



**PARENTAL ATTACHMENT AS PREDICTOR OF ROMANTIC
ATTACHMENT: ROLE OF DISPOSITIONAL MINDFULNESS**

A thesis
Presented to Professional Psychology Department,
Bahria University, Islamabad Campus

In Partial Fulfillment
of the Requirement for the
Degree of Bachelor of Sciences
(BS) Psychology

By
Ammara Maryam Shafique
Aniqa Rahim
Eram Khan
Fatima Ali
&
Muhammad Osama Hameed

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Ammara Maryam Shafique, Aniqah Rahim, Eram Khan, Fatima Ali, Muhammad

Osama Hameed

DEDICATION

This thesis is dedicated to our parents, whose prayers, support, and trust has been our ultimate strength.

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LIST OF ABBREVIATIONS

1. CAMS-R – The Cognitive and Affective Mindfulness Scale- Revised
2. IPPA-R – Inventory of Parent and Peer Attachment Scale-Revised
3. P.A – Parental Alienation
4. P.C – Parental Communication
5. P.T – Parental Trust
6. ECR-S – Experience in Close Relationship Scale-Short Form

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ABSTRACT

This study encompasses the relationship of romantic attachment and parental attachment with dispositional mindfulness in a dyadic sample. The sample size comprised of couples (N=144) within the age range of 20-45 years, through purposive sampling technique. Variables were measured through three scales: 1) The Cognitive and Affective Mindfulness Scale-Revised (CAMS-R) developed by Feldman, Hayes and Kumar in 2007 2) Inventory of Parents and Peer Attachment-Revised (IPPA-R), developed by Eleonora Gullone and Kym Robinson in 2005 3) Experience in close relationship scale-short form (ECR-S) developed by Brennan, Clark and Shaver (et.al) in 1998. The results concluded that CAMS has a negative but significant relationship with both subscales of ECR-S. On the other hand, CAMS relationship with two of IPPA's subscales (communication and trust) are positively significant, however, this scale's relationship with trust was negatively significant. Also, CAMS is negatively significant to anxious attachment whereas parental alienation it is positively significant to avoidant attachment in wives. Findings will help identify individuals in need for training in mindfulness; this will also assist in setting the baseline for interventions for couple's therapy.

Keywords: *Mindfulness, couples, CAMS, ECR, IPPA, scale*