THE EXPERIENCES IN CLOSE RELATIONSHIPS-REVISED (ECR-R) QUESTIONNAIRE

Reference:

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*, 350-365.

Description of Measure:

A 36-item measure of adult attachment style. The ECR-R measures individuals on two subscales of attachment: Avoidance and Anxiety. In general Avoidant individuals find discomfort with intimacy and seek independence, whereas Anxious individuals tend to fear rejection and abandonment.

For more information on adult attachment, visit these websites:
http://psychology.ucdavis.edu/labs/Shaver/measures.htm
http://www.psych.uiuc.edu/~rcfraley/measures/ecrritems.htm

Abstracts of Selected Related Articles:

Fraley, R. C., & Shaver, P. R. (2000). Adult romantic attachment: Theoretical developments, emerging controversies, and unanswered questions. *Review of General Psychology*.

The authors review the theory of romantic, or pair-bond, attachment as it was originally formulated by C. Hazan and P. R. Shaver in 1987 and describe how it has evolved over more than a decade. In addition, they discuss 5 issues related to the theory that need further clarification: (a) the nature of attachment relationships, (b) the evolution and function of attachment in adulthood, (c) models of individual differences in attachment, (d) continuity and change in attachment security, and (e) the integration of attachment, sex, and caregiving. In discussing these issues, they provide leads for future research and outline a more complete theory of romantic attachment.

Fraley, R. C. (2002). Attachment stability from infancy to adulthood: Meta-analysis and dynamic modeling of development mechanisms. *Personality and Social Psychology Review, 6*, 123-151.

A central tenet of attachment theory is that a person's attachment pattern in adulthood is a reflection of his or her attachment history—-beginning with the person's earliest attachment relationships. However, the precise way in which early representations might shape adult attachment patterns is ambiguous, and different perspectives on this issue have evolved in the literature. According to the prototype perspective, representations of early experiences are retained over time and continue to play an influential role in attachment behavior throughout the life course. In contrast, the revisionist perspective holds that early representations are subject to modification on the basis of new experiences and therefore may or may not reflect patterns of attachment later in life. In this article, I explore and test mathematical models of each of these theoretical processes on the basis of longitudinal data obtained from meta-analysis. Results indicate that attachment security is moderately stable across the first 19 years of life and that patterns of stability are best accounted for by prototype dynamics.

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Shiota, M.N., Keltner, D., & John, O. P. (2006). Positive emotion dispositions differentially associated with Big Five personality and attachment style. *The Journal of Positive Psychology, 1*, 61-71.

Although theorists have proposed the existence of multiple distinct varieties of positive emotion, dispositional positive affect is typically treated as a unidimensional variable in personality research. We present data elaborating conceptual and empirical differences among seven positive emotion dispositions in their relationships with two core personality constructs, the "Big Five" and adult attachment style. We found that the positive emotion dispositions were differentially associated with self- and peer-rated Extraversion, Conscientiousness, Agreeableness, Openness to Experience, and Neuroticism. We also found that different adult attachment styles were associated with different kinds of emotional rewards. Findings support the theoretical utility of differentiating among several dispositional positive emotion constructs in personality research.

Scale:

The statements below concern how you feel in emotionally intimate relationships. We are interested in how you *generally* experience relationships, not just in what is happening in a current relationship. Respond to each statement by circling a number to indicate how much you agree or disagree with the statement.

	QUESTION	1=Strongly Disagree………7=Strong Agree						
1.	I'm afraid that I will lose my partner's love.	1	2	3	4	5	6	7
2.	I often worry that my partner will not want to stay with me.	1	2	3	4	5	6	7
3.	I often worry that my partner doesn't really love me.	1	2	3	4	5	6	7
4.	I worry that romantic partners won't care about me as much as I care about them.	1	2	3	4	5	6	7
5.	I often wish that my partner's feelings for me were as strong as my feelings for him or her.	1	2	3	4	5	6	7
6.	I worry a lot about my relationships.	1	2	3	4	5	6	7
7.	When my partner is out of sight, I worry that he or she might become interested in someone else.	1	2	3	4	5	6	7
8.	When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.	1	2	3	4	5	6	7
9.	I rarely worry about my partner leaving me.	1	2	3	4	5	6	7
10.	My romantic partner makes me doubt myself.	1	2	3	4	5	6	7
11.	I do not often worry about being abandoned.	1	2	3	4	5	6	7
12.	I find that my partner(s) don't want to get as close as I would like.	1	2	3	4	5	6	7
13.	Sometimes romantic partners change their feelings about me for no apparent reason.	1	2	3	4	5	6	7
14.	My desire to be very close sometimes scares people away.	1	2	3	4	5	6	7
15.	I'm afraid that once a romantic partner gets to know me, he or she won't like who I really am.	1	2	3	4	5	6	7
16.	It makes me mad that I don't get the affection and support I need from my partner.	1	2	3	4	5	6	7
17.	I worry that I won't measure up to other people.	1	2	3	4	5	6	7
18.	My partner only seems to notice me when I'm angry.	1	2	3	4	5	6	7
19.	I prefer not to show a partner how I feel deep down.	1	2	3	4	5	6	7
20.	I feel comfortable sharing my private thoughts and feelings	1	2	3	4	5	6	7

	with my partner.							
21.	I find it difficult to allow myself to depend on romantic partners.	1	2	3	4	5	6	7
22.	I am very comfortable being close to romantic partners.	1	2	3	4	5	6	7
23.	I don't feel comfortable opening up to romantic partners.	1	2	3	4	5	6	7
24.	I prefer not to be too close to romantic partners.	1	2	3	4	5	6	7
25.	I get uncomfortable when a romantic partner wants to be very close.	1	2	3	4	5	6	7
26.	I find it relatively easy to get close to my partner.	1	2	3	4	5	6	7
27.	It's not difficult for me to get close to my partner.	1	2	3	4	5	6	7
28.	I usually discuss my problems and concerns with my partner.	1	2	3	4	5	6	7
29.	It helps to turn to my romantic partner in times of need.	1	2	3	4	5	6	7
30.	I tell my partner just about everything.	1	2	3	4	5	6	7
31.	I talk things over with my partner.	1	2	3	4	5	6	7
32.	I am nervous when partners get too close to me.	1	2	3	4	5	6	7
33.	I feel comfortable depending on romantic partners.	1	2	3	4	5	6	7
34.	I find it easy to depend on romantic partners.	1	2	3	4	5	6	7
35.	It's easy for me to be affectionate with my partner.	1	2	3	4	5	6	7
36.	My partner really understands me and my needs.	1	2	3	4	5	6	7

Scoring:
(adapted from http://www.psych.uiuc.edu/~rcfraley/measures/ecrritems.htm)**:**

Scoring Information: The first 18 items above comprise the attachment-related anxiety scale. Items 19 – 36 comprise the attachment-related avoidance scale. *In real research, the order in which these items are presented should be randomized.* To obtain a score for attachment-related *anxiety*, please average a person's responses to items 1 – 18. However, because items 9 and 11 are "reverse keyed" (i.e., high numbers represent low anxiety rather than high anxiety), you'll need to reverse the answers to those questions before averaging the responses. (If someone answers with a "6" to item 9, you'll need to re-key it as a 2 before averaging.) To obtain a score for attachment-related *avoidance*, please average a person's responses to items 19 – 36. Items 20, 22, 26, 27, 28, 29, 30, 31, 33, 34, 35, and 36 will need to be reverse keyed before you compute this average.