

The Vulnerable Attachment Style Questionnaire (VASQ)

1. I take my time getting to know people.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

2. I rely on others to help me make decisions.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

3. People let me down a lot.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

4. I miss the company of others when I am alone.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree

5. Strongly Disagree

5. It's best not to get too emotionally close to other people.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

6. I worry a lot if people I live with arrive back later than expected.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

7. I usually rely on advice from others when I've got a problem.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

8. I feel uncomfortable when people get too close to me.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

9. People close to me often get on my nerves.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

10. I feel people are against me.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

11. I worry about things happening to close family and friends.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

12. I often get into arguments.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

13. I am clingy with others.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

14. I look forward to spending time on my own.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

15. I like making decisions on my own.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

16. I get anxious when people close to me are away.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

17. I feel uneasy when others confide in me.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

18. I find it hard to trust others.

1. Strongly Agree
2. Agree
3. Unsure

4. Disagree
5. Strongly Disagree

19. Having people around me can be a nuisance.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

20. I feel people haven't done enough for me.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

21. It's important to have people around me.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

22. I find it difficult to confide in people.

1. Strongly Agree
2. Agree
3. Unsure
4. Disagree
5. Strongly Disagree

Rated:

5, strongly agree ; 4, agree; 3, unsure; 2, disagree; or 1, strongly disagree.

Factor analysis:

Extraction Method ; Principal Component Analysis.

Rotation Method:

Varimax with Kaiser Normalization. Rotation converged in three iterations.

R, reversed scoring (items 14 and 15).

Scoring:

Scale 1 items insecurity (1, 3, 5, 8, 9, 10, 12, 17, 18, 19, 20, 22) summed;

Scale 2 items proximity- seeking (2, 4, 6, 7, 11, 13, 14, 15, 16, 21)

summed;

Total score=sum of all item

- Range of scores: 22 to 110
- Total VASQ score: 57↑
- Factor 1: insecurity: 30↑
- Factor 2: proximity-seeking: 27↑