Attachment Behaviors Scale
Adapted from Furman & Buhrmester, 2009

Attachment to parental figures, romantic partners, and friends is an important aspect in determining security and healthy functioning (Bowlby, 1969). This scale has a behavioral focus. The Attachment Behaviors Scale is adapted from Furman and Buhrmester’s Network of Relationships Inventory: Behavioral Systems Version (NRI-BSV). Six of the original 24 items were included in the current study, representing both the Seeks Safe Haven and Seeks Secure Base subscales, and answer choices were changed from a 5-point to a 4-point Likert scale. In addition, wording of some items was simplified to be suitable for a community sample that included many people with limited educational attainment or who may speak English as a second language. Further, we developed parallel items for attachment to mothers and attachment to fathers (or mother or father figures) in order to decrease variation in the target person. For example, the original item “How much do you turn to this person for comfort and support when you are troubled about something?” was changed to “You turn to your mother (or mother figure) for comfort when you’re not feeling well.” Participants’ attachment to a mother (or mother figure) and a father (or father figure) was assessed.

Reliability & validity: Internal consistency (coefficient alpha) within our rural, low-income sample for the maternal attachment scale was .93 and .94 for the paternal attachment scale. Maternal attachment behavior score was mildly correlated, and paternal attachment behavior score was mildly to moderately correlated, with other measures of interpersonal strengths.

Scoring: Items were summed to create a total attachment to mother and attachment to father scale score, with higher values indicating more secure attachment.


Answer the following questions about your mother (or mother figure). If she is deceased, answer these questions about when she was alive.

1. You seek out your mother (or mother figure) when you’re upset.
   Mostly true about me .............................................. 4
   Somewhat true about me ........................................ 3
   A little true about me ........................................... 2
   Not true about me ................................................. 1
   I did not have a mother figure when I was a child ............ 0
   [SKIP to father questions if no mother figure]

2. You turn to your mother (or mother figure) when you’re worried about something.
   Mostly true about me .............................................. 4
   Somewhat true about me ........................................ 3
   A little true about me ........................................... 2
   Not true about me ................................................. 1

3. You turn to your mother (or mother figure) for comfort when you’re not feeling well.
   Mostly true about me .............................................. 4
   Somewhat true about me ........................................ 3
   A little true about me ........................................... 2
   Not true about me ................................................. 1
4. Your mother (or mother figure) encourages you to try new things that you’d like to do but are nervous about.
   - Mostly true about me ................................................. 4
   - Somewhat true about me ............................................ 3
   - A little true about me ................................................ 2
   - Not true about me ..................................................... 1

5. Your mother (or mother figure) encourages you to go after your goals and future plans.
   - Mostly true about me ................................................. 4
   - Somewhat true about me ............................................ 3
   - A little true about me ................................................ 2
   - Not true about me ..................................................... 1

6. Your mother (or mother figure) shows support for the things you do.
   - Mostly true about me ................................................. 4
   - Somewhat true about me ............................................ 3
   - A little true about me ................................................ 2
   - Not true about me ..................................................... 1

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**Answer the following questions about your father (or father figure). If he is deceased, answer these questions about when he was alive.**

7. You seek out your father (or father figure) when you’re upset.
   - Mostly true about me ................................................. 4
   - Somewhat true about me ............................................ 3
   - A little true about me ................................................ 2
   - Not true about me ..................................................... 1
   - I did not have a father figure when I was a child ............ 0
   [SKIP remaining questions if no father figure]

8. You turn to your father (or father figure) when you’re worried about something.
   - Mostly true about me ................................................. 4
   - Somewhat true about me ............................................ 3
   - A little true about me ................................................ 2
   - Not true about me ..................................................... 1

9. You turn to your father (or father figure) for comfort when you’re not feeling well.
   - Mostly true about me ................................................. 4
   - Somewhat true about me ............................................ 3
   - A little true about me ................................................ 2
   - Not true about me ..................................................... 1

10. Your father (or father figure) encourages you to try new things that you’d like to do but are nervous about.
    - Mostly true about me ................................................. 4
    - Somewhat true about me ............................................ 3
    - A little true about me ................................................ 2
    - Not true about me ..................................................... 1

11. Your father (or father figure) encourages you to go after your goals and future plans.
    - Mostly true about me ................................................. 4
    - Somewhat true about me ............................................ 3
    - A little true about me ................................................ 2
    - Not true about me ..................................................... 1

12. Your father (or father figure) shows support for the things you do.
    - Mostly true about me ................................................. 4
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<th>Description</th>
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</tr>
<tr>
<td>A little true about me</td>
<td>2</td>
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<tr>
<td>Not true about me</td>
<td>1</td>
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