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Adult Attachment predicts the Seven-Year Course of Recurrent Depression in Primary Care

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Abstract

Background:

Attachment theory posits that attachment has a persistent, long-term impact on depression. Empirical data on associations between adult attachment and the long-term course of depression is, however, scarce. The present study addresses this omission.

Method:

Primary care patients with a history of depression ($n=103$) completed the Experiences in Close Relationships questionnaire measuring adult attachment *dimensions* (avoidance and anxiety) and *styles* (secure, preoccupied, dismissing and fearful). The subsequent seven-year course of depression was assessed with the face-to-face administered Composite International Diagnostic Interview (CIDI) and a life-chart interview based on the Longitudinal Interval Follow-up Evaluation (LIFE). At the end of the seven-year follow-up severity of depression was additionally measured with the Beck Depression Inventory (BDI).

Results:

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