PAM

Psychosis Attachment Measure (PAM)

The PAM is a self-report questionnaire designed to assess attachment styles in relation to psychosis. It focuses specifically on the dimensions of anxious attachment and avoidant attachment in people with psychotic symptoms or a diagnosed psychotic disorder. It is useful for clarifying the relational dynamics that may influence psychopathology, and for guiding psychotherapeutic intervention.

Number of questions	16 questions
Estimated duration	5 minutes
Language	English
Original name	Psychosis Attachment Measure
Target audience	Adults with psychosis
Authors	Thérèse Berry, Katherine Wearden, Richard Barrowclough (2007)
Category	Psychotic disorders

Preview of the 16 questions

I prefer not to let other people know my 'true' thoughts and feelings.

Not at all | A little | Quite a bit | Very much

I find it easy to depend on other people for support with problems or difficult situations.

Not at all | A little | Quite a bit | Very much

I tend to get upset, anxious or angry if other people are not there when I need them.

Not at all | A little | Quite a bit | Very much

I usually discuss my problems and concerns with other people.

Not at all | A little | Quite a bit | Very much

I worry that key people in my life won't be around in the future.

Not at all | A little | Quite a bit | Very much

Scoring & interpretation

Each item is rated on a 4-point Likert scale (1 = strongly disagree to 4 = strongly agree). The overall score is divided into two subscales: anxious attachment and avoidant attachment. A high score on either subscale indicates a problematic attachment style in the context of psychosis. Interpretation must always be placed within the overall clinical context.