ASCQ

Attachment Style Classification Questionnaire (ASCQ)

The ASCQ is a self-report tool for identifying an individual's attachment style across three main dimensions: secure, preoccupied, and avoidant. This questionnaire is used in research and clinical practice to explore how interpersonal relationships are perceived in adulthood.

Number of questions	15 questions
Estimated duration	5 minutes
Language	English
Original name	Attachment Style Classification Questionnaire
Target audience	School-age children
Authors	R. Finzi, D. Har-Even, A. Weizman, S. Tyano, D. Shnit (1996)
Category	Interpersonal issues

Preview of the 15 questions

I make friends easily.

All wrong | Wrong | A bit wrong / a bit right | Right | Very right

I don't feel comfortable making new friends.

All wrong | Wrong | A bit wrong / a bit right | Right | Very right

It is easy for me to depend on people, especially if they are my good friends.

All wrong | Wrong | A bit wrong / a bit right | Right | Very right

I feel uncomfortable if others get too friendly or too close to me.

All wrong | Wrong | A bit wrong / a bit right | Right | Very right

Sometimes I feel afraid when other kids no longer want to be my friend.

All wrong | Wrong | A bit wrong / a bit right | Right | Very right

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each statement is rated on a Likert-type scale (usually from 1 to 5). The scores obtained on each subscale (secure, preoccupied, avoidant) are used to determine the respondent's predominant attachment style.

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“Mentaal has become an indispensable ally for structuring my assessments and deepening my clinical understanding of my patients.”

Nolwenn P. - CBT Psychologist