PAAI

Parent Adult Attachment Interview (PAAI)

The PAAI is a semi-structured interview designed to explore an adult's representation of attachment to their own parents during childhood, as well as its influence on current parenting. It is a qualitative tool, mainly used in research and sometimes in clinical practice for profiling parental attachment.

Number of questions	20 questions
Estimated duration	60 minutes
Language	English
Original name	Parent Adult Attachment Interview
Target audience	Adult parents
Authors	Howard Steele, Miriam Steele (2008)
Category	Emotional dependency, Parenting

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Scoring & interpretation

The interview is recorded, then transcribed and coded by trained professionals according to a standardized analysis grid. Responses are evaluated on the basis of the coherence, richness, clarity and subjective integration of the experiences discussed. At the end of coding, the parental attachment profile is classified (autonomous, dismissing, preoccupied, or unresolved).

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