

AN EXAMINATION OF THE RELATIONSHIP BETWEEN ATTACHMENT STYLES AND BODY DISSATISFACTION ON A COLLEGE SAMPLE FEMALES

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Abstract

The aim of the current study is the empirical investigation of association between attachment styles based on the four category model of attachment (Bartholomew & Horowitz, 1991) and body dissatisfaction as measured through EDI-3. Participants were 480 female university students (18-22 years old) who completed the Experience in Close Relationship - Relationship Structures questionnaire and the subscale of Body Dissatisfaction (EDI-3, Garner, 2004). It is hypothesized that females with greater levels of maternal anxiety attachment will also report higher levels of body dissatisfaction compared with girls scoring low in anxiety and avoidance dimensions of maternal attachment. Participants are classified in four categories of attachment (fearful, dismissive, preoccupied and secure), combining dimensions of anxiety and avoidance attachment, among which those with preoccupied maternal attachment, due to high levels of anxiety and low levels of attachment avoidance, negative models of self- presentation and positive models of other presentation will report greater body dissatisfaction than those scoring low in these dimensions.

Keywords: *attachment styles, body dissatisfaction, anxiety, avoidance, self /other presentation models*