessed by other means.

Is the ASI-AF assessment reliable?

The research studies using the ASI-AF find that it is reliable both in UK studies and in those used abroad. This is tested by seeing whether two different assessors can make the same categorisation.

Can my attachment style change?

Attachment style as assessed by the ASI-AF can change when circumstances change, for example, if you have major changes in relationships, become more isolated or are under a lot of stress. Also, you may retain the same basic style but feel it more intensely and /or react differently to those around you at different times. However studies show that styles are fairly stable over the period of a year and that for the majority of people attachment style does stay relatively stable.

Can I know what my attachment style is?

Your social worker will be able to tell you what the ASI-AF interview told us about your attachment style, how that fits with the rest of the assessment and how it might be used to help plan what support you need if a child is placed with you.. We are less concerned with which type of style you have and more with how close your supportive relationships are in practice and how easily you can access help.

Information Sheet 2 for foster carers and adopters

Feeding back the Attachment Style Interview for Adoption/Fostering (ASI-AF) For use after the interview

1. Why do we use the Attachment Style Interview for adoption / fostering (ASI-AF)?

The ASI-AF as an interview is being used with carers in adoption and fostering to help with the following:

- As a means of predicting carers' support needs post-placement in relation to anticipated need over the course of crises that may arise with any child placed with you.
- To aid understanding of prospective carers current supportive network, quality of partner relationship, other close relationships and relating ability to help assess resilience and ability to provide a stable family context for the child.
- To provide an objective, evidence-based assessment tool that has gone through careful checks to show it is consistent and reliable in its use. This means the scores do not depend on the opinion of the professional undertaking the interview, but on a series of rules and rating procedures all outlined in a training manual and verified in research contexts.

2. The ASI-AF is only a small part of a pre or post placement assessment.

The ASI-AF is only *one tool* amongst many other approaches that will be used in the assessment process and reflects only part of the overall picture of the adopters or foster carers' characteristics and situation which is used in decision-making. The focus of the ASI-AF is on around a person's partner relationship (if there is one), their support figures and their ability to make and maintain relationships and access support.

3. How does knowing a person's attachment style help in the assessment?

Knowing a person's attachment style helps to determine whether they can ask for help easily when they need it, or prefer to be self-reliant and cope on their own. This will help their social worker in their assessments and in planning future service support if needed. Also, knowing the style may help to match their characteristics with that of the child being placed to help with a smooth transition.

4. How does the ASI-AF fit in with the adoption/fostering guidance?

The ASI-AF meets many of the key assessment criteria for carers that are required in the recent DCSF *Practice Guidance on Preparing and Assessing Adopters* and on *Assessing the Support Needs of Adoptive Families* (2006) which are shown in the box below. The Guidance identifies as important evidencing carers' abilities to make relationships, be emotionally open, to be in stable relationships and have good support networks, all of which are all reliably assessed by the ASI-AF.

Key assessment criteria for carers all met by the ASI-AF

Research into adoptive placements suggests a set of key criteria for assessing prospective adopters.

- The ability to make and sustain close relationships
- The capacity for emotional openness
- The capacity for reflectiveness or 'psychological mindedness'
- The successful resolution of earlier losses or traumatic experiences
- For couples, the quality, stability and permanence of the relationship
- Support networks
- Tolerant social attitudes.

Assessing family history and functioning

- Build secure attachments - this evidenced through confiding relationships and should be assessed through exploring the existence of supportive relationships and capacity to share difficulties and accept help.

Further useful information for Social Workers
Sheet 1: A further summary on what the ASI-AF assesses

The ASI-AF assesses a person's levels of support from close others (including their partner if they have one), their ability to make and maintain relationships, the presence of any negative attitudes held about closeness and their overall attachment style.

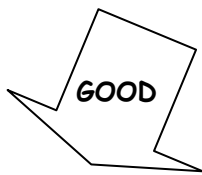
<p>1. Support from close others The first part of the ASI-AF interview explores in detail the quality of support a person receives through their relationship with partner, with other close support figures and family of origin at the time of the assessment. Good support is identified as a high level of confiding or sharing of personal information on important issues including emotions and worries, with active emotional and practical support offered. It also assesses the extent to which the relationships are smooth or involve discord and the degree of attachment and closeness in the relationship. Actual examples of confiding are required.</p>	<p>2. Ability to make and maintain relationships: In summarising the number of close supportive relationships a scoring is made of how good the individual is at making supportive relationships. Those objectively rated 'Marked' or 'Moderate' have very good or good levels of support and are considered to be secure in their relating style. Those with 'Some' or 'Little/no' support in relationships are considered to be less good at making relationships and are scored as insecure in their interpersonal style.</p>
<p>3. Negative attitudes about closeness: The second part of the interview asks questions to ascertain the reasons for attitudes which a person can have that form blockages in obtaining support from close others. This includes those attitudes that create distance from others e.g. high mistrust, psychological barriers to getting close to people, fear of rejection or anger. It also includes attitudes that create over-dependence on others e.g. high need for the company of others, low self-reliance in decision making and high fear of separation from loved ones.</p>	<p>4. Overall attachment style This is then derived according to an established procedure. Those with good support and positive attitudes to others are rated as 'Clearly Secure' and those with good support and some negative attitudes are scored as Mildly Insecure. However those with poor support, inability to make relationships and a series of negative attitudes are scored as Markedly or Moderately insecure in their attachment style. Insecure attachment styles: are either of an anxiously attached nature (Enmeshed or Fearful) or are of an avoidant nature (Angry-dismissive or Withdrawn).</p>

Further useful information for Social Workers
Sheet 2: A Summary Diagram showing what the ASI-AF measures

Support Section of ASI-AF

<p>PARTNER (or VCO3) <i>Please circle:-</i> Evidence of Good support and interaction <u>or</u> Evidence of Poor support and interaction</p>	<p>VERY CLOSE OTHER 1 <i>Please circle:-</i> Evidence of Good support and interaction <u>or</u> Evidence of Poor support and interaction</p>	<p>VERY CLOSE OTHER 2 <i>Please circle:-</i> Evidence of Good support and interaction <u>or</u> Evidence of Poor support and interaction</p>
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Ability to Make Relationships section of ASI-AF



<p>CLEARLY SECURE STYLE:</p> <p>With good relating ability and positive attitudes to others</p>	<p>MILDLY INSECURE STYLE</p> <p>With good enough relating ability but some negative attitudes</p> <ul style="list-style-type: none"> • Mildly ENMESHED style With a high need for company, low self-reliance, high fear of separation • Mildly FEARFUL style With mistrust and fear of rejection • Mildly ANGRY-DISSMISSVE style With mistrust, and anger • Mildly WITHDRAWN style With overly high self-reliance 	<p>MARKED INSECURE STYLE or MODERATELY INSECURE STYLE:</p> <p>With negative attitudes around closeness, asking for help, autonomy, trust etc.</p> <ul style="list-style-type: none"> • Markedly ENMESHED style or Moderately ENMESHED style With a high need for company, low self-reliance, high fear of separation • Markedly FEARFUL style or Moderately FEARFUL style With mistrust and fear of rejection • Markedly ANGRY-DISSMISSVE style or Moderately ANGRY-DISSMISSVE style With mistrust, and anger • Markedly WITHDRAWN style or Moderately WITHDRAWN style With overly high self-reliance
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<p>Associated with</p> <ul style="list-style-type: none"> • Resilience when combating stress • Lower rates of emotional disorder • Better partner relationships historically • Good self-esteem • Good childhood experience • Parenting strengths
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<p>Associated with:</p> <ul style="list-style-type: none"> • Higher emotional disorder • Problematic partner relationships • Lower self-esteem • More adverse childhood experience • Some parenting problems
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Further useful information for Social Workers
Sheet 3: Attachment Styles determined in more detail
(these can be at different levels - markedly, moderately or mildly insecure):-

Anxious Enmeshed Style	This is a sociable style. People with this style like company, and enjoy having others around them much of the time and are generally quite trusting. Other people's opinions are very important to them in making up their mind. However they can get anxious when those close to them are away and they have to spend time alone.
Anxious Fearful Style	This is a sensitive and perceptive style. People with this style are cautious about getting close to others because they tend to feel they may be let down. They value closeness and want close relationships. However they feel apprehensive about some aspects of close relationships such as when others are away and what others may think of them.
Avoidant Angry-Dismissive Style	This is an assertive style. People with this style are very independent-minded and like to manage without other people's help. They see themselves as being able to manage well on their own and can assert themselves in arguments or disputes. However they tend to be cautious about getting close to others because they find other people can be unreliable and get annoyed when they get let down. They often think that other people can't always be trusted and that they are often just out for themselves.
Avoidant Withdrawn Style	This is an independent style and people with this style value their privacy and need time alone. They do not easily get angry or upset about others letting them down, however they are cautious about getting close to other people and like to rely on their own judgement in making decisions.

Further useful information for Social Workers Sheet 4: Describing Clearly Secure and Mildly Insecure Styles

Clearly Secure styles as scored on the ASI-AF:-

- Have close support from at least two of the close people around them and a range of good relationships to help in future crises.
- They have positive attitudes to other people, which will help them to trust others and seek help when needed. Their levels of anger and fear of rejection in relationships will be low.
- Are comfortable getting close to others and are able to rely on others for help and advice. They are also able to make up their own minds about important decisions. They like company but also don't mind spending time alone. They trust others easily and do not get readily angry or upset at being let down.
- Those with a clearly secure attachment style are much less likely to have risk of emotional health problems under stress. Such styles are associated with good social support, high self-esteem and lack of neglect or abuse in childhood.

Mildly Insecure styles as scored on the ASI-AF:-

Mildly insecure styles are characterised by the ASI-AF as Mildly Fearful (anxious), Mildly Enmeshed (anxious), Mildly Angry-dismissive (avoidant) or Mildly Withdrawn (avoidant) styles.

- People with mildly insecure styles, still have good enough support from close figures around them. This is from at least two of the close people around them and a range of good relationships to help in future crises.
- They have some negative attitudes about closeness, such as mistrust, which may cause some blockage to getting help when they need it, perhaps when there is a crisis. But generally they will have learned to overcome this and are able to ask for support when needed.
- A mildly insecure attachment style does not increase risk of mental health problems under stress. Such styles are associated with good social support, self-esteem and lack of neglect or abuse in childhood.

Further useful information for Social Workers
Sheet 5: Describing Markedly or Moderately insecure styles
as scored on the ASI-AF:-

Highly insecure styles are characterised by the ASI-AF as Markedly or Moderately Fearful (anxious), Markedly or Moderately Enmeshed (anxious), Markedly or Moderately Angry-dismissive (avoidant) or Markedly or Moderately Withdrawn (avoidant) styles.

- People with Markedly or Moderately Insecure styles have insufficient support from the adults around them in terms of full and open confiding and positive supportive response. Therefore those with insecure styles are less resilient when dealing with stressful situations because they have less support and are less likely to approach services for help.
- Their current relationships are characterised either by distance, or by a lot of argument. Markedly Insecure styles in particular are able to access very little support from those around them.
- They have negative attitudes about closeness, such as mistrust or fear, which will impede their ability to make supportive relationships.
- Those with insecure attachment styles are more prone to emotional problems (depression or anxiety) and are more likely to have had an abusive or neglectful childhood which is still affecting them. Also many have a history of poor marital and adult relationships.
- Those with insecure attachment style tend to be more affected by life stressors, such as problems with family or in other areas.
- Insecure styles can be associated with more problematic parenting and those with insecure styles are less likely to have homes with the best emotional atmosphere for their children.

Helping people with Markedly or Moderately insecure styles:-

- If the ASI indicates that a person has a Markedly or Moderately insecure attachment style then they will need to talk to their social worker about how they can address this. This will be helpful for their own resilience and psychological wellbeing as well as for those around them. It may also affect their ability to provide the care or parenting that fostered or adopted children need.
- The social worker may suggest that they attend a self-help group to increase their range of social contacts and ability to share with others. They

may be recommended for some sessions of psychotherapy to allow them to explore their feelings about other people and how these might have emerged from childhood, or some Cognitive Behavioural Therapy (CBT) which might help them to rehearse how they interact with others to improve their communication and interaction styles.

- Any ways to improve a person's interactions with close others will help them to have the resilience to be a good carer for children with emotional or behaviour problems themselves.

Attachment style change

- It is established that insecurity of attachment style can change over time, for example, becoming more insecure if a person experiences a major loss or negative change in a close relationship, becoming more isolated or under a lot of stress. Also, people may retain the same basic style but feel it more intensely under stress.
- Studies of women in the community showed that up to a quarter of women change their style over the period of a year to three years. Those with insecure styles are more likely to change in a positive way. Positive change is dictated by the quality of the partner relationship becoming more positive and increased support from very close others.

APPENDIX 1

Training example of the basic information that could be included in a **Clearly Secure** attachment report to share with other professionals

NB This is only for use by those fully trained in the ASI to adapt

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Attachment Style Interview for Adoption/Fostering (ASI-AF) for NAME OF SERVICE Interviewer: Interviewed: on..... Date
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How the Attachment Style Interview for Adoption/Fostering measures attachment

The ASI-AF measures adult attachment style in relation to a **person's ability to access and utilise social support**. As such it belongs to the 'social psychology' strand of investigation of attachment style. The ASI-AF provides a categorisation of attachment style for individuals, as well as assesses their specific support context and quality of close relationships.

The resulting attachment profile not only determines which style best characterises them (e.g. Secure, Enmeshed, Fearful, Angry-dismissive or Withdrawn), but also the **extent to which the insecure styles are dysfunctional in terms of whether the person is 'Markedly', 'Moderately' or 'Mildly' Insecure**. This is important, given evidence that 'Mildly Insecure' styles carry less risk of mental health problems.

It should be stressed that the ASI-AF does not assess parenting behaviour. However, the measure has been shown to predict depression and marital/partner problems (in Markedly or Moderately Insecure styles), which are correlated with parenting problems. Insecure attachment styles also relate to low self-esteem, conflicting or distant relationships and adverse childhood experience.

The ASI-AF's role in the adoption/fostering process is primarily to aid in the identification of both vulnerability and resilience factors in carers in order to promote the latter. These are framed in terms of having a suitable support network and appropriate help-seeking in crises, which will aid in keeping placements stable.

Summary of this interview

The interviewee is a xxx-year-old woman, living in London with her husband of XX years. She works as She has a mother in her 80s and two sisters, both of whom are described as very close. She confides fully and receives good support from her husband and at least two other very close support figures. Her attachment attitudes are all within normal ranges and she has therefore been categorised as having a **'Clearly Secure' attachment style**. This interviewee was open, friendly and articulate, and able to expand on answers and provide ample concrete examples as needed.

This is the most stable style with a lack of negative attitudes denoting either anxious/ambivalence or avoidance. Self-reliance and Desire for Company will

usually be rated as '2: Moderate/Average' and this will denote flexibility in approach/avoidance issues. This style is always accompanied by good Ability to Make and Maintain Relationships (rated '1: Marked' or '2: Moderate'). A single negative element (e.g. Anger or Fear of Separation) can occur and still be given this rating overall. Reporting style is usually coherent and clear. (Extract from ASI Interview Pack page 89, Royal Holloway, University of London).

Support in further detail

The interviewee had no difficulty naming her husband and four other support figures described as very close and in whom she is able to confide in fully.

Husband: Her relationship with her husband has been rated with an overall quality of relationship as a '1', very good support. She described him as *'My best friend'*, and was clear that *'I can tell him anything'*. She has confided in him recently and reports that he offers very good emotional support *'100% yes'* and asks very helpful questions. There is very little negative interaction in the relationship with only occasional irritability and there has never been any violence. Felt attachment is also high, for example, in response to the question *'How would you feel if he wasn't there for any reason?'*, the interviewee replied *'I'd miss him beyond belief, but I would cope and wouldn't fall to pieces'*.

She has regular contact with all four friends that were named support figures in the demographic section of the ASI, speaking at least weekly to all of them. The two support figures questioned closely on were her sister and friend

Very Close other 1: Sister: Her overall quality of relationship with her sister is rated '3' good support. There is nothing the interviewee cannot tell her, she can confide easily and has confided recently. Sometimes, as her sister is a busy mother and grandmother, to protect her she will wait a little before confiding, choosing to use the support of a friend instead, however all major issues are confided, with, for example, her sister was very supportive during the adoption application procedures. Sister is a good listener and is sympathetic. They have never quarrelled, or fallen out and high felt attachment with the interviewee describing a huge hole if she wasn't there in her life.

Very Close other 2: Friend the interviewee's overall quality of relationship with her friend is rated a 1, very good support. Like her other relationships there is high felt attachment. There is no area of her life that the interviewee won't confide in to this friend. She is described as *'hugely comforting'* in terms of active emotional support and they have never quarrelled.

Attachment attitudes in further detail

Please adapt this section to your particular interview – Add as much verbatim as possible to give the reader a good sense of how the person responded to each scale

All of the interviewee's attachment attitudes have been rated within normal ranges. She describes herself as a little over-trusting, especially in the work situation. She has no constraints on closeness, confiding, or being confided in and does not feel others may hurt her, or let her down. She reports she *'gets the balance right'* between coping alone and asking for help to make decisions. She enjoys meeting people and making friends, and chooses people carefully for intellectual stimulation, good company and emotional support. She reports being quite happy with her own company, and needing time alone *'but that doesn't impinge on how close I am to other people, how much I talk to them and how I'm able to phone them up to confide'* She avoids conflict and has little Fear of separation from close others.

APPENDIX 2

Training example of the basic information that could be included an **Insecure** attachment report to share with other professionals

NB This is only for use by those fully trained in the ASI to adapt

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Attachment Style Interview for Adoption/Fostering (ASI-AF) for name of service Interviewer: Interviewed: On..... date
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How the Attachment Style Interview for Adoption/Fostering measures attachment

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The resulting attachment profile not only determines which style best characterises them (e.g. Secure, Enmeshed, Fearful, Angry-dismissive or Withdrawn), but also the **extent to which the insecure styles are dysfunctional in terms of whether the person is 'Markedly', 'Moderately' or 'Mildly' Insecure**. This is important, given evidence that 'Mildly Insecure' styles carry less risk of mental health problems.

It should be stressed that the ASI-AF does not assess parenting behaviour. However, the measure has been shown to predict depression and marital/partner problems (in Markedly or Moderately Insecure styles), which are correlated with parenting problems. Insecure attachment styles also relate to low self-esteem, conflicting or distant relationships and adverse childhood experience.

The ASI-AF's role in the adoption/fostering process is primarily to aid in the identification of both vulnerability and resilience factors in carers in order to promote the latter. These are framed in terms of having a suitable support network and appropriate help-seeking in crises, which will aid in keeping placements stable.

Summary of this interview

The interviewee is a-year-oldman, living in with his wife, who he married in work

The interviewee hasascontact with his family of origin, and names hisand a friendas the closest people to him. *Please Adapt this to the style you have rated*

In summary he only confides to his wife to standard levels as measured by the ASI so has been rated only a 'some' on Ability to make and maintain relationships. In terms of his attachment attitudes as measured by the ASI he had been rated as having 'Fear of Rejection' and has therefore been categorised as having a **'Moderately Fearful Insecure Attachment Style'**.

This attachment style is avoidant, but characterised by social anxiety and fear of being rejected or let down. This may relate to actual experiences of having been let down which has generalized to fear of future interactions. There may, however, be high desire to get close to others, together with the fear of doing so. Fearful style will always have "1: Marked" or "2: Moderate" Fear of Rejection, and is the only style that rates high on this scale. Reporting style may indicate underlying anxiety with discussing emotive material, but will usually be full and expressive.
(Extract from ASI Interview Pack page 89, Royal Holloway, University of London).

The Attachment Style Interview requires interviewees to provide evidence based materials to back up their viewpoints. This interviewee was able to answer the questions put to him but could not, in some instances, provide actual examples from his life when required.

Support in further detail

Wife: The interviewee had no difficulty naming his wife as a support figure . However his wife was the only one where sufficient evidence of regular examples of confiding were provided – for example “*We had a problem with and my wife helped me solve it and we solved it together*”. He has confided in her recently and there is very little negative interaction in the relationship with only occasional irritability and there has never been any violence. His overall quality of relationship as a '3' good average support His felt attachment to his wife was also standard levels. In summary this is a close, emotionally supportive relationship.

The two support figures questioned closely on were his..... and a friend.....

Very Close other 1: His overall quality of relationship with is rated '5' Insufficient confiding and support. The interviewee was unable to provide enough evidence regarding his level of confiding. “*If it is something regarding the family I would go to my wife only*”. Felt attachment was also rated lower than the standard rating.

Very Close other 2: Friend: This was also rated as '5' Insufficient confiding and support. Quotes here

Attachment attitudes in further detail.

Please adapt this section to your particular interview – Add as much verbatim as possible to give the reader a good sense of how the person responded to each scale

The attachment attitudes provided by this interviewee were guarded and not as forthcoming as would be normally expected in the ASI-AF. The interviewee described himself as generally trusting family and one friend but not many others.

Here include more quotes for attitudes that are rated above the standard e.g. Marked or moderate mistrust, fear of rejection etc..

He also has constraints on his ability to be close to other people, i.e. his levels of confiding, or being confided in and reports that others may hurt him or let him down. These constraints were rated clearly above the standard thresholds for the ASI-AF. He was also rated above standard on the Fear of Rejection scale reporting that he had been badly let down by people in the past “*When you have really been hurt by someone.... It must affect you*. In terms of the other attachment attitudes his levels of Self-Reliance and Desire for Company were rated to standard levels and he did not have high ratings of Fear of Separation or Anger.