



# According to The Forecast Prepared Addiction Attachment Styles, Depression and Psychological Resilience

*Samane Salimi<sup>1</sup>, Mohammad Reza Iravani<sup>2\*</sup>*

<sup>1</sup>MA in Counseling Department, University of Esfahan, Esfahan, Iran.

<sup>2</sup>Assistant Professor, Department of Social Work, Islamic Azad University Khomeinishahr Branch, Daneshjou Blvd, Iran.

## ARTICLE INFO

### Article history:

Received 18 Dec 2017

Received in revised form 21 Jan 2018

Accepted 07 Feb 2018

### Keywords:

*Preparation of addiction,*

*Depression,*

*Attachment,*

*Psychological flexibility.*

## ABSTRACT

**Objective:** The present study examined the relationship between attachment style, depression and psychological flexibility was ready to addiction in the first year of secondary school girls. Population is comprised of all high school students in the area of Jarghooyeh. Among high school students in the Jarghooyeh, 90 patients were randomly selected sampling method. **Methodology:** In order to analyze the data were analyzed using Pearson correlation and regression. Subjects using the questionnaire attachment style, depression, psychological resilience were examined. **Results:** The results of the data analysis by Pearson correlation suggests a direct correlation with avoidant attachment style ( $r = 0.43$ ), ambivalent ( $r = 0.31$ ), depression ( $r = 0.81$ ) and a significant inverse correlation with the willingness to addiction and mental flexibility ( $r = -0.75$ ) and secure attachment ( $-0.44$ ) was prepared addiction. ( $p < 0.05$ ). **Conclusion:** The results of the regression analysis showed that these three variables are able to account for 0.82 of the variation in fitness components to addiction ( $p < 0.05$ ).

## 1. Introduction

economic class and assigned to individuals and groups are not -Drug dependence or addiction to drugs in all professions, educational levels and socio its treatment difficulties, efforts to identify risk factors in different populations are essential to taken. Given the high prevalence of drug dependence and ,related behaviors and events-develop this problem. Alcohol, cigarettes and drugs is one of the consequences of addictive and dangerous, with many youth .(Tait & Birchwood, ) and is considered a serious threat to personal and community growth nd individual identities are Although addiction is a notion that, in all ages, it must be noted, however, the adolescent experience, and personal choice a and protecting youth t this time, Youth against drug abuse and risky behaviors are particularly vulnerable. For this reason, factors in preventingformed a nce drug dependence is an absolute risk behavior are important. Having talent and background in the field of drug depende-from drug use and high .Trends in drug cases, psychological factors, social and biological family are involved .(Mikulincer & SHAVER, ) necessity s. Developmental psychology emotional bond between One family factors that impact on a variety of disorders has been proved that attachment style Many developmental psychologists .(Soffer et al., ) mother and infant attachment and attachment called the neonatal period has started and is stable rn is a secure attachment. This type of attachment refers to children when they are faced with stressful agree on three models of attachment. The first patte e attachment, This type of situations, your care as a basic source of living for the regulation of anxiety and depression. The second pattern of insecure themselves as a source of comfort to regulate their negative emotions. These children tend to avoid attachment refers to children who cannot take care of en faced with situations of anxiety, uncertainty and or ignore their caregivers. The third pattern is ambivalent attachment that includes children who, wh .(Tugade et al., ) ambivalence careful to use nants of personality Many studies have shown that attachment styles, change as a factor in shaping attitudes and personality are important determi nd behavior are he importance of organizational practices in systems integration components of emotional attachment, motivation, cognition, aT .onformati

\* Corresponding author: [iravani@iaukhsh.ac.ir](mailto:iravani@iaukhsh.ac.ir)

DOI: <https://doi.org/10.24200/jsshr.vol6iss02pp37-41>

a quick and easy relaxation, gradually as a anxiety drugs are fast; But due to drug use, which leads to -emphasized. From a psychological standpoint, anti materials, forced dependency natural part of drug safety has deprived himself of the relations and to achieve the same level of safety that is expected of Iso be one of the biological and psychological factors affecting drug dependence, he said. For and lack of control over the substance. Depression can a showed that depressed mothers have a higher addiction levels. Significant and positive relationship between alcohol and (Y013) .Reivich et al example the research is shown. On the other hand, it seems that thoughts and emotions have a crucial role in the a se in adolescents with depressionmarijuana u moment, without the ability to raise the tendency of individuals to addiction. It looks like the ability to write their thoughts and feelings from moment to ptance & Commitment therapy. safety of the drug. This well illustrates the concept of psychological flexibility as a component of therapy is based on Acce ch, which is known as the third wave of behavior therapy, Unlike traditional cognitive Acceptance and Commitment (ACT) is a process oriented approa the formation processes of ,therapy approach to the content of the thoughts and beliefs of patients and the fact that the survey is not examined. Instead .(1992Jarmas & Kazak, )y in the context of attention problemsmental patholog commitment to act Psychopathology and mental health based on six aspects of the adoption of this approach, cognitive confusion, as background, of behavior and mental processes and commitment to awareness and acceptance is summarized is responsibly, exposure time, which the two aspects f psychological events, such as explained. In this approach, individuals are taught behaviors, helpful and flexible in dealing with the controversial issue o Psychological flexibility and experiential avoidance are two basic concepts in the context of acceptance and commitment .hts and feelings to learnthoug environmental contingencies that allow therapy (ACT) Psychological resilience is a process that, based on the interaction of explicit knowledge and term goals and values that are defined and the ability to contact the present moment and the -individual behaviors persist or change in direction with long .(2006Southwick et al., ) is determined content of the thoughts and feelings without having to defend In contrast, psychological inflexibility, rigid overcome all .One of the goals obtained, depending on what the situation or behavior changes, or insists on In other words, experiential avoidance is a phenomenon .(2011Catalano et al., ) ions will takevalues and reduce the probability of the psychological react form or frequency of these that occurs when a person does not unwilling to remain in contact with particular private experiences In order to modify the elings in regard to the es, the main attention to the role of psychological flexibility in accepting thoughts and feelings as well as thoughts and feexperienc y. Considering the fact that a transitional period tendency to addiction, it seems, Evaluation of the component as a predictor of drug preparation is necessar ied, this study sought to is the first year of high school, and also fewer female students in examining issues related to substance dependence was stud cal resilience, attachment style and depression in drug preparation area junior high school students examine the role of the three components of psychologi .in Jarghooyeh, is considered one of the deprived areas

## 2. Materials and methods

.ts comprised the area of Isfahan Jarghooyehcorrelation and the population of all high school studen -This descriptive .first year high school students who were selected by random sampling of the schools area Jarghooyeh 9•Subjects: The sample consisted of

### *Research Tools 1.1*

.the following descriptions are provided The research tools were questionnaires about each of 1•onnaire contains Attachment Style Questionnaire: Attachment and adult attachment questionnaire is presented, is actually measured. The questi ent style measures and subjects with higher scores on the subscale scores of the questions that secure attachment style avoidant and ambivalent attachm ,12to 13secure attachment style and 14to 16;17to 18investment business has been considered as an attachment. Avoidant attachment style questions .19^and Cornbrash's alpha reliability of the ,20^the reliability of the questionnaire, (2002) .Bifulco et al .ment styleshows the ambivalent attach concurrent Shaver showed good criterion validity and content validity, and construct validity have reported it at an optimum level. The & achieved. Hazen Questionnaire prepared addiction ..(2008)has shown a significant positive relationship validity of the questionnaire questions 9questions that are 9•this questionnaire contains (2011) .Thompson et al In order to assess addiction is an addiction questionnaire to prepare nerable to addiction. Questionnaire reliability was business people who are vul 99the top score of ,99that lie detector. Cutting score on this scale is .0^9estimated using Cronbach alpha

### *Inventory of Psychological Flexibility 1.2*

hat were in the original form items t 99for empirical measurement and acceptance act is designed to avoid. This instrument has (1998) Kandell This scale point Likert scale. High scores indicate greater -questions. Questionnaire response is a paper pencil based on five 9in subsequent editions dropped to amount of practice and dedication to higher psychological test is based on the avoidance of Experimental and inflexibility. While low scores reflect the This questionnaire was then .edvalue and flexibility. This questionnaire is widely used in many countries, and its validity and reliability has been confirm employees, 9slated into English and translation accuracy was attained and then to the pilot study was conducted on a sample of tran-translated, re ession Inventory in addition to divergent validity, correlations were measured by This Beck Depr .99^calculated Cornbrash alpha reliability was .questionnaire that was satisfactory results

### *Depression Questionnaire 1.3*

by Beck et al. (1996) in To measure depression, Beck Depression Inventory was used in this study; this questionnaire was introduced for the first time level analysis of different attempts to determine the internal consistency is shown, the coefficients were -mark in it is incorporated. A high  $r$  and test-self  $r = .87$  with a mean of  $1.92$  to  $1.73$  obtained from the correlation coefficient  $r = .91$  people in Iran is as follows: Coefficient alpha  $.94$  ample of Also, the psychometric properties this questionnaire in a  $r = .92$  and its correlation with the first edition of the Beck Inventory,  $.94$  retest coefficient of -one week test,  $.89$  between the two halves of

### 3. Discussion and results

ty, and ready Descriptive statistics including means and standard deviations and correlations author of depression, psychological flexibili (1)Table .attachment style has been shown to be addictive

Mean, standard deviations and correlations mutual research variables .1 Table

	M	SD	1	2	3	4	5
Psychological Flexibility	33.23	10.77	-				
Depression	42.84	5.85	*.62-	-			
secure attachment style	7.18	3.16	*.42	*.29-	-		
avoidant attachment style	11.15	2.29	*.42-	*.18	*.42-	-	
ambivalent attachment style	12.66	2.58	*.32-	*.23	*.32-	.12-	
Preparation addiction	42.27	7.15	*.75-	*.81	*.44-	*.43	*.31

), (secure attachment style ( $r = .37$ ), mental flexibility ( $r = .81$ ), depression ( $r =$  Correlation ready to addiction and (1)As can be seen in Table level. Between depression and avoidant and  $.31$  is significant at the  $(.3)$  and light ambivalent attachment ( $r = .43$ ), avoidant attachment style ( $r = .12$ ), attachment styles, the direct and positive fitness addiction and psychological resilience and secure attachment is inversely reambivalent at

Summary of regression models .2 Table

R	ΔR	ΔR	ΔR Change	F Change	sig
.4	.822	.81	.82	77.502	***

Analysis of variance for significance of regression . Table

	SS	df	MS	F	Sig
Regression	3749.319	5	749.864	77.502	0.000*
Residual	84	9.675			
Total	4562.056	89			

Regression coefficients based on the simultaneous . Table

	B	β	t	sig
Flexibility	-.12	-.18	-2.56	
Depression	0.71	0.58	9.86	0.000
Secure attachment style	-.34	-.15	-2.85	0.005
Avoidant attachment style	0.79	0.25	4.72	0.000
Ambivalent attachment style	0.26	0.09	1.82	0.07

attachment styles, depression and psychological means that variable changes, drug prepared by .822, .822 is equal to ΔR (.822) As can be seen in Table show that all three variables have a role in explaining the (R<sup>2</sup>)resilience is explained. The results of the data analysis, regression methods in Table and ΔR = Secure attachment style, ΔR = psychological resilience, ΔR = f depression willingness to addiction. Beta values for the variables on level .05 is significant at the .05 avoidant attachment style,

#### 4. Conclusion

and an attachment style was ready to addiction. If the results in Table This study examined the relationship between depression, psychological resilience .drug preparationshowed the correlation matrix between depression, avoidant and ambivalent attachment style was significantly correlated with (R<sup>2</sup>) relationship between resilience and psychological predisposition to addiction, although there is no research directly the negative (R<sup>2</sup>)According to Table is thinking and complianceinvolved in the preparation of the drug review is psychological flexibility but in explaining these results, we can say, since mind and emotions, hence feeling in a variety of disorders such as depression Who has the flexibility to act in accordance with the values and not the .feelingswhere their minds are brought into addiction, the more the act values, and thoughts and f the results of Stocki, The results showed a significant positive correlation between depression and drug preparation. This result is consistent with (Young, Prusakowski, Shofer, Rhodes, & Mills expressed people relief drugs to alleviate their distress would assume On the other hand, since depressed In explaining these results, we can say that also the matter. The results a patients have limited social networks, and are more pronounced than in the other corner, to relieve his loneliness to looking study revealed that: Teens who engage a indicated that attachment styles influence the tendency to addiction, this result is consistent with the results of so showed that, between attachment and drug abuse and less with their fathers with insecure attachment, they show more behavioral problems. Dehghan al ave insecure attachment styles, addiction and mental profile Is there a relationship between attachment. In explaining these results, we can say, those who h .contact with the family to take refuge in drugs they have to get rid of unwanted immune from

## REFERENCES

- Bifulco, A., Moran, P. M., Baines, R., Bunn, A., & Stanford, K. 2002. Exploring psychological abuse in childhood: II. Association with other abuse and adult clinical depression. *Bulletin of the Menninger Clinic*, 66(3), 241-258.
- Catalano, D., Chan, F., Wilson, L., Chiu, C. Y., & Muller, V. R. 2011. The buffering effect of resilience on depression among individuals with spinal cord injury: A structural equation model. *Rehabilitation psychology*, 56(3), 200.
- Jarmas, A. L., & Kazak, A. E. 1992. Young adult children of alcoholic fathers: Depressive experiences, coping styles, and family systems. *Journal of Consulting and Clinical Psychology*, 60(2), 244.
- Kandell, J. J. 1998. Internet addiction on campus: The vulnerability of college students. *Cyberpsychology & behavior*, 1(1), 11-17.
- Mikulincer, M., & SHAVER, P. R. 2012. An attachment perspective on psychopathology. *World Psychiatry*, 11(1), 11-15.
- Reivich, K., Gillham, J. E., Chaplin, T. M., & Seligman, M. E. 2013. From helplessness to optimism: The role of resilience in treating and preventing depression in youth. In *Handbook of resilience in children (201-214)*. Springer, Boston, MA.
- Soffer, N., Gilboa-Schechtman, E., & Shahar, G. 2008. The Relationship of Childhood Emotional Abuse and Neglect to Depressive Vulnerability and Low Self-Efficacy. *International Journal of Cognitive Therapy*, 1(2), 151-162.
- Southwick, S. M., Vythilingam, M., & Charney, D. S. 2005. The psychobiology of depression and resilience to stress: implications for prevention and treatment. *Annu. Rev. Clin. Psychol.*, 1, 255-291.
- Tait, L., & Birchwood, M. 2004. Adapting to the challenge of psychosis: personal resilience and the use of sealing-over (avoidant) coping strategies. *The British Journal of Psychiatry*, 185(5), 410-415.
- Thompson, R. W., Arnkoff, D. B., & Glass, C. R. 2011. Conceptualizing mindfulness and acceptance as components of psychological resilience to trauma. *Trauma, Violence, & Abuse*, 12(4), 220-235.
- Tugade, M. M., Fredrickson, B. L., & Feldman Barrett, L. 2004. Psychological resilience and positive emotional granularity: Examining the benefits of positive emotions on coping and health. *Journal of personality*, 72(6), 1161-1190.
- Young, K. S. 1998. Internet addiction: The emergence of a new clinical disorder. *Cyberpsychology & behavior*, 1(3), 237-244.

## How to Cite this Article:

Salimi S., Irvani M.R., According to The Forecast Prepared Addiction Attachment Styles, Depression and Psychological Resilience, *UCT Journal of Social Sciences and Humanities Research 6(2) (2018) 37–41*.