

Measure of Attachment Qualities (MAQ)

The MAQ is a self-report questionnaire designed to measure attachment styles and attachment quality in individuals, according to the main styles described in adult attachment theories. It targets several dimensions, including secure, preoccupied, avoidant, and fearful attachment. It is frequently used in both research and clinical practice to assess the nature of an adult's attachment relationships.

Number of questions	14 questions
Estimated duration	10 minutes
Language	English
Original name	Measure of Attachment Qualities
Target audience	Adults
Authors	Charles S. Carver (1997)
Category	Emotional dependency, Interpersonal issues

Preview of the 14 questions

When I'm close to someone, it gives me a sense of comfort about life in general.

I DISagree with the statement a lot | I DISagree with the statement a little | I agree with the statement a little | I agree with the statement a lot

I often worry that my partner doesn't really love me.

I DISagree with the statement a lot | I DISagree with the statement a little | I agree with the statement a little | I agree with the statement a lot

I have trouble getting others to be as close as I want them to be.

I DISagree with the statement a lot | I DISagree with the statement a little | I agree with the statement a little | I agree with the statement a lot

I find it easy to be close to others.

I DISagree with the statement a lot | I DISagree with the statement a little | I agree with the statement a little | I agree with the statement a lot

I often worry my partner will not want to stay with me.

I DISagree with the statement a lot | I DISagree with the statement a little | I agree with the statement a little | I agree with the statement a lot

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

Responses are rated on a Likert-type scale, usually from 1 to 4 or 1 to 5, according to the degree of agreement with each statement. Four scores are calculated, one for each attachment style: secure, preoccupied, avoidant, and fearful. Means are computed for each subscale, and cutoffs can be used to interpret the predominance of a particular style.

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- Automatic scoring
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“Reliable, relevant assessments to better understand my patients' psychological state”

Benjamin G. - Occupational Psychologist