

Attachment relationships among alcohol dependent persons

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Abstract – Introduction. This article presents the results of a study on alcohol dependent patients attachment style and its various dimensions.

Method. There were 94 alcoholic and 94 non-alcoholic participants (both 53 women and 41 men). Plopa's Questionnaire of Attachment Styles (KSP) and Collins and Read's Adult Attachment Scale (AAS) were used.

The variable of having a dependent parent was also taken into consideration.

Results. The study has shown that people with alcohol dependence significantly differ from non-alcoholics in terms of attachment style and its dimensions. They also receive significantly lower scores on secure attachment style and higher scores on insecure attachment style – anxious-ambivalent and avoidant style, and higher scores on attachment dimensions – anxiety and avoidance. There were no differences in attachment styles and their dimensions for patients with alcohol dependent and non-dependent parents.

Conclusions. Alcohol dependent persons rarely present secure connection to others and more often manifest mistrust in interpersonal relationships and avoid closeness and intimacy.

Key words: alcohol dependent persons, attachment styles, attachment dimensions, alcohol dependent parent

INTRODUCTION

The purpose of this article is to present and discuss the results of research on a group of alcohol dependent persons in the context of attachment styles and their dimensions. Growing interest in issues of attachment, socio-cultural, psychological, and above all clinical perspectives, is also reflected in the emergence of research on the relationship of attachment styles in patients addicted to different psychoactive substances. In Poland, as of yet, there are no studies in this field. Their implementation, dissemination, reflections and analysis are particularly important because of broad practical implications in many fields such as the therapeutic relationship, the therapeutic process and in-depth understanding of alcohol dependent patients.

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