Attachment—Romantic
Adapted from Fraley, Waller, & Brennan, 2000

This attachment scale focuses on people's thoughts and feelings about relationships and provides an indicator of their internal working models for close relationships. Attachment is an important indicator of healthy functioning, and thus an important construct for positive psychology research. We adapted items from the Experiences in Close Relationships Questionnaire – Revised (Fraley, Waller, & Brennan, 2000) for the current study by shortening the scale and simplifying the wording of items to suit individuals with limited reading levels. The scale assesses individuals' general experience of attachment in romantic relationships, not only their current one. These items were only asked of individuals who indicated they had at least one romantic partner at any point in their lives.

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. Of the 12 items on Romantic Attachment originally used in the main study, nine were maintained in the final factor solution. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.88 and 0.86, respectively. Validity was established in the main sample with mild to strong correlations with other measures of interpersonal strengths, such as Social Support – Immediate Family ($r = .23$) and Forgiveness ($r = .23$), and with measures of well-being, such as Subjective Well-being ($r = .31$) and the Mental Health ($r = .60$).

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. Items are negatively worded and reverse coded so that higher scores indicate more secure romantic attachment.

Adapted from: Fraley, R. C., Waller, N. G., & Brennan, K. A. (2000). An item response theory analysis of self-report measures of adult attachment. *Journal of Personality and Social Psychology, 78(2)*, 350-365.

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/

Next, we ask about how you feel in romantic relationships. We are interested in how you generally experience relationships, not just your current relationships.

1. I worry about being left by my partner.
> Mostly true about me 1
> Somewhat true about me 2
> A little true about me 3
> Not true about me 4

2. I worry a lot about my relationships.
> Mostly true about me 1
> Somewhat true about me 2
> A little true about me 3
> Not true about me 4

3. Just when my partner starts to get close to me, I find myself pulling away.
> Mostly true about me 1
> Somewhat true about me 2
> A little true about me 3
> Not true about me 4

4. I worry that romantic partners won't care about me as much as I care about them.
> Mostly true about me 1
> Somewhat true about me 2
> A little true about me 3
> Not true about me 4

5. I don't feel comfortable opening up to romantic partners.
> Mostly true about me 1

Somewhat true about me 2

A little true about me 3

Not true about me 4

6. I often wish that my partner felt as strongly about me as I do about him/her.

Mostly true about me 1

Somewhat true about me 2

A little true about me 3

Not true about me 4

7. I avoid getting too close to my partner

Mostly true about me 1

Somewhat true about me 2

A little true about me 3

Not true about me 4

8. I find it difficult to allow myself to depend on romantic partners.

Mostly true about me 1

Somewhat true about me 2

A little true about me 3

Not true about me 4

9. I get uncomfortable when a romantic partner wants to be very close.

Mostly true about me 1

Somewhat true about me 2

A little true about me 3

Not true about me 4