ADA

Adult Disorganized Attachment Scale (ADA)

The ADA is a brief self-report scale designed to measure manifestations of disorganized attachment in adults. In particular, it explores confusion in attachment relationships, contradictory movements of approach and avoidance, and difficulty regulating emotional experience in close relationships. This tool is mainly useful in research and clinical practice for identifying attachment difficulties in intimate or significant relationships, usually alongside other questionnaires and the clinical interview. It does not constitute a diagnosis on its own and does not replace an in-depth assessment such as an attachment interview.

Number of questions	9 questions
Estimated duration	5 minutes
Language	English
Original name	Adult Disorganized Attachment Scale
Target audience	Adults
Authors	Richard L. Paetzold, W. Steven Rholes, Jessica L. Kohn (2015)
Category	Interpersonal issues

Preview of the 9 questions

Fear is a common feeling in close relationships.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

I believe that romantic partners often try to take advantage of each other.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

I never know who I am with romantic partners.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

I find romantic partners to be rather scary.

1 - Strongly disagree | 2 | 3 | 4 | 5 | 6 | 7 - Strongly agree

It is dangerous to trust romantic partners.

1 - Strongly disagree	2	3	4	5	6	7 - Strongly agree

Scoring & interpretation

Each item is rated on a Likert-type scale, depending on the version used. The score is calculated by summing or averaging the responses to obtain an overall index of disorganized attachment. The higher the score, the more pronounced the features of disorganized attachment. Interpretation is dimensional, with no universal diagnostic cutoff, and must be considered in relation to the clinical context and other assessment data.