Abstract

Background: The most commonly used instruments for assessing adult attachment have shown differing combinations of items and divergences in the resulting sub-scales. Method: This study presents the Scale of Preferences and Expectations in Close Interpersonal Relationships (Escala de Preferencias y Expectativas en las Relaciones Interpersonales Cercanas, EPERIC), made up of 22 items, and based upon the Relationship Scales Questionnaire (RSQ) of Griffin and Bartholomew. Exploratory and confirmatory factorial analyses (EFA and CFA) were undertaken using data from a sample of 594 people. Results: Factor analysis distinguishes three sub-scales: Fear of rejection or abandonment, Desire for closeness and Preference for independence, which explains 42.78% of the total variance. The alpha coefficients reveal a high internal consistency of the instrument and its sub-scales. Regarding validity, CFA showed an adequate fit for the trifactorial solution, and the expected correlations with other instruments for assessing attachment style in adults were found. EPERIC is also suitable for predicting affective states and psychological well-being. Conclusions: The EPERIC is a potentially useful and valid instrument for research and clinical purposes. The discussion focuses on the fact that our results support a model of three factors rather than two, as is usual in studies on adult attachment.

Keywords

Adult attachment, questionnaire, validity, internal consistency, confirmatory factor analysis.