

Attachment Style Questionnaire (ASQ-SF)

The ASQ-SF is a self-report tool that measures adult attachment styles, particularly the avoidant and anxious dimensions. It relies on 5 subscales to explore relational dynamics in finer detail, such as need for approval or discomfort with intimacy. Its dimensional structure and clinical norms make it a useful instrument for enriching case formulation and guiding therapeutic interventions focused on interpersonal relationships.

Number of questions	29 questions
Estimated duration	7 minutes
Language	English
Original name	Attachment Style Questionnaire
Target audience	Adults
Authors	Alexander, R., Feeney, J., Hohaus, L., & Noller, P. (2001)
Category	Emotional dependency, Interpersonal issues

Preview of the 29 questions

How much do you agree with the following statement?

I trust that others will be there for me when I need them

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

How much do you agree with the following statement?

I would rather count on myself than on others

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

How much do you agree with the following statement?

I prefer being on my own

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

How much do you agree with the following statement?

Succeeding is more important than building relationships

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

How much do you agree with the following statement?

Doing one's best is more important than getting along well with others

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

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

The ASQ-SF measures adult attachment styles through **2 main dimensions**: **avoidant attachment** and **anxious attachment**, each derived from several specific subscales.

The questionnaire consists of **29 items**, divided into **5 subscales**:

- **Discomfort with closeness**
  Items: 2, 3, 11, 12, 15, 16, 18, 20, 27
- **Relationships as secondary**
  Items: 4, 5, 6, 9
- **Preoccupation with relationships**
  Items: 13, 17, 22, 23, 25
- **Need for approval**
  Items: 7, 8, 10, 19, 21
- **Confidence in interpersonal interactions**
  Items: 1, 14, 24, 26, 28, 29

Add up the responses (Likert scale from 1 to 6) for each subscale to obtain the **raw scores**. Responses to items 15, 16, and 26 are reverse-scored.

The **main attachment styles** are calculated from the subscales above, with an adjustment based on certain items of the confidence subscale to account for the level of relational security.

The **avoidant attachment score** (range -5 to 75) is calculated by adding the scores of the *Discomfort with closeness* and *Relationships as secondary* subscales, then subtracting the scores of items 1, 14, and 28 from the *Confidence in interpersonal interactions* subscale.

The **anxious attachment score** (range -18 to 57) is calculated by adding the scores of the *Preoccupation with relationships* and *Need for approval* subscales, then subtracting the scores of items 24, 26, and 29 from the same confidence subscale.

These adjustments correct the scores to reflect the protective effect of more secure attachment.

- **High scores** indicate a marked expression of the attachment style concerned (avoidant or anxious).
- **Low or negative scores** suggest **more secure attachment** or a marked absence of insecure attachment traits.

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 Romane L. - Online CBT Psychologist