Attachment—Maternal
Adapted from Furman & Buhrmester, 2009

Attachment to parental figures, romantic partners, and friends is an important aspect in determining security and healthy functioning (Bowlby, 1969). This scale has a behavioral focus. The Attachment Behaviors Scale is adapted from Furman and Buhrmester's (2009) Network of Relationships Inventory: Behavioral Systems Version (NRI-BSV). Six of the original 24 items were included in the current study, representing both the Seeks Safe Haven and Seeks Secure Base subscales, and answer choices were changed from a 5-point to a 4-point Likert scale. In addition, wording of some items was simplified to be suitable for a community sample that included many people with limited educational attainment or who may speak English as a second language. Further, we developed parallel items for attachment to mothers and attachment to fathers (or mother or father figures).

Development and validation of measure in pilot study and main sample: To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all interpersonal strengths. The analysis produced a factor consisting of all six items used in the main study. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.67 and 0.93, respectively. Validity was established in the main sample with moderate to strong correlations with other interpersonal strengths, including Paternal Attachment ($r = .38$) and Social Support – Immediate Family (r = .51), in addition to Subjective Well-being ($r = .34$).

Scoring: Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Higher scores indicate better maternal attachment. Exploratory analyses indicated that mother absence was similar, psychologically, to poor mother attachment. To avoid creating missing data in samples with high rates of mother absence, we suggest assigning the low point on the scale.

Adapted from: Furman, W., & Buhrmester, D. (2009). Methods and measures: The network of relationships inventory: Behavioral systems version. *International Journal of Behavioral Development*, *33*, 470-478.
Source: Bowlby, J. (1969). *Attachment and Loss v. 3* (Vol. 1). Random House.

Life Paths version: Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. http://www.lifepathsresearch.org/strengths-measures/

Answer the following questions about your mother (or mother figure). If she is deceased, answer these questions about when she was alive.
1. You seek out your mother (or mother figure) when you're upset.
    Mostly true about me 4
    Somewhat true about me 3
    A little true about me 2
    Not true about me 1
    I did not have a mother figure when I was a child 0
    [SKIP to father questions if no mother figure]
2. You turn to your mother (or mother figure) when you're worried about something.
    Mostly true about me 4
    Somewhat true about me 3
    A little true about me 2
    Not true about me 1
3. You turn to your mother (or mother figure) for comfort when you're not feeling well.
    Mostly true about me 4
    Somewhat true about me 3
    A little true about me 2
    Not true about me 1
4. Your mother (or mother figure) encourages you to try new things that you'd like to do but are nervous about.
    Mostly true about me 4
    Somewhat true about me 3
    A little true about me 2

Not true about me 1

5. Your mother (or mother figure) encourages you to go after your goals and future plans.

Mostly true about me 4

Somewhat true about me 3

A little true about me 2

Not true about me 1

6. Your mother (or mother figure) shows support for the things you do.

Mostly true about me 4

Somewhat true about me 3

A little true about me 2

Not true about me 1