ATTACHMENT STYLES, PERSONALITY TRAITS AND PATHOLOGICAL LOVE AMONG YOUNG ADULTS

SYEDA MALEEHA SULTAN

01-275222-019

A thesis submitted in fulfillment of the

requirements for the award of the degree of

Masters of Science (Clinical Psychology)

Department of Professional Psychology

BAHRIA UNIVERSITY ISLAMABAD

JUNE 2024

ATTACHMENT STYLES, PERSONALITY TRAITS AND PATHOLOGICAL LOVE AMONG YOUNG ADULTS

By

Syeda Maleeha Sultan

Approved by

_____

(*Name of External Examiner*)

External Examiner

_____

(Name of Internal Examiner)

Internal Examiner

_____

(*Dr. Noshi Iram Zaman*)

Supervisor

_____

(Dr Saima Kalsoom)

Head of Department

Professional Psychology Department

Bahria University Islamabad

Approval for Examination

Scholar's Name: <u>Syeda Maleeha Sultan</u>   Registration No. <u>01-275222-019</u>

Programme of Study: <u>Masters of Clinical Psychology</u>

Thesis Title: <u>Attachment Styles, Personality Traits and Pathological Love Among Young</u>

<u>Adults.</u>

It is to certify that the above scholar's thesis has been completed to my satisfaction and, to

my belief, its standard is appropriate for submission for examination. I have also

conducted plagiarism test of this thesis using HEC prescribed software and found

similarity index <u> 15 </u>% that is within the permissible limit set by the HEC for the MS

degree thesis. I have also found the thesis in a format recognized by the BU for the MS

thesis.

Principal Supervisor's Signature:

Date: <u>15-06-2024</u>

Name: <u>Dr. Noshi Iram Zaman</u>

Author's Declaration

I, <u>Syeda Maleeha Sultan</u> hereby state that my MS thesis titled "<u>Attachment Styles, Personality Traits and Pathological Love among Young Adults</u>" is my own work and has not been submitted previously by me for taking any degree from this university <u>Bahria University, Islamabad Campus</u> or anywhere else in the country/world.

At any time if my statement is found to be incorrect even after my graduation, the University has the right to withdraw/cancel my MS degree.

Scholar's Signature:

Name of scholar: <u>Syeda Maleeha Sultan</u>

Date: <u>15-06-2024</u>

Plagiarism Undertaking

I, solemnly declare that research work presented in the thesis titled "<u>Attachment Styles, Personality Traits and Pathological Love among Young Adults</u>" is solely my research work with no significant contribution from any other person. Small contribution / help wherever taken has been duly acknowledged and that complete thesis has been written by me. I understand the zero tolerance policy of the HEC and Bahria University towards plagiarism. Therefore, I as an Author of the above titled thesis declare that no portion of my thesis has been plagiarized and any material used as reference is properly referred / cited. I undertake that if I am found guilty of any formal plagiarism in the above titled thesis even after award of MS degree, the university reserves the right to withdraw / revoke my MS degree and that HEC and the University has the right to publish my name on the HEC / University website on which names of scholars are placed who submitted plagiarized thesis.

Scholar / Author's Sign:

Name of the Scholar: <u>Syeda Maleeha Sultan</u>

To Myself

ACKNOWLEDGMENT

All praise to Allah for blessing me with opportunities and facilities that have allowed me to be where I am right now. I thank my parents who worked tirelessly to provide me with the best of resources. Your belief in my abilities has been a guiding light, and I am profoundly thankful for the love and guidance you have given me at every step. This accomplishment would not have been possible without your steadfast support. Moreover, I would like to express my deepest gratitude to my dearest friend Areeba, whose unwavering emotional support has been a constant source of strength throughout my journey in pursuing this degree. Your encouragement, understanding, and belief in me have been invaluable, especially during the most challenging times. You were always there to listen, offer words of wisdom, and remind me of my potential when I needed it the most. I am profoundly thankful for your friendship, which has made this achievement possible and more meaningful. Furthermore, I would like to express my sincere appreciation to my sisters, Shinza and Mehreen for their invaluable help in completing my thesis. Their hands-on support, whether it was helping with research, organizing materials, or simply being there to assist with the countless tasks that needed to be done, made all the difference in bringing this work to fruition. Their dedication, patience, and willingness to step in whenever I needed help were instrumental in this achievement.

Lastly, I would like to extend my deepest gratitude to my supervisor, Dr. Noshi Iram Zaman for their invaluable guidance and support throughout the completion of my thesis. Your expertise, insightful feedback, and encouragement have been crucial in shaping this work. You consistently challenged me to think critically and pushed me to achieve my best, all while providing the support I needed to overcome obstacles along the way. I am profoundly grateful for the time and effort you dedicated to mentoring me, and I could not have completed this thesis without your guidance and encouragement

Syeda Maleeha Sultan

ABSTRACT

The present study explored the relationship between attachment style, personality traits and pathological Love among young adults. In addition, personality traits have been investigated as a moderator in a relationship between Attachment style and Pathological love. Quantitative cross-sectional design was implemented in the current study with the sample size (n=470) calculated by G-Power. Revised adult attachment scale, Love Addiction Inventory and Big Five Inventory short form was used for the data collection. Correlation and moderation analysis was done to explore the relationships between the variables. Findings indicate that openness to experience was significantly co related to pathological love, dismissive attachment style and fearful style are found to be significantly correlated with pathological love. In addition, conscientiousness is found to be a moderator between dismissive style and pathological love. The diversity in these finding from previous researches were due to the variations in cultural, religious, ethnic and societal background among the sample. The current study suggested the need to further explore the impact of cultural variations on the manifestation and prevalence of pathological love among multiple regions for future studies.

Keywords: Personality Traits, Attachment Styles, Pathological Love.

TABLE OF CONTENTS

REFERENCES

APPENDICES

LIST OF TABLES

LIST OF ABBREVIATIONS

APA	American Psychological Association
WHO	World Health Organization
LAI-SF	Love Addiction Inventory- Short Form
RAAS	Revised Adult Attachment Scale
BFI-10	Big Five Inventory

LIST OF APPENDICES

CHAPTER 1

INTRODUCTION

Attachment patterns, personality traits and pathological love represent just a handful of the numerous psychological elements that constitute into the intricate fabric of relationships among people. Recognizing these aspects offers essential insights regarding the evolutionary paths and psychological wellness of individuals in addition to shedding light on the intricacies of interpersonal relationships. Young adults currently have to cope with a social framework that is evolving effortlessly whereby cultural, technical, and economic variables are perpetually reshaping defined relational theories. This evolving context highlights how essential it is to inquire the ways these pathological forms of love interact with determined personality traits and attachment styles which influence the development of relationships.

When people get in to their adulthood, they have curiosity to experience intimate relationships in their life due to its charming and fantasized expression on media platforms. Individuals having no prior attachment figures in their life are prone to involve in these relationships whenever they get the opportunity. However, the problem occurs when they find themselves in unmitigated difficulty due to problems with their intimate partner. These problems can range from being overly dependent on the partner to the inability to spend time without the partner ultimately malfunctioning the other areas of life as well. Moreover, the problem worsens when these difficulties in intimate relationships are elevated by certain innate characteristic of individual's personality. Hence, these circumstances

altogether make the young adult prone towards pathology in intimate relationships which also impact the other areas of functioning negatively.

1.1 Background

Young adulthood (20y to 40y), as per Erik Erikson is a period in life where the transition occurs in terms of societal expectations, responsibility taking and struggle to structure adult life (Erikson, 1968). Along with developing personal identity, young adults strive for closeness to others in order to form secure partnerships (Moretti & Peled, 2004). In this stage of life, people strive to achieve stability while facing change and unpredictability in their lives. Arnett (2004) second the features of this life stage as young adults are self-focused; they have feelings of being in between and structural instability. According to Kokab and Ajmal (2012), as per development perspective this period is characterized by psychological and physiological maturation which includes getting in to romantic relationships, becoming parents, starting career and being productive in life endeavors. Furthermore, this age involves transition, individuals move from adolescence to adulthood, sometimes leading to uncertainty in terms of role and relationships. Additionally, they reported that when young adults get in to a relationship, they are not mature enough to deal with the problems that occurs with their partner, they are possessive and those individuals who do not experience warmth in their childhood will consider their partner as eternal so they behave extra attached to them due to the fear of abandonment or separation.

The warmth and care that people do not get in their childhood will expect to experience it in their intimate relationships because it provides them with rewarding effects

in terms of passion, love and companionship. However, these relationships can also become a source of suffering and sorrow due to multiple aspects such as conflicts, fear of abandonment and rejection ultimately leading towards emotional pain and psychological distress. Moreover, these problems in intimate relationships may also result in the emergence of psychopathologies or they may increase already existing psychopathological symptoms of depression and anxiety (Gable & Impett, 2012). Similarly, these pathological symptoms also manifest themselves in intimate relationships where the young adult is not able to deal with the problems of possessiveness, extra-attention and attachment ultimately making the relationship pathological.

1.2 Attachment Styles

The early childhood interactions of an individual play an important role in the ability to form healthy and unhealthy relationships later in life. This is well-explained by the Attachment Theory of John Bowlby which suggest that in childhood, individuals form mental images of their relationship with their caregivers which serve as a template for future relationships. Moreover, object relations theorist stresses the role of early family interactions in development of personality. Therefore, the early interactions of an individual give them the direction of leading their personalities in their intimate relationships later in life (Levy & Blatt, 2009).

Expanding Bowlby's work, Ainsworth identified three Attachment styles of childhood which laid a foundation for studying adult attachment patterns as well. He described individuals experiencing safe base for exploring the world as secure, individuals who are not able to receive contact while seeking it as anxious-ambivalent and individuals avoiding contact from caregivers as well as strangers as anxious-avoidant. This framework

of attachment allowed many researchers to apply these patterns on adult relationships as well (Overall, Fletcher & Friesen, 2003). These attachment patterns are measured along dimensions of avoidance and anxiety attachment as individuals holding negative self-view are considered to be anxious in their attachment while individuals holding negative views about others are considered to be avoidant in their intimate relationships.

Furthermore, these attachment patterns of each individual are unique depending on their life circumstances which are explained by Bartholomew and Horowitz. These attachment styles are based on the model of adult attachment comprising self and others. This model is the mental demonstration of the learned patterns in early life relationships which are reenacted in later life relationships. These working models can be strengthened or weaken with time due to multiple experiences within relationships resulting in shaping the behavior of individuals with their attachment figures. Brumbaugh and Fraley (2006) reported that individuals having anxious attachment implies both relationship specific and global representation of these working models while individuals with avoidant attachment implies the working model as per the features of their past attachment figure.

The four attachment styles includes secure (less anxiety and high stability in relationship, positive view of self and others, comfortable and trusting in intimate relationships, high intimacy levels, more warmth and balance control, they value mutuality and cooperation with others), anxious or preoccupied (high anxiety with lack of trust in relationship, positive assessment of others while negative self-view, these individuals increase self-acceptance by obtaining others acceptance searching anxiously for support and love, need constant acceptance and approval by seeking larger closeness with their intimate partner, high self-disclosure along with high reliance on attachment figure, they

show anger and discomfort while being with others and are self-sacrificial), dismissive (high anxiety with fear of committing to a relationship as they feel unworthy of love and they avoid close relationships due to fear of rejection from others and lack of trust, positive self-view while having negative views about others, they have high self-confidence but low emotional expressiveness, they are more autonomous, not giving their best in relationships undervaluing their importance) and fearful (high anxiety with feeling of fear from loved one, highly insecure, lack of self-confidence, assertiveness, they avoid intimate relationships to be independent and invulnerable thus protecting themselves from any disappointment by having low self-disclosure and less reliance on others for secure base, having negative view about self as well as others). Dismissive, Preoccupied and Fearful attachment patterns are considered to be insecure (Fraley & Roisman, 2019).

The early bonding with caregivers determines the attachment patterns of people in their adulthood. When the bonding of an individual is insecure with high emotional dependence on caregiver during childhood, then the relationship that individual forms later in life will be problematic. Salani et al. (2022) reported that preoccupied childhood attachment, emotional dysregulation and parental control predicted the likelihood of individual towards love addiction

Additionally, Attachment styles are described primarily by behaviors such as an anxious attachment could display itself as clingy behavior or an anxiously attached individual might wish to stay as close as possible to the object of their attachment or they may feel distressed at being separated from someone they love (Shaver & Mikulincer, 2009). The individuals with pathological love have insecure attachment style in their childhood that exacerbates the problems in their love life (Gori et al., 2023). Similarly, the personality that is formed in

their early life also depends on their relationships with caregivers but after it is formed it can also cause problematic behaviors later in adult relationships. In other words, certain personality traits and attachment styles are prominent in pathological lovers and they may make the individual prone to psychopathologies of relationship that will be investigated in the current study.

1.3 Personality Traits

This certain way of behaving is associated with individual differences among people in terms of pre-occupied traits that makes the personality of an individual. The personality traits are stable, consistent and vary from an individual to individual indicating the differences between people and causes individual to behave in a certain way. Moreover, they are differently occupied in different individuals depending on their childhood attachments and early interactions. According to the five-factor model of Costa and Mccrae (1998), the five major traits of personality are categorized as extraversion (tendency to be dominant, social and talkative, actively engaged socially, positive affectivity, exhibitionism, enjoying social settings, energetic), openness (tendency to appreciate and acknowledge new art , behaviors and feelings, creative, exploring new instances, active imagination and tolerance), agreeableness (strong interpersonal aspect, willing to help others, positive view about others, tendency to get along with everyone rather than imposing own choices on others), neuroticism (tendency to experience frequent negative thoughts and emotions such as hostility, guilt, fear and sadness while having perception of the world and others as threatening, distressful and problematic), and conscientiousness (impulse control, goal-directed actions, responsibility taking, organized, self-disciplined and tendency to be hard working and careful).

In addition, the study conducted in 2015 reported that extraversion, conscientiousness and neuroticism positively correlate with pathological love while agreeableness negatively correlates with pathological love. These personality traits play an important role in making the individual prone towards different pathologies specifically regarding their intimate relationships (Safdar & Dasti, 2015). The trait factor given by Allport gives three domains in which different personalities were places i.e. Central Traits (the general traits that forms the basic foundation of personality but they are not dominating e.g. describing a person as shy, honest or anxious), cardinal traits (these are rare and dominant that develops in later life e.g. describing a person as narcissistic) and secondary traits (these traits are the attitudes or preferences that appears in certain situations e.g. anxiety while speaking publicly).

In response, Raymond Cattell reduced the Allport initial list by combining the common traits and eliminating the uncommon traits to 16 key personality traits including reasoning, self-reliance, perfectionism, dominance and so on. According to Cattell these 16 traits are the source of all the human personalities. Moreover, Hans Eysenck gives the personality theory comprised of three universal traits i.e., introversion-extraversion, neuroticism and psychoticism (antisocial and manipulative individuals) (Cherry, 2023). These traits are the grounds on which the individual acts and determined to behave in a particular way. However, the certain way of behaving is determined by the early interactions of an individual that he or she may have in their childhood that plays a part in forming particular type of personality.

The personality traits are determined and they have a wide prospect to be assessed in people distinctively. Certain traits are evident to be found in individuals with

pathological love such as neuroticism. Safdar and Dasti (2015) also reported that neuroticism, conscientiousness and extraversion have a positive correlation with pathological love while agreeableness has a negative correlation with pathological love.

Furthermore, pathological love is positively predicted by neuroticism, extraversion and conscientiousness and it is negatively predicted by past intimate relationships. In addition, young adults also have the aspect of emotional dependence that shifts from their family members to their intimate partners as they grow up which makes them vulnerable to overcome with any relational problems with their loved one. Research also suggest that emotional dependence is a risk factor for developing behavioral addictions that also includes pathological love relationships (Magila et al., 2023).

1.4 Pathological Love

The difficulties in intimate relationships mentioned previously causes problems in different aspects of individuals' life such as couple disagreements, over-possessiveness and unrealistic expectations from the loved one making the love bond and attachment pattern pathological (Stravogiannis et., 2018). Pathological love also known as love addiction is the behavior in which the individual cares for the partner in a way that is repetitive and uncontrollable which results in neglecting needs of the self, affecting the functioning of individual and loved one (Sophia et al., 2007).

Individual lives are profoundly affected by intimate relationships. besides safeguarding our health from the adverse effects of stress, having positive relationships might improve our psychological health and level of fulfillment in life (Kawamichi et al., 2016; Kiecolt-Glaser & Wilson, 2017; Love & Holder, 2016). In fact, relationships, dedication, and intimacy represent just a few of the advantageous, gratifying outcomes

experienced with intimate relationships (Gable & Impett, 2012). However, love relationships may also constitute an important factor of misery and despair. This is due to the fact that relationship problems, disapproval, and withdrawal may all result in psychological and emotional suffering. Indeed, difficulties with intimate relationships might trigger symptoms of psychopathy including anxiety, sadness, and illicit drug use (Gable & Impett, 2012).

The psychopathology of love and romantic relationships is frequently overlooked by psychiatry and clinical psychology, notwithstanding the fact that it might result in serious impairments and discomfort (Berscheid, 2010). This could be because research on the psychopathology of intimate relationships and love generally lacked clinical accuracy. However recently, two distinct types of pathological love and intimate relationships have been recognized: pathological love, that includes passion and selfless dedication and manifests itself by giving the romantic partner uncontrolled repeated attention, and pathological jealousy, which involves a sense of having control over the partner and the fear of being betrayed and is identified by possessiveness, aggression, and attitudes that attempt to confirm the partner's fidelity (Berscheid, 2010, Marazziti et al., 2003, Sophia et al., 2009). Some believe that because of their excessive indulgence with their lover, their style of loving them cause pain. Other pursuits and hobbies that were formerly appreciated are frequently disregarded in favor of the spouse (Sophia et al., 2007). The desperate attempts to sustain the connection in the face of an overwhelming feeling of indecency and discontent with the relationship are a typical feature of pathological love, and they emphasize the contradictory and pathological aspect of the condition (Sophia et al., 2009).

As per Griffits (2005), Pathological love is a behavioral addiction as it is characterized by the loss of control over the specific behavior, like other behavioral addictions such as gambling, gaming and compulsive buying. Furthermore, the addiction component model of Griffiths that explains love pathology has six components i.e. tolerance (increased need to spent time with love object), salience (every feeling and behavior is directed towards the love object), mood modification (coping with emotional distress by thinking about love object), relapse (difficulty in decreasing the amount of time spent in the presence of love object), withdrawal (physiological changes in the absence of love object) and conflict (dysfunction of daily life activities e.g. social circle, work).

In addition, few behavioral addictions are included in The *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.; DSM–5; American Psychiatric Association, 2013) as there was enough clinical data on them but due to scare clinical data on pathological love, it is not included in it yet. As the neurobiology of love states that when a person becomes romantically attached to someone, love hormones (Oxytocin and Vasopressin) are released which play part in fostering the intimate feelings. However, dysregulation of these hormones may become like an addiction in which the control over impulse is lost due to substance use. Therefore, pathological love and addiction affect the brain reward system in the similar way (Zou et al., 2016).

Furthermore, the addiction criteria of DSM in terms of pathological love, the individual experience withdrawal symptoms in the absence of their partner as they are threatened by the feelings of abandonment, gives extreme and unnecessary care to the partner, loss control over attempts to reduce the unhealthy attachment, tries to control the partner activities, abandon the previously prioritized activities like professional

achievements, socialization, and maintenance of the pathological relationship despite professional and personal damage. Therefore, people show these behaviors due to the pathology but their preoccupation with certain characteristics (that may be innate) due to which they behave in a certain way is equally contributing towards pathology in love relationships.

Young people are eager to experience close relationships because during their adulthood, they have this need for closeness to others, to fuse their identity with the partner and development of personal identity as well. According to Erikson (1995), young adults look forward to make concrete partnerships and affiliations along with the achievement for intimacy. Thus, this becomes their priority at this age which in turn can impact their other areas of life differently. Each individual has this need to belong but this is expressed differently in interpersonal relationships. When they cannot deal with the problems, pathology occurs in their intimate relationships which affects their functioning negatively.

1.5 Rationale

The current study investigates the relationship between personality traits and attachment styles of individuals with pathological love. The study was motivated by the need for an exploration of certain personality traits and attachment styles associated with young adults having pathological love. However, methodological, contextual and theoretical scantness have impeded research on personality traits and its relationship with pathological love.

1.5.1 Methodological Gap

Methodologically, studies lacked the role of personality traits as moderator in the relationship between attachment styles and pathological love. The role of personality traits

as moderator between pathological love and attachment styles will be investigated in the current study and this will add in the clinical evidence regarding the predispositions that make a person prone to pathological love.

1.5.2 Contextual Gap

Contextually, most of the research studies area based on western population that disregards the cultural and religious factors that are distinctive to collectivistic cultural regions (Safdar & Dasti, 1015). This study will be based on non-western culture where the freedom of expression is not in practice and people do not open up and address their problems related to their intimate relationships. In addition, it will bring awareness among these individuals and normalize their pathology by giving them insight about it so that they can deal with it.

1.5.3 Theoretical Gap

Theoretically, research related to pathological love and personality traits lack the theoretical underpinnings as there is rudimentary evidence on them in the literature (Sophia et al., 2014). Current study will investigate the relationship between personality traits and pathological love that will add evidence in the theoretical underpinnings regarding the construct of personality traits to be considered as a predisposing factor for developing love pathology.

The role of personality trait as a moderator between attachment style and pathological love can be completely understood by identifying and filling the gaps.

1.6 Significance

By understanding what makes the individual prone to pathological love, better interventions and strategies will be invented and prevention can be strategized. Moreover, the findings of the study can suggest the health and psychological professionals to conduct public seminars about creating awareness of the issue among youth. As youth is the future and their healthy living is necessary for them to be successful and productive.

This research will help in furthering the understanding of important societal problem that afflicts both individual with pathological love and his or her intimate partner and to develop awareness in masses about the concept of love pathology. Furthermore, this research will help to explore the clinical aspects of pathological love and also help clinical practitioners regarding its treatment. In addition, it will also help in understanding relationship of personality with pathological love and in developing clinical interventions based on the findings of this research for future studies.

1.7 Theoretical Framework

Attachment theory of Love by Hazen and Shaver suggests that individuals having insecure attachment style in their childhood will be insecure and avoidant in their adult relationships as the patterns from childhood continues in the adulthood romantic relationships. The experiences and attachment regarding love with primary caregivers from childhood have an impact on the beliefs of individual affecting the relationship outcomes in future and also it will establish a base for personality development, here it creates issue for the individuals who have insecure attachment style with parents. (Hazen & Shaver, 1987)

1.8 Conceptual Model
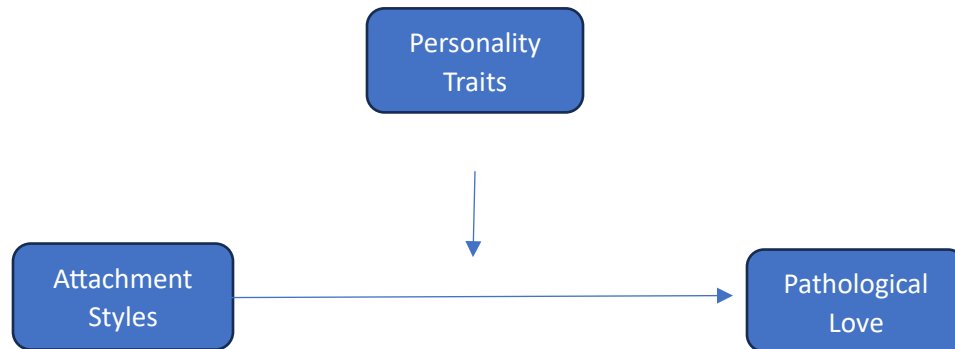
CHAPTER 2

LITERATURE REVIEW

Attachment styles are correlated with big five personality traits in research that suggests that neuroticism correlates with anxious attachment, agreeableness and extraversion negatively correlates with avoidance attachment (Noftle & Shaver, 2006). Quality of relationship does not mediate the relationship between attachment anxiety and depression faced by either of the partner instead it was found to be related to avoidant attachment in a partner that increases the reassurance seeking behavior from the partner (Shaver et al., 2005).

According to Mangialavori and Cacioppo (2020), fearful and preoccupied attachment style is positively corelated with emotional addiction in both men and women. Moreover, it is also reported that fearful attachment style is significantly correlated with love addiction and these associations are fully mediated by the self-esteem level of an individual (Gori, Russo & Topino, 2023). Obsessive love is predicted by the findings of multiple regression which determined that attachment (ambivalent) style has a significant relationship with obsessive love and it has been seen in other areas like friendships and intimate relationships as problematic (Ahmadi et al., 2013).

Adult attachment style and clinical depression in a high-risk population sample of women was investigated which uses an adult attachment interview measure, to make it possible to evaluate the degree of attachment insecurity as well as the type of attachment style. Any anxious style has a strong correlation with 12-month depression. Yet, only the

"non-standard" degrees of enmeshed, fearful, or angry-dismissive styles were associated with disorder when controls were made for depressed symptomatology during the interview. The illness and withdrawal-avoidance were not substantially correlated. Distinguishing between aggressive and non-hostile avoidance and the degree of insecurity in a style can strengthen the link between attachment behaviors and depression that is clinical. (Bifulco et al., 2002)

The goal of attachment theory is to clarify how social interactions, not genetics, influence the formation of personality. Though there are some exceptions, the majority of research on the emergence of attachment insecurities supports this focus on social events as opposed to genes. The authors investigate relationships between specific genetic variants linked to emotions and social behavior and attachment anxieties. They discover that (a) anxious attachment and a polymorphism of the DRD2 dopamine receptor gene are linked, (b) avoidant attachment and a polymorphism of the 5HT2A serotonin receptor gene, and (c) both. Attachment insecurities are not linked to a polymorphism of the oxytocin receptor gene. Based on these data, attachment insecurities may be partially accounted for by certain genes, but a significant amount of diversity in individual differences is still not explained by additional genetic factors or social events. (Gillath et al., 2008)

The authors explored the relationship between depression and excessive reassurance seeking (ERS) in romantic relationships and proposed that attachment anxiety may be the cause of this relationship. Seventy-two couples participated in Study 1 and answered questionnaires regarding ERS, depression, attachment style, and relationship quality. In Study 2, fourteen days of daily diary assessments were combined with the same measures completed by sixty-one couples. ERS was linked to depression in both

investigations, but solely as a result of its connection to attachment anxiety. Despite spouses noticing one other's ERS, the relationship quality of neither partner mediated amongst attachment anxiety and depression. Rather, avoidant attachment was the primary factor associated with relationship quality. (Shaver et al., 2005)

Three groups of children, ages 6 to 12, are examined to investigate the emotional effects of maltreatment on attachment styles: children of drug-using dads (n = 76), physically abused children (n = 41), neglected children (n = 38), and non-abused/non-neglected children (n = 35)—the control group. Of the children of drug-using dads, 52% had a secure attachment style, while 48% had an insecure style (anxious/ambivalent or avoidant); children who were physically abused were mostly classified as avoidant attachment styles, while children who were neglected were classified as anxious/ambivalent attachment styles. The findings indicate that children who experience physical abuse are more likely to exhibit antisocial behavior and a lifelong suspicion of others; neglected children are more likely to experience social withdrawal, social rejection, and feelings of inadequacy; and children whose fathers use drugs may be more likely to experience behavioral issues and drug use during adolescence (Finzi et al., 2000).

Most research has looked at attachment-style differences in couple communication, emotion regulation, and social perception; however, not much has been discovered about how psychological attachment style interacts or combines with relationship contexts or situations to affect people's choices about how to behave in relationships. Gillath and Shaver (2007) examined by asking participants to respond to two different relationship scenarios that were given to them. They finished the exercise twice, once without considering any specific context and once considering either a good or negative

relationship context. Findings showed that while dispositional attachment type remained significant, a failing relationship setting led individuals to select less secure and more insecure behaviors, particularly avoidant ones. Instead of causing interactions, both sets of factors had primary effects.

There is a gap in knowledge of how decisions and actions are selected in the context of close relationships because the majority of these studies have concentrated on the impacts of personality (i.e., attachment style) and have given relatively little consideration to the effects of setting or situation. Funder, (2006) investigated the consequences of relatively common but jeopardizing relationship instances for people with different attachment styles. It goes without saying that being in a relationship with someone who is unreliable and unsupportive is going to make one less inclined to trust and be open with their spouse. However, it is unclear if the effects of prior attachment styles—which are assumed to have their roots in a person's long record of attachment relationships would be eliminated or not by the presence of an optimal or nonoptimal partner, where "optimal" is defined in context of the concept of attachment.

An Internet poll of participants looked into the relationship between attachment style and respondents' subjective reasons for having sex. The study examined the connections between anxiety about attachment and avoiding it and the general sexual motivation as well as the particular motives for partner abuse, emotional closeness, reassurance, enhancing self-esteem, reducing stress, power exertion, physical pleasure, fostering one's partner, and procreation. As expected, all individual sex motivations—aside from physical pleasure—and general sexual motivation were strongly correlated with attachment anxiety. Avoidance was inversely correlated with the goals of sex—emotional

intimacy and reassurance—and positively correlated with the use of sex to manipulate, but it was mostly unrelated to the majority of other motivations. Anxiety was linked to the sustained intensity of sexual desire, while avoidance was linked to the gradual waning of passion. Sexual passion was also favorably correlated with attachment anxiety and negatively correlated with avoidance (Davis, Shaver & Vernon, 2004).

To investigate the function of adult attachment and social support as predictors of psychological discomfort, questionnaires were filled out by college students (N= 182). Three factors- Preoccupation, Prevention, and Dismissiveness and two Intimate and Casual for social support were produced by factor assessments of affiliation and social support measures. While the two forms of support were both substantial zero-order determinants of distress, the effects of intimate assistance were insignificant when the kind of attachment was taken into account. Conversely, after social support was taken into account, attachment style (preoccupation) had a sizable additional impact. Interaction analyses revealed that avoidance increases the impact of casual support while preoccupation lessens the impact of intimate support. These findings not only provide credence to the theory that attachment style is mostly responsible for the perception of social support, especially intimate support, but they also suggest that attachment style may have moderating effects on the impact of support **(**Moreira et al., 2003).

It is common practice to use attachment theory to explain relationship adaption tendencies. Bowlby's hypothesis was used by West and Sheldon to develop a measure of dysfunctional adult attachment. Compulsive self-reliance, helping others, care-seeking, and angry retreat are the four patterns that are seen. In comparison to attachment style measures, the study's objectives were to evaluate the psychometric qualities of this

intriguing measure and its capacity to predict symptomatology. Twenty-nine late teenagers in committed relationships were among the participants. They answered to a variety of tests on symptomatology, college adjustment, and attachment type, both continuous and categorical. There were little disparities in gender along with substantial internal consistency across the four pathological attachment variables. Insecure attachment style, mental symptomatology, and obsessive care-seeking, angry withdrawal, and compulsive self-reliance were all highly predictive of one another. Similar symptomatology was predicted by attachment disorder and insecure attachment style, yet differences were visible based on the method used to evaluate style (Lapsley, Varshney, & Aalsma, 2000).

By varying the temporal accessibility of particular attachment styles, this study examined the unique impacts of global and specific attachment styles on the incorporation of attachment-figure cues. It also assessed automatic inhibitory processes through the use of an adverse affective priming (NAP) task that presented both positive and negative words. It also measured one's explicit attitude towards the attachment figure. Results showed that specific, but not global, attachment styles influenced the processing of attachment–figure cues. It was found that participants primed with a secure attachment style showed a better inhibition of negative traits than those primed with an insecure style. At the explicit level, the anxious attachment types showed a more negative evaluation of their attachment figure than primed secures. (Dewitte & Houwer, 2011)

In a different study on emotion perception, participants were asked to rate the explicit pleasantness and arousal of video clips containing attachment-related content (Rognoni et al., 2008). This allowed researchers to examine more controlled processes. The findings demonstrated that, in contrast to secure people, anxiously attached people

found negative feelings like fear and grief to be more arousing, whereas avoidantly attached people found pleasant emotions to be less arousing. These results align with theoretical propositions that suggest an increased receptiveness to adverse social cues linked to anxious attachment and a disregard for pleasant interactions linked to avoidance. In an earlier behavioral experiment conducted in our own laboratory, participants were asked to directly score visual images that depicted either positive or negative, and social or nonsocial, scenarios along measures of control, arousal, and pleasantness (Vrticka et al., 2012). Once more, attachment avoidance was linked to a selective decline in comfort ratings, but just in positive social circumstances; in contrast, anxiety about attachment was linked to a fall in control ratings as well as an increase in arousal in particular unfavorable social circumstances.

Zeki's (2007) pioneering work on the neural underpinnings of romantic love, which measured brain reactions to the faces of partners, friends, and strangers, provides some support for the idea that attachment-related thoughts may affect brain systems involved in our perceptions of others' mental states. The idea that cognitive and emotional mentalization processes are mutually balanced is supported by the findings of these studies, which showed consistent deactivations in cortical brain areas known to be involved in theory of mind along with greater activity in the affective evaluation (emotional mentalization) networks (Gobbini & Haxby, 2007; Lieberman, 2007).

With a population that spans from late adolescence to late adulthood, the study examines the stability of adult attachment style and the contemporaneous covariation between attachment security and coping and well-being throughout a 6-year longitudinal-sequential study period. The results show that although attachment style remained largely

steady over the course of the six years, it was more fluid than stable. Attachment security fluctuation was found to have a favorable correlation with integrated coping and self-perceived well-being, but a negative simultaneous covariation with defensive coping and signs of depression. When subjects performed better as police officers and expressed a higher level of well-being (above their own mean baseline), they also demonstrated higher levels of security. It was also discovered that attachment changes with age. Older adults got less preoccupied and more dismissive over time, but they were still more secure than younger people (Zhang & Labouvie-Vief, 2004).

In a sample of 91 adults (21 men, 70 women) who experienced the loss of a loved one in the previous 18 months, this study examined particular connections between global types of attachment (e.g., secure, anxious ambivalent, avoidant), attachment to the deceased, suddenness of death, and three particular responses to bereavement (grief, depression, and somatization). Higher levels of grief were observed by those who said they were closest to the deceased and experienced a rapid loss. Anxious-ambivalent attachment styles were associated with higher levels of despair and bereavement. It was more common for people with a tendency toward avoidance to report somatization. It was discovered that people with a secure attachment type reported lower levels of depression, which was unexpected. More grief reports were linked to social desirability responses. Older respondents reported less somatization, and longer time after death and lower education were linked to lower depression (Wayment & Vierthaler, 2002).

An investigation determined the link between attachment patterns of adults and how they control relational physical distance. According to a three-category attachment type test, university students that were avoidantly attached were less tolerant of close physical

proximity than those who were firmly attached. Additionally, they reacted more strongly when a male adult (but not a female adult) invaded their space. Positive self- and positive other-model measures were derived, as well as an attachment style classification based on the evaluations of the participants on a 4-category measure. The findings showed that adults who were scared avoidant might be identified by their preference for large interpersonal distances. The decision of interpersonal distance was uniquely influenced by the positive self-model score across individuals, but not by the positive other model score (Kaitz et al., 2004).

Connection between sexual needs and long-term singles satiate was examined using measures of attachment style, attachment figures, feelings of isolation anxiety, depressive disorders, quality of connections with parents, and sexual behavior were completed by a community sample of 142 individuals in the United States who were either single or married. They responded to questions concerning their upbringing and how they handled support, attachment, and sexual needs during a structured interview. The degree to which attachment-related vocabulary was used and the quality of early ties with parents were coded. Although single participants reported higher degrees of loneliness, sadness, anxiety, sexual dissatisfaction, and difficult childhood interactions with parents, they were just as likely as coupled participants to demonstrate attachment security and rely on attachment figures (Schachner, Shaver & Gillath, 2008). Individuals who were categorized as preoccupied had greater depression scores than those who were dismissive or avoided situations. All insecurely linked individuals reported greater depression ratings overall, but the highest scores were recorded by those who had a negative self-model. Furthermore,

there was no correlation found between the dismissing-avoidant prototype and depression and the BDI scores and the fearful-avoidant and preoccupied prototypes.

Attachment groups with a negative picture of their own selves (preoccupied and fearful–avoidant) and attachment groups with a positive model of themselves (confident and dismissing–avoidant) showed significantly different anxiety ratings, with the latter group reporting greater anxiety scores. Anxiety was positively correlated with the fearful–avoidant prototype and the preoccupied prototype. Results appear to support the notion that attachment and personality do not mutually explain psychological disorders and that attachment and personality do not simply overlap (Surcinelli et al., 2010).

Love style that people exhibit are found to have a frequent association with personality traits and they also can have a vice versa relationship as certain personality traits is also responsible for the healthy or problematic love style. Neuroticism is found to have a positive association with ludic love style, while agreeableness, conscientiousness, extraversion and openness is positively associated with erotic style, love styles that are problematic are also seen in individuals with pathological love as part of their personality (Middleton, 1993). Similarly, personality traits such as antagonism and psychoticism are more related with manic and ludic love style suggesting that mania and ludic love style are responsible and central to pathological personality traits (Jonason et al., 2020).

Furthermore, personality plays role in emotional focused coping in relationships evident by the findings that suggests individuals having high levels of neuroticism trait have more acceptance and less planful problem solving as compared to those having low levels of neuroticism trait. Similarly, high scores on extraversion and agreeableness

indicated more support seeking behavior, high openness suggests less escape avoidance and high conscientiousness suggested more empathic understanding and less avoidance of problems in relationships (O' Brien & DeLongis, 1996). Safdar and Dasti (2015) reported that neuroticism, conscientiousness and extraversion have a positive correlation with pathological love while agreeableness has a negative correlation with pathological love.

The metanalysis on the relationship between coping and the five-factor model was conducted in a study using 33 thousand participants extracted from 165 samples. Every one of the Big Five traits of personality was associated with coping in their study. Conscientiousness, neuroticism and extraversion are found to be significantly correlated with coping. In general, extraversion was associated with seeking out assistance and, when combined with diligence, with problem-solving and cognitive restructuring, while neuroticism was linked to negative methods like fantasizing, withdrawal symptoms, and emotion-focused coping (Connor-Smith & Flachsbart , 2007).

The mediating influence of personality factors in the link between social media addiction and attachment style was investigated. The worry-ambivalent (r = 0.308, P < 0.05) and disorganize-ambivalent (r = 0.322, P < 0.05) attachment styles were found to be significantly correlated with SNS addiction, according to the data. Furthermore, based on the self-directedness character component, the structural model indicated that, among attachment types, the ambivalence-disorganize attachment might moderate the social network addiction (CFI: 0.94, NFI: 0.92, RMSEA: 0.09). Self-directedness as a trait of personality might lessen the negative consequences of insecure attachment and, consequently, lower the likelihood of developing an SNS addiction (Shafiee, Ashouri & Dehghani, 2020).

Compared to those who are more emotionally stable, those with high neuroticism scores are more prone to experiencing unpleasant emotions (such as anxiety, anger, or sadness), being self-conscious, and being impulsive. They are also more vulnerable to stress. Compared to introverts, extroverts report higher levels of activity, a larger need for stimulation, a need for social connections, gregariousness, warmth, and a propensity for positive feelings. Individuals with high exposure to experience scores tend to be more imaginative, liberal, daring, appreciative of art and beauty, and receptive to feelings and emotions. Higher agreeableness scores are associated with more tender-mindedness, straightforwardness, humility, trust, conformity, and selflessness than lower agreeableness scores. Compared to those with inadequate conscientiousness scores, those with high diligence scores exhibit competence, order, achievement-striving, dutifulness, disciplined behavior, and thoughtfulness (Costa & McCrae, 1989, Costa & McCrae, 1992).

Research has shown that parents who see their children as having high levels of surgency, extraversion, and positive emotionality may also be more emotionally available, loving, responsive, and supportive (Kim et al., 2017; Kochanska et al., 2004). According to these results, individuals may report higher levels of neuroticism, lower levels of extraversion, and agreeableness, as well as higher levels of non-supportive and lower levels of supportive emotion socialization. Lower levels of emotional competence, emotional knowledge and control over emotions techniques may be linked to less supportive as well as more non-supportive emotion socialization (Cole et al., 2009). Therefore, it stands to reason that those who report higher levels of neuroticism, lower levels of extraversion, and agreeableness may also have a tendency to employ a greater number of maladaptive and fewer adaptive emotion control techniques.

A greater degree of neuroticism was linked to higher usually maladaptive regulation of emotions techniques and lower normally adaptive strategies to regulate emotions (Baranczuk, 2018). Low levels of neuroticism are associated with high levels of being receptive to experiences, extraversion trait, conscientiousness and agreeableness. In contrast, neuroticism is linked to higher prevalence of a variety of mental and physical problems in adults in the general population. Conscientiousness is connected with a considerably lower chance of these disorders. There have been correlations discovered between character traits—particularly conscientiousness—and the risk of physical limits in persons with physical ailments (Goodman & Friedman, 2006).

While Hoyle, Feifar and Miller (2000) discovered a relationship between adult sexual risk-taking and the attributes of neuroticism and conscientiousness, Mecca (2003) observed strong relationships between pathological gambling and the five factor model traits of neuroticism, agreeableness, and conscientiousness. Gullone and Moore (2000) looked into the association amongst teenage risk-taking assessments and five factor personality model. They found that girls who took more risks scored greater than boys on measures of neuroticism, pleasantness, and meticulousness. When considered collectively, risk assessments, personality traits, age, and sex were shown to be highly important indicators of risky behavior in teenagers. Preadolescents were found to be outgoing (high extraversion), open to various experiences (high openness to experience), and imprudent (low conscientiousness) when they took the most risks. The finding that high levels of risk-taking behavior are positively connected with extraversion is not surprising (McGhee et al., 2012).

While neuroticism showed a positive correlation, perceived stress was found to have negative relationships with agreeableness, openness, extravagance, conscientiousness, and the latter, which was initially non-significant. When overall self-confidence (GSE) was taken into account, the relationships with agreeableness and openness changed to positive and significant, respectively. GSE mediated all five personality-stress models; the highest mediating effects were seen in extroversion and conscientiousness. Neuroticism was shown to have the strongest stress-association. It has been demonstrated that GSE alters how the personality dimensions are interpreted and their influence on perceived stress. According to these findings, there is a significant factor of GSE, playing its role amongst perception of stress and personality (Ebstrup et al., 2011).

Higher agreeableness, conscientiousness, and extraversion were generally linked to better sleep, while higher neuroticism was linked to worse sleep. Sleep and openness were not related. Personality factors accounted for a relatively minor portion of the variation in sleep behavior, but the majority of the relationships were repeatable between the samples from the two nations (Hintsanen at al., 2019).

Following a baseline examination of personality traits and health as mortality predictors, 450 participants were tracked for 6.5 years. Results showed that, at the time of the base line, those with high levels of neuroticism and perfectionism had a considerably higher probability of dying than those with low levels of these traits. On the other hand, those who scored well on conscientiousness, extraversion, and optimism had a far lower chance of dying (Fry & Debats, 2009).

Relationships are investigated between personality qualities from the Five Factor Model and different reproductive behavior outcomes in a sample of 15,729 women and

men from the United States survey related to midlife development along with the Wisconsin Longitudinal Study (WLS). Adults self-reported their personality and reproductive history (mean age: 53 years). In both sexes, higher scores on extraversion, openness, and low scores on neuroticism were linked to having more children; in women only, high scores on agreeableness and low scores on conscientiousness were linked with having more children. The marital status has no bearing on these connections. Additionally, there were more precise correlations found between personality and when a person becomes a parent. The results show that several reproductive outcomes are systematically correlated with personality qualities from the Five Factor Model (Jokela et al., 2011).

Some people see religiosity as a cultural adaption of certain personality traits, such as meticulousness and agreeableness. In fact, several meta-analytic evaluations (Lodi-Smith & Roberts, 2007) corroborated the idea that the two main personality traits associated with religiosity were high agreeableness and conscientiousness. Prosocial (agreeable) people are more inclined to engage in religious activities, sentiments, and beliefs that uphold social peace and the notion of a loving, benevolent God. Once again, those who exhibit order and restraint (conscientiousness) are inclined to follow religions that focus transcendence and the significance of life as well as the universe's order (Saroglou, 2010). Barlett and Anderson (2012) found that high levels of Neuroticism, low levels of Agreeableness, and low levels of Conscientiousness were associated with increases in violent feelings and physical aggressiveness in a large sample of university students.

All neuroticism sub-facets—anxiety, angry animosity, depression, self-consciousness, impulsiveness, and vulnerability—showed a positive correlation with

scores on the Buss-Perry Aggression Questionnaire. The results of the BPAQ showed a negative correlation between the Agreeableness scores and the sub-facets of Trust, Straightforwardness, generosity, and Conformity. With regard to the sub-facets of modesty and tender-mindedness, we found no discernible influence. Conscientiousness sub-facets Competence, Dutifulness, Self-control, and Deliberation all showed a negative correlation with BPAQ scores, as did Conscientiousness scores overall. There was no discernible impact for the sub-facet Order. There was no correlation found between BPAQ scores and extroversion and willingness to experience scores (Dam et al., 2021).

Technology use, both perceived and actual, is correlated with neuroticism and conscientiousness. Conscientiousness shows a positive correlation with both, whereas neuroticism shows a negative correlation. Additionally, extraversion was highly correlated with actual use, albeit not in the anticipated good way. Furthermore, there was no mediation by stated intentions to use the system in the strong associations found among the personality factors and actual technological use (Barnett et al., 2015).

According to physicians, the classic instance of DPD exhibited high levels of neuroticism-related anxiety, depression, self-consciousness, and fragility; agreeableness-related compliance and humility; and extraversion-related low levels of assertiveness. They did, however, also note that the classic example of DPD exhibited low levels of activity, excitement seeking (due to extraversion), and openness to new experiences. Altruism and trust received somewhat higher agreeableness scores than agreeableness (Widiger & Samuel, 2004).

The purpose of the meta-analysis was to examine how the two types of resilience—psychological resilience and ego-resiliency—affect the correlations between resilience and the Big Five personality traits. In contrasting the two forms of resilience, ego-resiliency was found to have a stronger negative association with neuroticism and a deeper positive link with agreeableness and openness than trait resilience. But effect magnitude varied widely throughout research, particularly in the case of ego-resilience (Oshio et al., 2018).

In a sample of 246 students, the authors link the Big Five personality traits to fundamental values. According to theory, conscientiousness and conformance values, extroversion and achievement and stimulation values, openness and self-direction and universalism values, and agreeableness and traditional values correlate most positively. Value relationships with the five component facets shed light on the subtleties of each facet and clear up any confusion regarding the factors' respective meanings. There are distinct patterns of association between religiosity and good emotion observed in values and personality traits. Results corroborate the theory that features have less of an impact on behavior than does cognitive control when it comes to values (Roccas et al., 2002).

The link between perceived health of caregivers and their five factor personality traits were examined in a study. Findings showed that neuroticism was favorably correlated with extraversion and conscientiousness and adversely correlated with mental and physical health. Better subjective physical and mental well-being were linked to openness and agreeableness, respectively. According to multiple mediation studies, caregiver strain preferentially mediated the connections between agreeableness and neuroticism and mental health, while self-efficacy mediated all observed links between personality and subjective health (Löckenhoff et al., 2011).

The necessity to investigate personality-EF relationships is suggested by the neuropsychological foundations of major personality characteristics as well as the finding that both personality and executive functioning (EF) are substantial predictors of dementia onset. Utilizing well-validated neuropsychological assessments, this study evaluated EF and Five-Factor Model traits in 58 fit older persons who lived in the community. The findings showed that EF had a negative correlation with liking and being open regarding experience, but a positive correlation with neuroticism. The personality traits most strongly associated with EF were those related to interpersonal antagonism versus attachment, such as Angry-Hostility, Warmth, Trust, and Tender-Mindedness (Williams, Suchy & Kraybill, 2010).

Women outperform men in adult and undergraduate samples when it comes to the Five Factor Model (FFM) personality qualities of agreeableness and neuroticism. Using the NEO-Five Factor Inventory, this study evaluated the degree to which these gender differences remained in a sample of 486 older persons, ages 65 to 98. When examining gender differences at the level of latent characteristics, mean and covariance structure models showed that older women had higher levels of agreeableness and neuroticism over older men. The persistence of gender differences on neuroticism and agreeableness across the lifespan is attested to by the congruence of these results with earlier research in younger samples. In personality study, gender variations on these features should be taken into account for older adults as well as middle-aged and younger adults (Chapman et al., 2007).

Five personality factors were found to be strongly predictive of trait anger and anger expression styles in a study. 580 students in total—267 boys and 313 girls—participated in the study. Scales from the State-Trait Anger Expression Inventory and the Adjective

Based Personality Test were used in the investigation. The study found that trait anger and anger-expressing modes (anger-in, anger-out, and anger control) are significantly predicted by the five factor personality factors (neuroticism, extraversion, receptivity to experiences, agreeableness, and meticulousness) taken together (Özyeşil, 2012).

Transformational leadership conduct was found to be associated with attributes from the Big 5, or the 5-factor model of personality. The results were based on fourteen samples of leaders from over 200 organizations. Conscientiousness and neuroticism had nothing to do with leadership that transformed. The outcomes also showed that while the general categories predicted transformational leadership more accurately, some aspects of the Big 5 qualities did not. Lastly, after adjusting for the impact of transactional leadership, transformational leadership behavior predicted several outcomes that indicated the efficacy of the leader (Judge & Bono, 2005).

The authors contrasted the personality trajectories of individuals who retired and those who continued to work, examining connections among retirement and five-factor personality traits in a broad community sample through longitudinal analyses (n = 367). At baseline, personality did not indicate when a person will retire; however, retirees predicted higher scores on Agreeableness and low scores on Activity, an Extraverted trait, as compared to those who continued to work. Among seniors (n = 144) in cross-sectional analyses, retirees with high extraversion and low neuroticism reported higher levels of retirement satisfaction, while retirees with strong extraversion also reported higher postretirement activity levels. The results indicate that the trait viewpoint adds to our comprehension of the retirement process (Löckenhoff., Terracciano, & Costa, 2009).

In an Iranian general population, this study examines the relationships between five personality traits as predictor variables and depression and psychological distress as joint-dependent variables. The NEO-big five, Hospital Depression and anxiousness Scale, and General Health Questionnaire (GHQ-12) were utilized in a cross-sectional population-based study to gather information from 3177 individuals on their psychological issues and personality features. Higher neuroticism scores were found to be associated with a higher likelihood of mental discomfort and depression score ($p < 0.05$). Greater extraversion scores were associated with lower levels of psychological distress and depression ($p<0.05$). Additionally, conscientiousness ratings rise significantly, whereas agreeableness levels lower psychological discomfort ($p < 0.05$) (Nouri et al., 2019).

A multifaceted personality trait, neuroticism indicates a tendency to feel depressed and endure psychological anguish. Anxiety, aggressiveness, depression, self-consciousness, impulsivity, and susceptibility to stress are aspects or characteristics of neuroticism. Poorer response to treatment over time was linked to higher neuroticism features of impulsivity, anger-hostility, anxiousness, and susceptibility to stress (Manning, Chan, & Steffens, 2017). While conscientiousness represents variance in inhibitory control and rule-following, both extraversion and neuroticism contain wide tendencies towards negative and positive sentimentality, respectively (Allan et al., 2017). Previous research indicated that mental health problem scores were greater in those with strong neuroticism and low extraversion (Newbury-Birch & Kamali, 2001; Rovik et al., 2007). Research has indicated a significant correlation between psychological distress and depression scores and neuroticism scores in the general population. Additionally, women's extraversion scores and neuroticism ratings have a negative correlation (Bienvenu et al., 2001;

Newbury-Birch & Kamali, 2001). Major depressive disorder is most commonly associated with low levels of lower-order conscientiousness dimensions (facets). As per earlier research, individuals with chronic depression also had higher levels of neuroticism and a lower degree of extraversion, agreeableness, and conscientiousness when compared to individuals with acute forms of the illness. According to reports, neuroticism and agreeableness have a negative association in treatment-resistant depression patients. This relationship was not observed in remitted depressive patients, although it was in controls who were healthy (Takahashi et al.,2013). On the two dimensions of openness—felts and aesthetics—depressed participants scored higher than non-depressed individuals. According to cohort studies, very low neuroticism scores were linked to a lower chance of developing depression later on, while high levels of neuroticism were linked to a higher likelihood of developing depression later on (Brown et al., 2001; Watson et al., 2005). Further data revealed that participants in remission had higher mean scores of neuroticism than those without a history of depression, and that patients with present depression had higher mean scores than those in remission (Brown et al., 2001).

Previous research has shown that the trait aspects of the FFM are variably related with the onset, severity, and course of numerous psychiatric diseases, indicating that personality traits are informative markers for psychological difficulties. In both the normal and sick populations, three traits—high neuroticism, low extraversion, and poor conscientiousness—have been associated with depressive symptoms (Allan et al., 2017).

Academic achievement is believed to be significantly influenced by both learning styles and personality. Thirty-eight undergraduate college students performed the Inventory of Learning Processes and the Five Factor Inventory, as well as reporting their

grade point average. The four different learning styles (synthesis analysis, methodical study, fact retention, and elaborative processing) were favorably correlated with two of the Big Five traits: conscientiousness and agreeableness, while all four learning styles were adversely correlated with neuroticism. Furthermore, there was a favorable correlation found between elaborative processing and extraversion and openness. These findings suggests that learning patterns and personality traits both influence academic achievement. Moreover, reflective methods of learning (synthesis-analysis and comprehensive processing) acted as a mediating factor in the association between openness and GPA. These later findings imply that when students combine their scholarly interest with deliberate processing of information, intellectual curiosity fully improves their academic achievement (Komarraju et al., 2011).

The study looked at both direct and indirect routes connecting the quality of parent-adolescent relationships to that of romantic relationships in young adults. Using structural equation modeling, it was investigated if the relationship between parent-adolescent interactions and young adult romantic relations was mediated by mental health (self-esteem and depressive symptoms) during the transition to adulthood. After adjusting for adolescents mental health and parent-young adult relationship quality, the results showed that higher quality parent-adolescent relations predicted higher self-esteem and lower symptoms of depression during the transition to adulthood as well as higher quality intimate relationships in young adults. Improved depressive symptomatology predicted poor scores on quality of intimate relationship, but it predicted high scores on self-esteem throughout the time when an individual is transitioning to adulthood that was related to improved quality of intimate relationships (Galambos & Johnson, 2014).

Lee and Hankin, (2009) recognized two factors: dysfunctional attachment (feels powerless when alone and is obsessed with worries of being alone) as well as apparent ineptitude (difficulties launching initiatives and difficulty with ordinary decisions). After factor-analyzing a number of dependency measures, Morgan and Clark (2010) identified two factors: emotional dependency (emotional neediness in interpersonal relationships) and submissive dependency (lack of confidence in oneself or self-assurance in the presence of others).Three types of dependency were established by Pincus and Gurtman (1995) through a structural analysis of self-report dependency measures, all approached from the viewpoint of the interpersonal circumplex (IPC): submissive, loving and exploitable dependency.

Research on the personality traits and interpersonal skills linked to social media use, as well as the possible effects of use on behavior, is still in its early stages. Young adults are incorporating social media more and more into their everyday life and social interactions. An investigation of the links between adult attachment style, personality qualities from the Five-Factor Model, and interpersonal competency—all of which are pertinent to the tasks of development associated with emerging adulthood and Fb use— was conducted. It employed the method of structural equation modeling to evaluate a theoretical model that explains the links between the study's constructs using data gathered from 617 emerging adults. A well-fitting model was produced using the data, and it showed that insecure attachment had negative indirect effects on Facebook use, direct and beneficial impacts on neuroticism, direct and negative effects on extraversion, and direct and negative effects on interpersonal competency. Furthermore, when attachment style was taken into consideration first, only extraversion was linked to Facebook use and social

competence. These findings are found to be consistent as per the theory of attachment model, emphasize the significance of attachment style in the development of personality traits, interpersonal abilities, and digital social behavior (Jenkins-Guarnieri, Wright & Johnson, 2013).

The Big Five personality traits, self-esteem, and attachment orientation at work are all examined in this study. Two major attachment factors: secure/autonomous and insecure were found by principal component analysis. These factors were found to be significantly linked with all five personality components (as well as particular sub-facets) and self-worth. Based on regression studies, personality traits and self-esteem were found to account for 15–20% of the variance in secure and insecure attachment at work. Although self-esteem was able to partially explain the relationship between neuroticism and insecure attachment, it was not able to account for the majority of the relationships between personality and attachment (Neustadt, Chamorro-Premuzic & Furnham, 2006).

The association between disordered eating and insecure-resistant attachment was mediated, to a lesser degree, by neuroticism and extraversion. More precisely, higher neuroticism scores indicated a higher prevalence of disordered eating and clarified the connection among disturbed eating and insecure-resistant connection (Eggert, Levendosky & Klump, 2007).

Different personality traits and attachment types were found to influence preference for therapeutic orientation in regression analysis. The research specifically showed that preference for psychodynamic psychotherapy was highly predicted by openness and safe attachment. Person-centered preference was not significantly predicted by any personality

factors or attachment styles. Last but not least, frightened attachment and earlier psychological research strongly predicted a preference for cognitive-behavioral psychotherapy. The results of this study provide credence to the idea that a person's attachment type and personality characteristics indicate which psychotherapies they will favor (Petronzi & Masciale, 2015).

An investigation into the prediction of five factor personality traits based on adult attachment styles was the goal of the study. 240 students who were enrolled at the University of Hormozgan in the academic year 2011–2012 made up the statistical sample for this study. They were chosen through availability sampling from among all students, and they answered two questionnaires: the Five Factor Personality Traits Questionnaire (NEO) and the Relationships Scales Questionnaire (RSQ). Regression analysis results indicated that while agreeableness, diligence, a willingness to experience, and extroversion are positively predicted by secure attachment style, neuroticism can be predicted inversely by it. Inversely, agreeableness is also predicted by preoccupied attachment type. Furthermore, fearing attachment styles directly predict conscientiousness, whereas negating attachment styles does the opposite (Zarei et al., 2014).

According to their attachment type, personality, and stress perception patterns, freshmen's adjustment to university life was investigated in a study. The authors set out to look into the relationships between an attachment style, perceived stress levels and personality of individuals and their success adjusting to university life. 277 first-year students at a university in İzmir were selected for the sample. The attachment security of freshmen was inversely correlated with neuroticism, negative valence, and stress

perception and positively correlated with extraversion, openness to experience, and overall university adjustment. The main determinants of university adjustment were sense of stress, avoidance and attachment anxiety, openness and extraversion. Additionally, based on their demographic data, participants displayed notable variations in their attachment security, stress perceptions, and university adaptation (Kural & Özyurt, 2018).

A higher risk of the maladaptive personality traits that underlie BPD is imparted by insecure attachment patterns, according to attachment theory. Therefore, because insecure attachment is linked to these characteristics, it may be indirectly related to BPD. Nonclinical sample of young people was selected, and was investigated comparing two competing models of the association between trait negative affect and impulsivity, adult attachment patterns, and BPD traits was conducted using structural equation modeling: There are two main findings: (M1) trait adverse effects and impulsivity are associated positively to attachment anxiety and avoidance, which are directly linked to BPD features; and (M2) trait negative affect and impulsive behavior are beneficially related to attachment anxiety as well as avoidance.M1 suited the data better than M2, which is consistent with attachment theory. Yet, the only factor that was substantially linked with adverse effect and impulsivity was attachment anxiety—not avoiding attachments. The findings supported a paradigm in which trait adverse impacts and impulsivity completely mediate the association between adult anxiety about attachment and BPD characteristics (Scott, Levy & Pincus, 2009).

A study looked at the relationship between a person's drug usage and their personality, attachment style, and coping mechanisms. The study involved 98 individuals

in all, 46 of whom were female and 52 of whom were male. The examination failed to reveal a noteworthy distinction in the group of drug users' insecure or ambivalent relationship. On the basis of self-report alone, however, there was evidence that the drug-using group displayed greater levels of personality disorder features. An insecure attachment style was more prevalent in those with higher personality disorder features. Drug-using participants' coping mechanisms were more avoidant (Davidson & Ireland, 2009).

An investigation looks at the connections between personality traits (Extraversion, Introversion, Emotion Stability, Neuroticism) and adult attachment types (Secure, Anxious, Ambivalent, Avoidant). The study comprised 435 undergraduate students, both male and female, who were randomly recruited from several faculties at Hashemite University. The data analysis method employed was correlation analysis. The findings show a strong positive association between extraversion and the secure attachment style. The results also show a substantial negative link with aversion and an advantageous association with neuroticism for the anxious-ambivalent relationship style (Abou-Amerrh, , Al-Sabeelah & Alraggad, 2013).

The study looks at the relationship between internet addiction and factors such as gender, personality traits, attachment types, loneliness, and life satisfaction. 350 university students—203 females and 147 males—make up the participants. Measures of linked factors included the Personal Information Form, Relationship Scales Questionnaire, Ten-Item Personality Inventory, UCLA Loneliness Scale, and Life Satisfaction Scale. The findings' showed internet was being used majorly for contact and entertainment (53.7%)

with its frequent access (52.3%) from home. Regression analysis showed that 51% of the variance in the total was explained by all the factors combined. It was shown that attachment types were the most accurate indicator of internet addiction, whereas loneliness was the least accurate indicator. It is possible to conclude from the study's findings that people with internet addictions have higher attachment types that are associated with avoidance and anxiety. Their extraversion and conscientiousness are lower, and they exhibit greater emotional instability. Ultimately, they report a significant degree of loneliness and a low degree of life satisfaction (Morsunbul, 2014).

In academic life, love connections are a big deal. Numerous areas of juvenile function, including personal connections, development of identities, sexual development, and peer interactions, are impacted by these relationships, according to research. The study looked at how university students' personality features in their love styles and attachment styles varied depending on their gender. Using random sampling, 200 students from Ardebil University were chosen as participants for this study. Boys reported greater scores in Ludus and pragma, while girls reported higher scores in eros, according to the analysis of gender differences in love styles (P<0.01, P<0.05). Regression studies also revealed that close connection in girls and conscientiousness in males were important predictors of eros. Additionally, in boys, agreeableness and nervous attachment predict pragma, while honesty-humility predicts Ludus. Pragma in girls is predicted by emotionality and anxious attachment (P<0.01, P<0.05) (Pourmohseni, 2016).

This study looks at the connection between adolescents' life satisfaction and personality traits and attachment types. In total, 315 respondents who were between the ages of 18 and 21 took part in the study. The NEO Five Factor Inventory (NEO-FFI), which

measures personality, the Attachment Style Questionnaire (ASQ), and the Satisfaction with Life Scale (SWLS) are the three standardized tools that were employed. The findings indicated a strong correlation between life happiness and the personality qualities of extraversion, transparency, and dedication. There were found to be a significant correlation among life satisfaction and attachment style. Furthermore, the findings indicated a strong correlation between the majority of personality traits and attachment types. In conclusion, extraverted, honest, and conscientious teenagers with stable attachment styles were the ones who were content with their lives (Wan Shahrazad et al., 2015).

This study inquired about whether attachment styles, rather than personality qualities alone, could account for variation in the decision-making process in romantic partnerships. 428 Turkish individuals (70.3% females, age = 24.69, SDage = 5) were included in the study. The Big Five Inventory, Relationship Scales Questionnaire, and Relationship Deciding Scale were all finished by the participants. Relationship decision-making was found to be connected with attachment types and personality factors, according to correlation analysis. Preoccupied and secure attachments, above and beyond personality features, strongly influenced decision-making in romantic relationships, according to regression studies. The findings imply that attachment types have a significant role in explaining decision-making in romantic relationships, which may be helpful for romantic relationship-related practice and study (Tosun et al., 2022).

This study examines the relationship between personality factors and attachment styles and anxiety in Shiraz pre-university students. In order to do this, a stage cluster sampling technique was used to pick 380 students (230 females and 150 boys), after which

they were given the NEO personality traits, attachment styles, and Beck anxiety questionnaires. Step-wise regression, the t-test, and Pearson correlation were used to examine the data. The findings demonstrated a substantial and positive relationship between anxiety and attachment styles associated to anxiety. In terms of personality qualities, agreeableness, conscientiousness, and extroversion were significantly positively correlated with anxiety. The sole personality characteristic that could predict anxiety in students was attachment style. Specifically, anxiety in female students could be predicted by neuroticism, whereas anxiety in male students could be explained by neuroticism and conscientiousness (Sarvghad, Rezaei & Irani, 2012).

The goal of the study is to better understand how attachment and personality organization relate to the connection between emotional abuse as a child and adult emotional functioning. The results indicate that personality organization deficiencies and insecure attachment were substantially predicted by childhood trauma (all $p < 0.001$). Additionally, there was a significant correlation ($p<0.001$) between lower personality organization and higher ANGER, while adult connection significantly predicted main emotion dispositions overall. Furthermore, the findings show that personality organization and attachment traits have a substantial mediating role in the association between early life trauma and basic emotions ($p < 0.01$) (Fuchshuber et al., 2019).

The results of the study suggested the individual's likelihood of having a fetishism increased with their individual scores in the neuroticism and agreeableness factors. There may be a correlation between avoidant and ambivalent insecure attachment styles and neurotic traits. Multivariable regression study results also indicated that personality

variables account for 14% of the fetishism. Neuroticism made the largest contribution ($P<0.01$), followed by agreeableness ($P<0.05$). Furthermore, a total of 24% of the variance of the fetishism variable was predicted by the three variables of avoidable attachment, secure attachment, and ambivalence attachment. The ambivalent attachment type is found to have the biggest impact on the fetishism variable based on the beta value. Lastly, neuroticism and fetishism are personality traits that are mediated by attachment patterns (RastgarFarajZadeh & Mohammadian, 2019).

Environmental contexts play important role in shaping the personality of adolescents and young adults that will be depicted later in their lives in different contexts such as in their marital relationships or their bonding with their own children. Research supported that father and mother relationship with the adolescent plays a mediating role in the development of agreeableness, emotional stability and externalizing behaviors while it plays a moderating role between emotional stability and both internalizing and externalizing behaviors that are developed in the various life stages (Manders et al., 2006).

Marital relationships are shaped by the efforts and input of both partners and their personality traits as they can make the bond stronger or may be weaker if the conflicts are huge among their personality types. Research suggests that each personality attribute contributed independently in the relationship but not always synergistically. It is evident by the results that showed happiness of a man in a relationship is predicted by the low negative emotionality of his loved one whereas the happiness of a woman in a relationship is predicted by the high positive emotionality of his partner (Robins et al., 2000). Communication and couple stability is dependent on the personality trait of partners.

Research suggested that extraversion and agreeableness moderate the relationship between stability and problem solving within a couple (Lazarides et al., 2010).

When the desire overmines the need, lack turns out to be paramount, suffering took over pleasure and the continuation of relationship despite these negative outcomes, at this stage the shift happens from normal and healthy love towards love pathology. This is because the individual with pathological live feels undeserving of love, inadequate and have the consistent fear related to abandonment by the intimate partner. This very fear of abandonment leads towards the overcontrolling nature of individual with pathological love consequently making the life of loved one difficult (Reynaud et al., 2010).

According to Hendrick and Hendrick (2006), this orientation to love is described in terms of personality of an individual. Sophia et al. (2009) reported that individuals who have dependency and submissiveness in their personality are more likely to involve in a maladaptive relationship because they have the fear of rejection and isolation. Moreover, Curtis (1983) reported that individuals who have dominating and manipulating aspects in their personality, broadly termed as power are more likely to have maladaptive intimate relationships.

Pathological love is associated with the style of love the individual has because certain love style is related to the way of love that can be healthy or unhealthy depending upon the early interactions of young adults with their primary caregivers. According to Lorena et al. (2008), Individuals with mania love style were given psychodrama group therapy to improve their pathological love relationships by working on their interpersonal relational insight and improving their self-esteem and to modify their love style to a more positive style.

Moreover, there are other paradigms as well that explains why an individual is prone to pathological love. In theory, there is no evidence for that but research study explored that emotional distress, affectional deprivation, low self-esteem, childhood negligence and history of substance use are the important premorbid factors associated with pathological love (Sophia, Tavares & Zilberman, 2007).

In addition, Sophia et al. (2009) reported that individual with pathological love have more impulsivity with mania and agape love style and anxious ambivalent attachment style. As mania style is characterized by impulsivity as well so impulsive behavior is seen in pathological lovers that worsens the relationship problems. This is also reported as pathological personality types like negative affect relates to the problematic love style ultimately inducing social rejection in females (Maglia et al., 2023).

The purpose of this study was to determine the relationship type, degree of intimacy, identity commitment, closeness to parents, attachment, and carrying children as predictors of intimacy among young men and women. The study's findings showed both women and men experience greater levels of intimacy in relationships. The intimacy of a relationship is unaffected by its nature. However, the model of interpersonal contacts, identity style, and proximity to parents during childhood and teenage years are predictors of intimacy in a partnership (Czyżowska et al., 2019).

According to a Uni-variate analysis, those who suffer from pathological jealousy are more likely to be in a relationship and express higher levels of happiness. Pathological jealousy was linked to avoidant attachment and Ludus love style, while pathological love was linked to secure attachment and agape love style. Although nearly three-quarters (72.3%) of the sample satisfied the criteria for a current mental illness, there were no

discernible differences between the pathological love and jealousy groups. Status in relationships and parenting deficiencies significantly distinguished the groups in a binary logistic regression (Stravogiannis et al., 2018).

CHAPTER 3

METHOD

Study 1: TRANSLATION AND ADAPTATION OF LOVE ADDICTION INVENTORY- SHORT FORM (LAI-SF)

Phase I

Love Addiction Inventory- Short Form is a brief tool which takes two minutes to complete. It was in English language and was to be administered on young adults (20-40 years). For collection of data from local population, it was necessary to translate the LAI-SF in Urdu Language in order to make it comprehendible and easier to understand for people. Moreover, the other two scales were already available in Urdu language. In the present study, LAI-SF was translated by following the World Health Organization Procedure. For the measurement of pathology related to love, LAI-SF was translated and adapted after getting permission from the author.

3.1 Sample

Sample consisted of N= 6 Bilingual Experts. Three (n=3) personnel were chosen for forward translation and three (n=3) other for backward translation. They had expertise on English language and Urdu language.

3.2 Objectives

1. To adapt and translate Love Addiction Inventory- Short Form into Urdu Language to be used in next phases of the present research.

3.3 Instrument

Love Addiction Inventory- Short Form English Version (Costa et al., 2021)

3.4 Translation Procedure

Translation was done as per the guidelines given by World Health Organization (2018). As per Hambleton (2005), the first step in adaptation process is translation. While adapting an instrument, cultural norms, religious values, linguistic and idiomatic aspects are to be considered. In Islamic Republic of Pakistan, the phenomenon of intimate love is comprehendible and allowed officially only in marital relationships by performing a marriage contract through proper channel. Therefore, the word "Partner" in the original tool was adapted to "Life Partner" in order to comply with the normative exercises that are practiced by the target population culture and religion.

The process of translation comprises of five steps.

Step I: Forward Translation

Step II: Committee Approach/ Expert Panel

Step III: Backward Translation

Step IV: Committee Approach/ Expert Panel

Step V: Cognitive Interviewing

Step VI: Pilot Testing

3.4.1 Step I: Forward Translation.

Translation from Source Language (English) to Target Language (Urdu).

Three bilingual experts who were fluent in English and Urdu languages were requested individually for the translation of LAI-SF. Brief explanation on translation was

given individually to each of them. They were asked to give the best translation as per their knowledge while maintaining the original content and meaning of items.

3.4.2 Step II: Committee Approach.

After successful completion of independent translation of every item of LAI-SF from three bilinguals, a committee three experts were formed. Experts included one Assistant professor and two Ph.D. faculty members of the department of Professional Psychology, Bahria University, Islamabad Campus. The committee consisted of professionals with a wide range of experience in development, translation and adaptation of tools. In addition, they have profound efficiency in both source and target language.

The committee members closely analyzed translations of every item translated by the three bilingual experts to reach a final version. After successfully completing the analyzing process, those statements were selected who are giving the closest possible meaning to the original version and finalized for back translation.

3.4.3 Step III: Backward Translation

Translation from Target Language (Urdu) to Source Language (English).

Back translation is done to analyze and compare of the back translation with the source text to evaluate the eminence of translation. All the translated items of LAI-Sf were enlisted and given to three bilingual expert individuals for back translation. These experts were not familiar with the original version of LAI-SF and were also not a part of forward translation group.

3.4.4 Step IV: Committee Approach.

After successfully completing the independent translations of LAI-SF, a committee of three experts were formed, consisting of three Ph.D. faculty members of department of Professional Psychology, Bahria University, Islamabad Campus. They were instructed to scrutinize the translated items and pick the most appropriate translation. After the analysis of the committee no item was eliminated from the scale. After Committee Approach, the Urdu version of LAI-SF was finalized. The scale was now ready to use for pilot testing.

3.4.5 Step V: Cognitive Interviewing

The finalized Urdu version by committee approaches was given to N=25 participants in order to determine the comprehensibility of the translated scale LAI-SF. These participants were asked to comprehend the translated items and discuss their understanding with the researcher to make sure that the intended meaning of the items is well synchronized and that the tool has retained its semantic properties in its Urdu translated version.

3.5 Phase II: Pilot Testing

Pilot study was carried out for the establishment of psychometric properties of the translated scale LAI-SF.

Sample

Sample of Pilot Study included of N=106 individuals with an age range of 20-40 years. Date was collected from Islamabad and Rawalpindi as the Study was carried out at Bahria University Islamabad.

Objectives

1. To build the psychometric properties of LAI-SF (Urdu Version).

Hypotheses

1. There will be a significant positive correlation between LAI- SF Urdu Version and LAI-SF Original English Version.

2. There will be a good Cronbach's alpha value for re-test reliability of LAI-SF translated version.

3. LAI-SF (Urdu Version) will be positively correlated with Negative Affect and negatively correlated with Positive Affect.

4. Confirmatory Factor Analysis will show good factor loadings and the data will be fit with the model.

Instruments

Urdu versions of following scales were used in this phase of study.

1. Consent Form

2. Demographic information sheet

3. Love Addiction Inventory (LAI-SF)

4. International Positive Affect and Negative Affect Scale (PANAS-SF)

Population

Married individuals (N= 106) including men (n= 40) and women (n= 66) were taken for the current study with an age range of 20-40 years (M= 31.24, S.D= 5.21). They reported being married for at least six months.

Inclusion Criteria

Married individuals, aged 20-40 years, being in a marital relationship for the period of at least six months.

Exclusion Criteria

Individuals having no understanding of Urdu language.

Materials

Demographic Form: Demographic questionaries include the age, gender, language and duration of marriage.

Love Addiction Inventory-Short Form (Costa et al., 2019): It is a six-item short form of Love Addiction Inventory. This tool is translated in to Target language (Urdu). Participants rated the responses on a five-point Likert scale: 1 (never), 2 (rarely), 3 (sometimes), 4 (often) and 5 (very often). English version of LAI-SF is also used for determining language equivalence on a sample of 50 participants. Higher scores indicate higher symptoms of love addiction and vice versa.

International Positive Affect and Negative Affect Schedule- Short Form (Thompson, 2007): To measure the convergent and discriminant validity I-PANAS-SF (Urdu Version) translated by Arzeen (2013), is used which is a ten-item scale comprising five items for measuring positive affect and five items for measuring negative affect. Items are rated on a five-point Likert scale: 1 (never), 2 (rarely), 3 (sometimes), 4 (often), and 5 (always).

Statistical Analysis

Descriptives statistics for demographic variables were carried out. Correlational Analysis was done between the English and Urdu version of LAI-SF to assess the

language equivalence. Confirmatory Factor Analysis was conducted on the responses of Urdu translation of LAI-SF to assess the factorial structure of the items. Correlational Analysis was done between LAI-SF and I-PANAS-SF to measure the convergent and discriminant validity. Alpha reliability analysis was done to measure the test and retest reliability.

Procedure

Permission was taken from the Author of Love Addiction Inventory for the translation and adaptation of the tool. For data collection, participants were given the translated scale along with the English version of it for the purpose of language equivalence in the first visit and they were informed about the procedure and purpose of research. After two weeks, same participants were given the translated version (LAI-SF) for the purpose of determining test re-test reliability. In this second visit, participants were also given PANAS-SF for the purpose of determining convergent and divergent validity.

3.6 Results

Table 3.6.1

Descriptive Statistics for Demographic Variables (N=106)

Variables	Categories	f	%	M	S.D	Range
Age				31.24	5.21	21-39
Gender	Men	40	37.7			
	Women	66	62.3			

Men (n=40, 37.7%) and Women (n=66, 62.7%) took part in the study. The age range was between 20-40. The mean age of the sample was calculated to be 31.24 (SD=5.21)., 9.4%)

Table 3.6.2

Language Equivalence for the Translated LAI-SF (N=50)

	LAIUrdu	**LAIEng**
LAIUrdu	1	.998***
LAIEng	.998***	1

Note: LAI-SF: Love Addiction Inventory- Short Form, LAIUrdu: Love Addiction Inventory Urdu, LAIEng: Love Addiction Inventory English

Findings showed that translated Urdu version of Love Addiction Inventory-Short form positively; correlated with original English version of Love Addiction Inventory-Short form. (r= .998***).

Table 3.6.3

Test-Retest Reliability (N=106)

Variables		**M**	**SD**	**ICC**	**p**
LAITEST		3.95	.78	.68	< .001
LAIRETEST		3.78	.69	.81	< .001
Cronbach's Alpha (α)	.82				

Note: LAI: Love Addiction Inventory, ICC: Intraclass Correlation, SD: Standard Deviation

Cronbach's Alpha reliability (.82) with test mean 3.95 and retest mean 3.78. Interclass

correlation coefficients (ICC) are significant (.68 and .81) (p< .001)

Table 3.6.4

Convergent (NA) and Discriminant Validity (PA) (n=106)

	LAI	PA	NA
LAI	1		.533**
PA	-.326**	1	
NA			1

Note: LAI: Love Addiction Inventory, PA: Positive Affect, NA: Negative Affect.

Positive Affect has a negative correlation with Love Addiction Inventory, (r= -.326**)

and Negative Affect has a positive correlation with LAI (.533**).

3.6.5 Confirmatory Factor Analysis for Love Addiction Inventory-Short Form

Translated Version
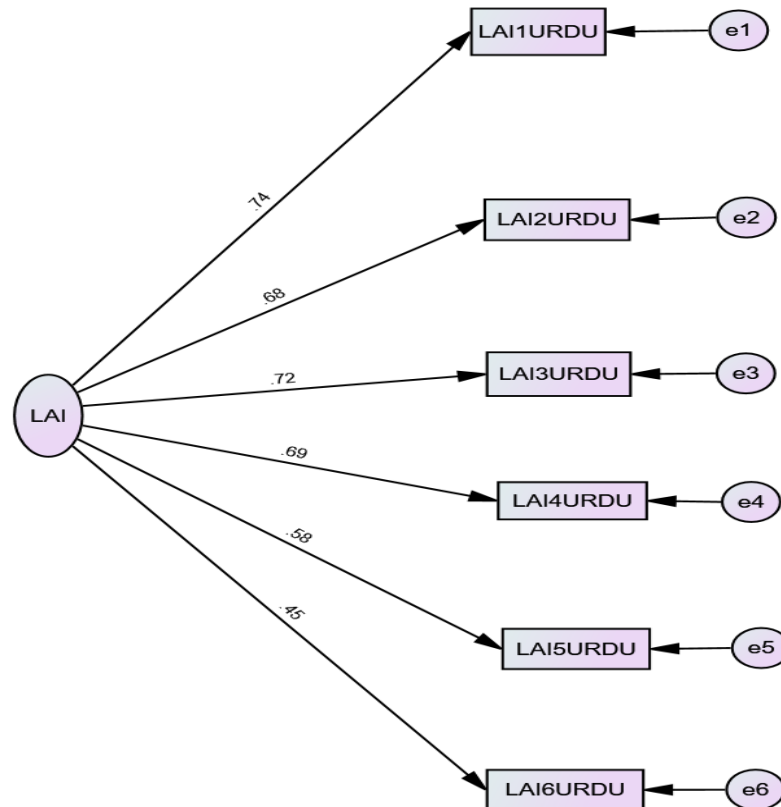
Confirmatory Factor Analysis showed factor loadings of items from .45 - .74

3.7 Conclusion

  The translation and adaptation of Love Addiction Inventory- Short Form into Urdu language was done in the current study, data was collected from Islamabad and Rawalpindi. The sample consisted of 106 married individuals. 40 married men (37.7%) and 66 married women (62.7%) participated in the study. Age range was from 20-40 and the mean age was calculated to be 31.24 (SD= 5.21). For determining language equivalence, correlation

between original tool and translated tool of LAI-SF was carried out showing that they have a significant positive correlation (r= .99***). For assessing test re-test reliability, Cronbach's alpha was calculated (.82). the original study of the LAI development also reported the same internal reliability (.82) (Costa et al., 2019). Means for the test and re-test scales which were administered on similar sample in two time periods (after two weeks) were 3.95 and 3.78 respectively. Intraclass Correlation for test and re-test scales were found to be significant (.68, .81) (p< .001)

For measuring convergent and discriminant validity of the translated tool, Correlational Analysis was conducted which showed that love addiction inventory scores are positively correlated with negative affect scores (r= .53**) and negatively correlated with positive affect scores (r= -.32**) of the I-PANAS-SF. Confirmatory factor analysis on the translated tool responses showed standardized factor loadings ranged from .45 to .74, of the six items which were significant (p<.01). Similar factor loadings were reported by the author of Love Addiction Inventory (Costa et al., 2019) Moreover, this single factor model fitted well with the data as the findings were; TLI (1.01), CFI (1.00), RAMSEA (.000) and RMR (.03). the Average variance extracted which shows convergent validity was found to be .42 which is little less than .5 suggesting less than half of the variance. Composite reliability was also calculated which come out to be .80 suggesting good internal consistency. These values suggests that the translated version of LAI-SF showed good factorial structure as reported in the original development study of this tool by Costa et al., (2019).

STUDY II

3.8 Research Objectives

1. To find the relationship between attachment style, personality traits and pathological love among married young adults.

2. To find out the relationship between demographic variables, attachment style, personality traits and pathological love among married young adults.

3. To investigate the moderating role of personality traits between attachment styles and pathological love among married young adults.

4. To investigate the gender differences between attachment styles, personality traits and pathological love among married young adults.

5. To investigate the parental marital status differences between attachment styles, personality traits and pathological love among married young adults.

3.9 Hypotheses

1. There is likely to be a relationship between attachment styles, big five personality traits and pathological love among married young adults.

2. Personality trait is likely to moderate the relationship between attachment style and pathological love among married young adults.

3. There is likely to be a relationship between demographic variables and attachment styles, personality traits, and pathological love among married young adults.

3.10 Sample

The sample of 470 (Size is calculated through G-Power, Version 3.1) (Faul et al., 2009) married young adults including men (n= 249) and women (n= 221) was included in the study by purposive sampling technique (M= 31.81 and S.D= 5.84). Married young adults were chosen as a sample since it is an age range characterized by confusion and emotional problems related to their relationships and their personality and attachment style plays role in the wellbeing of their relationships.

3.10.1 Inclusion and Exclusion Criteria

Married individuals in young adulthood (20-40), living together with their spouse and have been married for a minimum duration of six months. Individuals having no knowledge and understanding of Urdu language were excluded from the study.

3.11 Operational Definitions

Attachment Styles: The attachment styles are defined as the mental images that individuals form from their relationship with their caregivers which serve as a template for future relationships. (Levy et al., 2010) In this study, attachment styles were taken as the individual's patterns of association with their parental figures and caregivers from their early childhood.

Personality Traits: The personality traits are stable, consistent and vary from an individual to individual indicating the differences between people and causes individual to behave in a certain way. The five-factor model suggests agreeableness, neuroticism, conscientiousness, extraversion and openness. (Goldberg, 1990) In the current study, personality traits were taken as one's preferences, attitudes and behaviors in response to certain situations.

Pathological Love: Pathological love also known as love addiction is the behavior in which the individual is concerned to the partner in a way that is repetitive and uncontrollable which results in neglecting needs of the self, affecting the functioning of individual and loved one. (Costa et al., 2021) In this study, pathological love was taken as the excessive attachment of individual with his loved one and its negative impact on their functioning.

3.12 Materials

- **Demographic Questionnaire:** It includes questions related to the age, gender, education, parental marital status.

- **Revised Adult Attachment Scale (Collins, 1996)**: It is an 18 item self-report measure and is used for the identification of attachment styles, with three subscales close, depend ad anxiety. The close subscale measures the individual's comfort with being intimate and close to others, depend subscale measure the extent to which individuals are dependent on others for their availability in need and anxiety subscale measures that how much an individual is worried about being unloved or unrecognized. Items are scored on a five-point Likert scale from (1) not at all characteristic of me to (5) very characteristic of me. Its Urdu version is developed in 2016 by Wahida Anjum which was used in the current study having composite alpha reliability .88 (Anjum & Batool, 2016)

Table 3.12.1

RAAS Subscales and their Items

Subscale	Items
Close	1 6 8* 12 13* 17*

Depend	2* 5 7* 14 16* 18*
Anxiety	3 4 9 10 11 15

Items with Asterisk were reverse coded items that should be reverse coded before computing the subscales. Close and Depend subscale was computed together making it a new variable named as CLOSDEP. Attachment styles were generated by converting the variable in to categorical variable by making four categories i.e. secure, dismissive, preoccupied and fearful. If an individual scores greater than 3 on CLOSDEP and less than 3 on Anxiety subscale, then it is a secure style, if the score on CLOSDEP and Anxiety are greater than 3, it is preoccupied style, if the score on CLOSDEP and Anxiety are less than 3, it is a dismissive style and if the scores on CLOSDEP is less than 3 and greater than 3 on Anxiety, it is a fearful attachment style (Collins, 1996).

- **Big Five Inventory-short form (Rammsted, 2007):** It is a 10 item self-report measure with five subscales i.e. extraversion, agreeableness, conscientiousness, neuroticism, openness to experience. Items are scored on a five-point Likert scale from (1) strongly disagree to (5) strongly agree. For current study Urdu version will be used translated by Sabih Ahmed in 2022 with composite alpha reliability of 0.73. (Ahmad & Hussain, 2022)

Table 13.12.2

BFI-10 Subscales and their Items

Subscale	Items
Extraversion	1* 6
Agreeableness	2 7*
Conscientiousness	3* 8

Neuroticism	4* 9
Openness to Experience	5* 10

Asterisk refers to the reverse coded items, after reverse coding them, subscales were computed and mean was calculated for each subscale. Higher mean on any of the subscale means the presence of that personality trait.

- **Love Addiction Inventory- Short Form (Costa et al. 2019):** It is a 6-item self-report measure which is utilized for assessing the love addiction levels which was based on the model of addiction given by Griffiths. Scoring of its items used the five-point Likert scale i.e. 1 (never) to 5 (very often). Higher scores on the measure suggests high levels of love addiction with $\alpha = .79$. (Costa et al., 2021)

13.13 Research Design

The present research is a quantitative, cross-sectional research. Data is collected through purposive sampling. The scales used in the study are Love Addiction Inventory-Short Form, Revised Adult Attachment Scale and Big Five Inventory-Short Version.
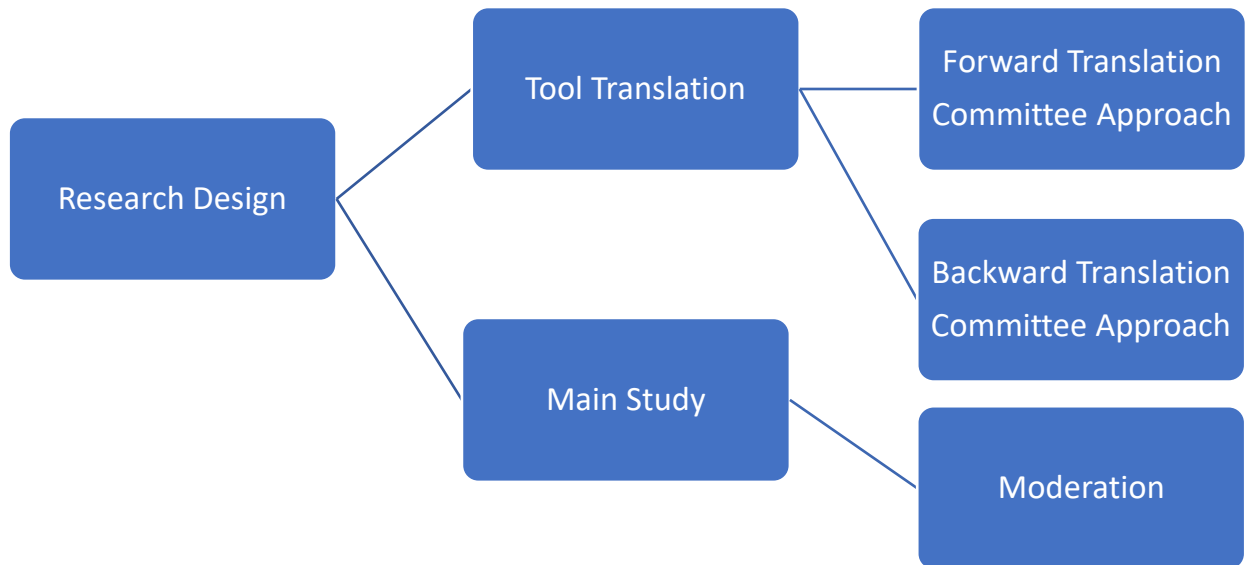
13.14 Procedure

Participants are approached through purposive sampling technique and information related to the scope and purpose of the current study is shared with them in detail. The consent form for participating in the study is signed by them. The permission from the authors is taken prior for tool translation and other tools use in the study. Tool translation (Love Addiction Inventory- Short Form) is done first by following WHO guidelines (2018) under the supervision of subject expert. It was also adopted to cater the indigenous social values of the region where the present research study was conducted. After data collection was done for pilot study, the data was collected for the main study by using the translated version of the tool.

13.15 Statistical Analysis

Descriptive statistics (Mean, Standard Deviation) for demographic variables were calculated, Correlational Analysis was carried out to determine the relationships between study variables, Moderation Analysis was also carried out to determine the moderating

effect of personality traits in the relationship between attachment styles and pathological love.

13.16 Ethical Considerations

In the current study, permission was taken from the author for tool translation and other tools used in the study. Informed consent was signed from the participants and they were informed about the scope, nature and objectives of the research ad they were made sure that their information will be kept confidential. Moreover, they were given the right to withdraw from the research at any time without hesitation.

CHAPTER 4

RESULTS

This section is based on the results of descriptives statistics of demographic variables, correlational analysis for exploring relationships between study variables, Moderation Analysis to investigate the role of moderator (Personality trait) between Study variables (Pathological Love and Attachment Styles).

Table 4.1 Descriptive Statistics for Demographic variables (N=470)

Variables	Categories	F	%	M	SD	Range
Age				32.81	5.84	20-40
Gender	Men	249	53			
	Women	221	47			
Education	Middle	52	11.1			
	Secondary/Higher Secondary	131	27.9			
	Bachelors	112	23.8			
	Masters	170	36.2			
	Ph.D.	5	1.1			
Parental Marital Status	Living Together	439	93.4			
	Separated	22	4.7			
	Second Marriage	9	1.9			

Table 4.1. married men (n=249, 53%) and married women (n=221, 47%) took part in the study. The age range was between 20-40. The mean age of the sample was calculated to be 31.81 (SD=5.84). Education level of the sample varied from Middle to Ph.d. middle (n=52, 11.1%), secondary (n=131, 27.9%), Bachelors (n=112, 23.8%), Masters (n=170, 36.2), Ph.D (n=5, 1.1%). Parental marital status of the sample varied from Living together (n=439, 93.4%), separated (n=22, 4.7%).

Table 4.2

Cronbach's Alpha Reliability for Love Addiction Inventory, Big Five Inventory and Revised Adult Attachment Scale (N= 470).

Scale	Cronbach's Alpha
Love Addiction Inventory	.82
Big Five Inventory Subscales	
Extraversion	.50
Agreeableness	.68
Conscientiousness	.53
Neuroticism	.50
Openness to Experience	.46
Revised Adult Attachment Subscales	
Close	.62
Depend	.61
Anxiety	.74

The alpha value of love addiction inventory comes out to be good (.82). subscales of big five inventory showed reliabilities (.46 to .68) whereas adult attachment scales alpha values are from .61 to .74.

Table 4.3

Multiple Linear Regression for Demographic Variables predicting Pathological Love among married young adults (N= 470).

Variables	B	Std. Error	β	p
Gender	.240	.077	.151	.00
Age	-.002	.006	-.016	.73
Education	-.002	.035	-.002	.96
Marital Status of Parents	.072	.107	.031	.50
Drugs Consumption	-.343	.189	-.135	.06
History of Substance Use	.184	.182	.075	.31

Note: B= Unstandardized Coefficient; β=Standardized Regression Coefficient; p= Significance Value

The assumptions of independence of residuals and multicollinearity was assumed with a Durbin- Watson value of 1.64 which lies between 1 and 3 fulfilling the assumption of independence of residual. The data showed that there was no evidence of multicollinearity as the tolerance values of the above-mentioned demographic variables are above .2. Findings suggest that gender is found to be a significant positive predictor of pathological love (β= .151**,** p= .00).

Table 4.4

Independent Sample T Test for Pathological Love and Gender Differences (n= 470).

	Men (n=249)		Women (n= 221)		t	df	p	Cohen's d
	Mean	SD	Mean	SD				
Pathological Love	3.56	.77	3.78	.79	-3.03	468	.003	.78

Means for men and women comes out to be 3.56 and 3.78 and the t test is significant (.003) along with large effect size (.78) which showed that there are significant differences among men and women. Findings showed that women are more likely to be involved in pathological love as compared to men. (t= -3.03).

Table 4.5

Correlational Analysis for Attachment Styles, Personality Traits and Pathological Love among Married Young Adults (N=470).

	1	2	3	4	5	6	7	8	9	10
1.Extraversion	1									
2.Agreeableness	.007	1								
3.Conscientiousness	.237**	.006	1							
4.Neuroticism	-.210**	.035	-.265**	1						
5.Openness	.069	-.078	.045	-.050	1					
6.Preoccupied	-.033	.104*	-.088	-.097*	-.041	1				
7.Dismissive	-.096*	.009	-.045	.079	-.052	-.158**	1			
8.Fearful	-.132	-.020	-.148**	.086	-.040	_.174**	-.203**	1		
9.Secure	-.249**	-.017	.230**	-.243**	.072	-.321**	-.374**	-.413**	1	
10.PL	.085	.032	-.005	-.001	.162**	.088	-.137**	.102*	-.059	1

Note: Personality Traits (1-5); Attachment Styles (6-9); PL (Pathological Love).

Table 4.5 shows that Dismissive Attachment Style is negatively correlated with pathological love (r=-.137**, p=.003), Fearful Attachment Style is positively correlated with pathological love (r=.102*, p= .02) and openness is significantly positively correlated with pathological love (r=.162**)

Table 4.6

Moderation Analysis for Dismissive Attachment Style and Pathological Love for Big

Five Personality Trait (N= 470)

	Predictors	B	SE	T	P
Main Effects	Dismissive	-.256	.102	-2.51	.01
	Extraversion	.032	.041	.779	.43
Int Dis x Extra	F	2.66			
	R2	.005			
	Dismissive	-.301	.100	-2.99	.00
	Agreeableness	.028	.686	.107	.49
Int Dis x Agree	F	.001			
	R2	.000			
	Dismissive	-.277	.100	-2.77	.00
	Conscient	.067	.043	-.156	.11
Int Dis x Consci	F	9.750			
	R2	.039			
	Dismissive	-.288	.102	-2.830	.00
	Neurotic	.021	.036	.585	.55
Int Dis x Neuro	F	.913			
	R2	.002			
	Dismissive	-.282	.100	-2.833	.00
	Openness	.122	.039	3.106	.00
Int Dis x Open	F	.000			
	R2	.000			

Note: Int: Interaction Term; Dis: Dismissive; Agree: Agreeableness; Neuro: Neuroticism; Open: Openness; Consci: Conscientiousness; Extra: Extraversion.

Moderation analysis showed that at Conscientiousness moderates between dismissive

attachment style and pathological love and act as a Buffer between them (p= .002).
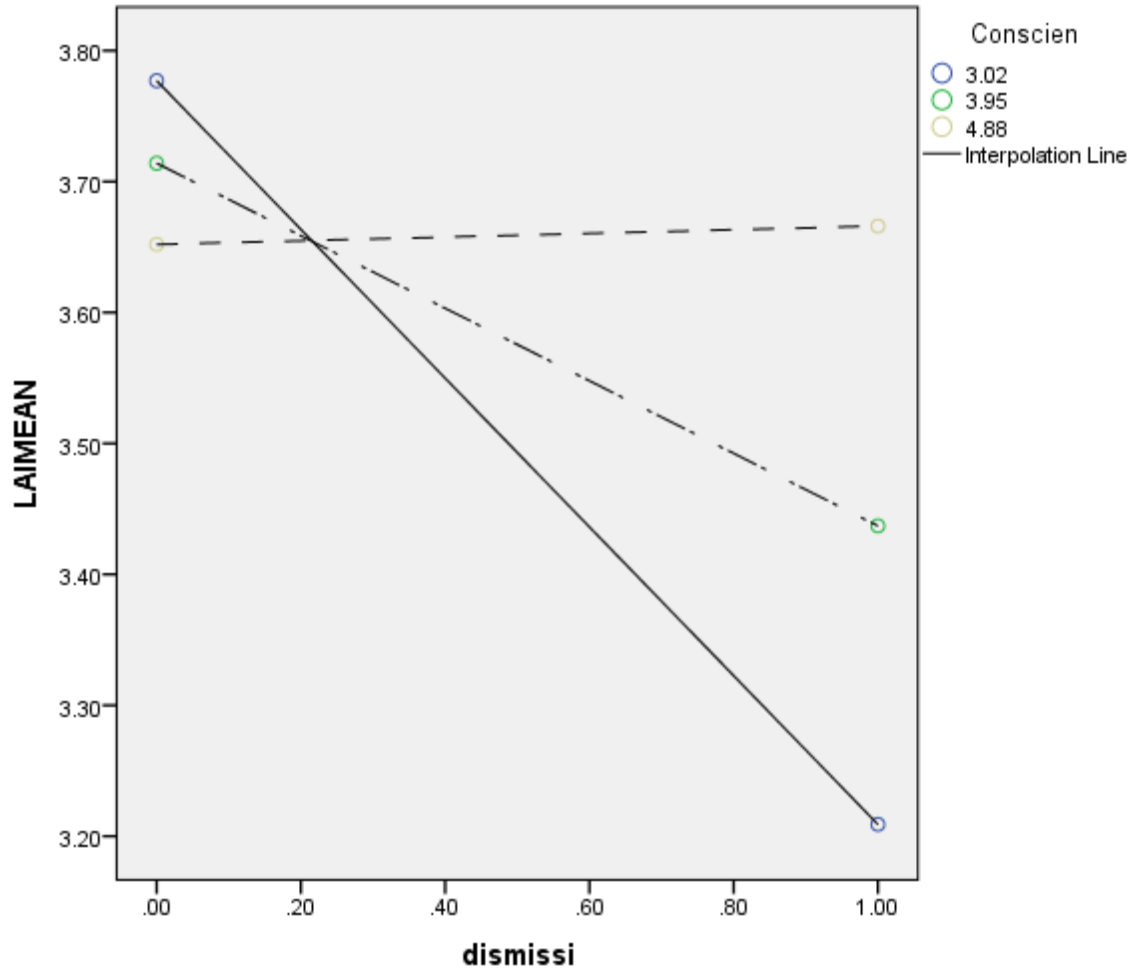
Moderation Graph: In conducting moderation analysis for dismissive attachment style and pathological love with conscientiousness as a moderator, the relationship comes out to be significant and conscientiousness at its three levels (low: 3.02; medium: 3.95; high: 4.88) decreases the strength of relationship between dismissive attachment style and pathological love hence it acts as a buffer.

Table 4.7

Moderation Analysis for Fearful Attachment Style and Pathological Love for Big Five Personality Trait among Married Young Adults (N= 470).

	Predictors	B	SE	t	P
Main Effects	Fearful	.263	.098	2.682	.00
	Extraversion	.065	.040	1.609	.10
Int Fear x Extra	F	1.172			
	R2	.002			
	Fearful	.214	.094	2.269	.02
	Agreeableness	.006	.042	.151	.88
Int Fear x Agree	F	1.549			
	R2	.003			
	Fearful	.252	.098	2.580	.01
	Conscient	-.026	.044	.061	.55
Int Fear x Consci	F	3.238			
	R2	.007			
	Fearful	.222	.096	2.319	.02
	Neurotic	.005	.036	.148	.88
Int Fear x Neuro	F	.684			
	R2	.001			
	Fearful	.226	.093	2.414	.01
	Openness	.124	.038	3.236	.00
Int Fear x Open	F	.191			
	R2	.000			

Note: Fear: Fearful; Int: Interaction Term; Agree: Agreeableness; Neuro: Neuroticism;

Open: Openness; Consci: Conscientiousness; Extra: Extraversion.

Table 4.7 shows moderation analysis of Fearful attachment style and Big Five Personality

trait on the Outcome variable (pathological love) and it comes out to be insignificant.

Table 4.8

Moderation Analysis for Preoccupied Attachment Style and Pathological Love for Big Five Personality Trait among Married Young Adults. (N= 470)

	Predictors	B	SE	t	p
Main Effects	Preoccupied	.228	.116	1.966	.05
	Extraversion	-.002	.035	-.051	.95
Int Pre x Extra	F	.153			
	R2	.000			
	Preoccupied	.256	.117	2.192	.02
	Agreeableness	.040	.040	.985	.32
Int Pre x Agree	F	2.451			
	R2	.005			
	Preoccupied	.175	.115	1.516	.13
	Conscient	.027	.042	.654	.51
Int Pre x Consci	F	3.098			
	R2	.007			
	Preoccupied	.223	.113	1.976	.04
	Neurotic	.072	.040	1.793	.07
Int Pre x Neuro	F	.004			
	R2	.000			
	Preoccupied	.241	.112	2.152	.03
	Openness	.120	.038	3.175	.00
Int Pre x Open	F	.515			
	R2	.001			

Note: Pre: Preoccupied; Int: Interaction Term; Agree: Agreeableness; Neuro: Neuroticism; Open: Openness; Consci: Conscientiousness; Extra: Extraversion

Table 4.8 shows moderation analysis of Preoccupied attachment style and Big Five Personality trait on the Outcome variable (pathological love) and it comes out to be insignificant.

Table 4.9

Moderation Analysis for Secure Attachment Style and Pathological Love for Big Five

Personality Trait among Married Young Adults. (N= 470)

	Predictors	B	SE	t	P
Main Effects	Secure	-.132	.076	-1.736	.08
	Extraversion	.112	.051	2.197	.02
Int Sec x Extra	F	.620			
	R2	.001			
	Secure	-.093	.074	-1.261	.20
	Agreeableness	.041	.050	.826	.40
Int Sec x Agree	F	.237			
	R2	.001			
	Secure	-.089	.076	-1.163	.24
	Conscient	.052	.052	1.004	.31
Int Sec x Consci	F	1.880			
	R2	.004			
	Secure	-.098	.077	-1.280	.20
	Neurotic	-.021	.044	-.481	.63
Int Sec x Neuro	F	.118			
	R2	.000			
	Secure	-.112	.073	-1.528	.12
	Openness	.166	.048	3.470	.00
Int Sec x Open	F	1.231			
	R2	.003			

Note: Sec: Secure; Int: Interaction Term; Agree: Agreeableness; Neuro: Neuroticism;

Open: Openness; Consci: Conscientiousness; Extra: Extraversion

Table 4.9 shows moderation analysis of Secure attachment style and Big Five Personality

trait on the Outcome variable (pathological love) and it comes out to be insignificant.

CHAPTER 5

DISCUSSION

The current study was designed to investigate the relationship between attachment styles, personality traits and pathological love among young adults. In addition, it assessed the role of personality traits as a moderator in a relationship between attachment styles and pathological love among young adults. Data for the current study was collected from Islamabad and Rawalpindi. The sample consisted of 470 married individuals in their young adulthood (20y-40y). 249 men (53%) and 221 women (47%) participated in the study. The mean age was calculated to be 31.8 and standard deviation 5.84. Cronbach's alpha (α) for love addiction inventory was .82 showing good internal consistency. However, the α values of big five personality inventory were from .46 to .68. Romero et al., (2010) reported α values for big five inventory subscales from .38 to .59. Since there are only two items in each subscale, therefore the α values come out to be less. Revised adult attachment scale showed α values from .61 to .74 in the current study. α values for the same scale were also reported in literature from .57 to .80 (Maroco, 2014).

Young adulthood is a time in individua's life which is marked as a rollercoaster due to a variety of changes occurring including getting in to career, getting married, being parents and responsibility taking. However, the concerns related to relationship issues were found to be evident in the literature in terms of possessiveness, dependency, overcontrolling the partner, unable to function in the absence of one's partner resulting in the negative consequences for both the partners in a relationship.

In clinical practice, there is an increased rate seen in the influx of client's seeking psychological help with the problems related to their intimate relationships. In the literature, it has been determined that certain traits of personality have a link with pathological love, however there is a lack of evidence for a particular personality trait that can be mentioned here. Therefore, this link needs furthers exploration that is being catered in the present study. Moreover, attachment theory suggests that insecure attachment styles are seemed to be involved in making an individual prone towards problematic love relationships (Salani et al., 2022). Literature suggests that certain attachment styles that are developed in childhood predispose an individual towards tendencies of being involved in a pathological love later in their live (Honari & Saremi, 2015). However, the role of personality traits in the relationship between insecure attachment style and pathological love is a dimension that needed to be explored in terms of its role that whether it enhances this pathology or not. Current study has investigated this relationship and also determines which personality trait plays a role in the relationship between insecure attachment style and pathological love.

The first hypotheses of this study stated that there will be significant relationship between insecure attachment style, neuroticism and pathological love among young adults. Correlation analysis of big five personality traits and attachment styles were carried out with pathological love. The results showed that among extraversion, conscientiousness, agreeableness, neuroticism and openness to experiences, only openness to experiences showed a significantly positive association (r= .16, p <0.01) however, the other personality domains did not show any correlation with pathological love. Furthermore, literature suggests that extraversion, conscientiousness and neuroticism have a positive association

with pathological love (Safdar & Dasti, 2015). Whereas the current study findings do not coincide with the findings in literature because openness to experiences is a personality trait which involves being open and curious about the world, always having the need to explore new concepts and perspectives, tend to have flexible approach and ambiguity.

However, among theoretical foundations of pathological love, there is a lack of evidence that suggests that certain kind of personality traits are likely to predict pathological love but Safdar and Dasti (2015) found in their correlational study that neuroticism, conscientiousness and extraversion is likely to have a positive association with pathological love. As the current study was conducted on married young adults, and they were living in a collectivist society with majority of Muslim communities. The culture and religion of most of the South Asian people is similar in terms of values, norms and ethics. In their religion (Islam), personalities are based on the concept of moral and immoral, majority of people living in collectivist culture tend to be more social, curious and they have the need to explore what the world and future holds and this has become their learned behavior from one generation to the next.

Therefore, people tend to be more open rather than being neurotic. Also, there is a specific ruling for people who are in a marital relationship which includes loving your spouse, giving each other care and regard, lifetime commitment, responsibility taking of the spouse, wife has to follow her husband and husband also will not get involved with anyone else other than her wife. These values and norms make people more indulged in their marital relationships and they try to give everything to this relationship due to these strong beliefs without having an insight that this behavior is becoming pathological and was affecting their life. Rather they take it as a part of their life and their test on this world

if they felt something wrong with them or their relationship which makes them vulnerable to pathological love.

Further, education plays a part in personality development wither it is in home or school, collectivistic cultures make people open and agreeable therefore openness trait is found to be have a positive association with pathological love. Moreover, the sample consisted of educated and uneducated people, but they were all Muslims and they held a strong belief that everything happens by god's will and they have to make their hearts positive and never lose hope which is why the personality traits of these individuals comes out to be different as compared to the western societies.

. Attachment styles (secure, dismissive, fearful and preoccupied) were also correlated with pathological love and the findings suggests that dismissive attachment style was significantly correlated to pathological love and has a negative association which means that when there are low scores on dismissive style, scores on pathological love are high (r= -.15, p <0.02). Moreover, fearful attachment style was significantly correlated to pathological love and has a positive association which means that fearful attachments style scores increase with the increase in pathological love scores. (r= .162, p <0.01). However, no significant relationships were found with respect to preoccupied and secure attachment styles.

In the literature, there were no findings related to the significant association of dismissive and fearful attachment style with pathological love. Although they come under the category of insecure attachment styles therefore, the hypothesis can be deemed as proved to some extent. As literature provided findings that insecure attachment styles in childhood lead towards pathological love in individuals in their later stages of life (Sophia

et al., 2009). As per the findings of current study, the role of culture played its part in the non-similar results from the literature. Firstly, individuals with dismissive attachments tyle tend to be self-reliant and they prioritize independence over clinging too much emotionally with someone. This is because of the unresponsive and inconsistent behaviors of caregivers in the childhood that the person experiences.

However, the individuals with pathological love tend to be controlling, possessive and dependent on their partner (Berscheid, 2010). Findings of the current study suggested that when the individual scores low on dismissive style, they will have high scores on pathological love as it has negative correlation. This can be stated as when individuals are less dismissive, they will more involved in behaviors related to pathological love. In the current study, fearful attachment style is found to have a positive association with pathological love which suggests that individuals will also have an unresponsive behavior from caregivers in childhood however unlike dismissive style, these individuals have the desire for intimacy and have trust issues therefore they tend to have emotional problems along with fear of abandonment or rejection.

The same phenomenon was seen in the dimensions of pathological love which stated that individuals are extra attentive, close, overprotective and over controlling towards their partner because of the fear of abandonment which makes the relationship pathological (Salani et al., 2022). In Pakistani culture, men tend to be more dominating over their wives and that comes from the religious upbringing of men as superior from women (Ali, Karamali & Malik, 2014). Women are also fine with this notion as they have seen all their lives transferring this idea from one generation to the next. When men are like this due to their fearful attachment style, they are accepted by their families leading to

complexities in life. The pressure to conform to the societal norms in a collectivist society like Pakistan can make a person anxious and has doubt related to his intimate relationships therefore if a person has priorly insecure attachment style with caregivers, the problem can worsen in later life relationships.

The second hypothesis in this study stated that personality traits will moderate the relationships between attachment styles and pathological love among young adults. Moderation analyses were conducted for the four attachment styles (secure, preoccupied, dismissive and fearful) with each big five personality trait (Extraversion, openness to experience, neuroticism. agreeableness and conscientiousness). Results of the current study suggested that personality trait (conscientiousness) act as a moderator in the relationship between dismissive attachment style and pathological love. (p= .002) This showed that when a person has dismissive (insecure) attachment style, he is prone to be involved in pathological love (Gori et al., 2023). However, as per the findings of current study, if the personality of individual is conscientiousness, it attenuates the tendency to be involved in pathological love. Here conscientiousness, act a buffer in the relationship between dismissive style and pathological love.

Conscientiousness is a trait which involves being organized, responsibility takers, they follow obligations and are persistent. Individuals having this trait will be able to handle the problem and deal with it reasonably. In this study, it decreases the relationship between dismissive attachment style and pathological love and act as a buffer. In a nut shell if a person is having pathological love due to insecure attachment style, the conscientiousness trait of his personality will act as a medium that will stop him from involving in pathological love behaviors. As we see that the study was conducted on

Muslims, this trait is also developed in them due to their cultural and religious background and upbringing.

Following societal, cultural and religious norms are part of one's personality as they were born since the rulings and obligations are taught to them by parents and teachers specifically in a Pakistani collectivist culture. This also adds the element of social desirability in some people when they were forced to do good deeds by teaching them that will look good to others but if the teachings are fully religious, social desirability does not become part of one's personality. The religion practiced in Pakistan teaches people to be straight, honest and considerate of others regardless of their age, religion or sect. Therefore, if they practice it accordingly in their lives it becomes part and trait of their personality i.e. conscientiousness. Literature also highlighted this relationship in a study which showed that increase in conscientiousness trait leads to increase in one's religiosity (Saroglou, 2010).

Third hypothesis was stated to find the relationships between demographic variables with pathological love. Multiple linear regression suggests that only gender predicts pathological love among age, education, parental marital status, drug consumption and history of substance use. T-Test for gender suggests that women are more likely to predict pathological love as compared to men as their mean difference were 3.56 and 3.78 along with large effect size (.78) (p= .003) (t= -3.03).

5.1 Conclusion

The relationship between personality traits, pathological love and attachment styles were investigated among young adults with determining the role of personality traits as a moderator. Cross-sectional design was implemented for the current study with a sample of

N=470 calculated by G-Power. Sample was selected through purposive sampling technique. It was hypothesized that neuroticism and insecure attachment style would be significantly positively correlated to pathological love and there will be significant difference among gender. Moreover, personality traits will moderate the relationship between attachment styles and pathological love. Findings revealed that insecure attachment (fearful) style and openness to experience has shown to be positively correlated with pathological love however, insecure (dismissive) style was found to be negatively correlated with pathological love. Furthermore, conscientiousness was found to be a buffer between attachment style (insecure, dismissive) and pathological love. These findings can help practitioners to assess and identify the presence of pathological love symptoms among young adults and design tailored interventions by assessing the role of their predetermined personality traits and attachment style.

5.2 Limitations

Current study does not include individuals from all over the Pakistan hence the findings cannot be generalized to Pakistani society. Interventions for individuals with pathological love cannot be designed and implemented after their assessment of symptoms from the Love Addiction Inventory. Participants were more likely to respond with socially desirable responses on questionnaires as all of them were self-report measures hence compromising the accuracy and consistency of data.

5.3 Future Implications

Current findings can be used by clinical practitioners to assess and design intervention plans for people with problematic love relationships. It would help them to identify the possible role of personality traits and attachment styles that can be deemed as

causing the pathology. Furthermore, it can aid policy makers to design seminars and awareness programs to bring forth these problems, give psychoeducation to people and talk about it to highlight the causes and pave new ways to cater the issue.

REFERENCES

Abou-Amerrh, O. A., Al-Sabeelah, A. M., & Alraggad, F. E. (2013). The relationship between adult attachment styles and personality traits. *British Journal of Social Sciences*, *1*(8), 66-73.

Ahmadi, V., Davoudi, I., Ghazaei, M., Mardani, M., & seifi, S. (2013). Prevalence of Obsessive Love and Its Association with Attachment Styles. *Procedia - Social and Behavioral Sciences*, *84*, 696–700. https://doi.org/10.1016/j.sbspro.2013.06.629

Ahmad, S., & Hussain, S. (2022). Big five inventory-version 10: A two-minute personality measurement tool in Urdu. *The Journal of the Pakistan Medical Association*, *72*(9), 1726-1730.

Allan, N. P., Oglesby, M. E., Uhl, A., & Schmidt, N. B. (2017). Cognitive risk factors explain the relations between neuroticism and social anxiety for males and females. *Cognitive Behaviour Therapy*, *46*(3), 224-238.

Ali, T. S., Karamali, N., & Malik, O. (2014). Women's perception and attitude towards male dominancy and controlling behaviors. *Arts and Social Sciences Journal*, 1.

American Psychiatric Association. (2022). *Diagnostic and statistical manual of mental disorders* (5th ed., text rev.). https://doi.org/10.1176/appi.books.9780890425787

Anjum, W., & Batool, I. (2016). Translation and Cross Language Validation of the Revised Adult Attachment Scale among Young Adults in Lahore, Pakistan. *Peshawar Journal of Psychology and Behavioral Sciences*, *2*(1), 1-16.

Barańczuk, U. (2018). Emotion regulation mediates the effects of temperament traits and posttraumatic stress disorder symptoms on affect in motor vehicle accident survivors. *Transportation research part F: traffic psychology and behaviour*, *58*, 528-535.

Barlett, C. P., & Anderson, C. A. (2012). Direct and indirect relations between the Big 5 personality traits and aggressive and violent behavior. *Personality and individual differences*, *52*(8), 870-875.

Barnett, T., Pearson, A. W., Pearson, R., & Kellermanns, F. W. (2015). Five-factor model personality traits as predictors of perceived and actual usage of technology. *European Journal of Information Systems*, *24*, 374-390.

Berscheid, E. (2010). Love in the fourth dimension. *Annual review of psychology*, *61*, 1-25.

Bienvenu, O. J., Nestadt, G., Samuels, J. F., Costa, P. T., Howard, W. T., & Eaton, W. W. (2001). Phobic, panic, and major depressive disorders and the five-factor model of personality. *The Journal of nervous and mental disease*, *189*(3), 154-161.

Bifulco, A., Moran, P. M., Ball, C., & Bernazzani, O. J. S. P. (2002). Adult attachment style. I: Its relationship to clinical depression. *Social psychiatry and psychiatric epidemiology*, *37*, 50-59.

Brown, T. A., & Rosellini, A. J. (2011). The direct and interactive effects of neuroticism and life stress on the severity and longitudinal course of depressive symptoms. *Journal of abnormal psychology*, *120*(4), 844.

Brumbaugh, C. C., & Fraley, R. C. (2006). Transference and attachment: How do
attachment patterns get carried forward from one relationship to the
next?. *Personality and Social Psychology Bulletin*, *32*(4), 552-560.

Chapman, B. P., Duberstein, P. R., Sörensen, S., & Lyness, J. M. (2007). Gender
differences in Five Factor Model personality traits in an elderly
cohort. *Personality and individual differences*, *43*(6), 1594-1603.

Cherry, K. (2022). *Trait Theory of Personality and Leading Theorists*. Verywell Mind.
https://www.verywellmind.com/trait-theory-of-personality-2795955

Cole, P. M., Dennis, T. A., Smith-Simon, K. E., & Cohen, L. H. (2009). Preschoolers'
emotion regulation strategy understanding: Relations with emotion socialization
and child self-regulation. *Social development*, *18*(2), 324-352.

Connor-Smith, J. K., & Flachsbart, C. (2007). Relations between personality and coping:
a meta-analysis. *Journal of personality and social psychology*, *93*(6), 1080.

Costa, S., Barberis, N., Griffiths, M. D., Benedetto, L., & Ingrassia, M. (2021). The love
addiction inventory: Preliminary findings of the development process and
psychometric characteristics. *International Journal of Mental Health and
Addiction*, *19*, 651-668.

Curtis, John M. "Elements of pathological love relationships." *Psychological reports* 53,
no. 1 (1983): 83-92.

Czyżowska, D., Gurba, E., Czyżowska, N., Kalus, A., Sitnik-Warchulska, K., &
Izydorczyk, B. (2019). Selected predictors of the sense of intimacy in

relationships of young adults. *International journal of environmental research and public health*, *16*(22), 4447.

Dam, V. H., Hjordt, L. V., da Cunha-Bang, S., Sestoft, D., Knudsen, G. M., & Stenbæk, D. S. (2021). Trait aggression is associated with five-factor personality traits in males. *Brain and behavior*, *11*(7), e02175.

Davidson, S., & Ireland, C. (2009). Substance misuse: the relationship between attachment styles, personality traits and coping in drug and non-drug users. *Drugs and Alcohol Today*, *9*(3), 22-27.

Davis, D., Shaver, P. R., & Vernon, M. L. (2004). Attachment style and subjective motivations for sex. *Personality and social psychology bulletin*, *30*(8), 1076-1090.

Dewitte, M., & De Houwer, J. (2011). Attachment–style Differences in the Appraisal of the Attachment Figure. *European Journal of Personality*, *25*(3), 173-183.

Ebstrup, J. F., Eplov, L. F., Pisinger, C., & Jørgensen, T. (2011). Association between the Five Factor personality traits and perceived stress: is the effect mediated by general self-efficacy?. *Anxiety, Stress & Coping*, *24*(4), 407-419.

Eggert, J., Levendosky, A., & Klump, K. (2007). Relationships among attachment styles, personality characteristics, and disordered eating. *International journal of eating disorders*, *40*(2), 149-155.

Erikson, E. (2005). Eight ages of man. *Childhood: Critical concepts in sociology*, *1*, 313-325.

Erikson, E. H. (1968). Identity, youth, and crisis. New York, NY: W. W. Norton

Faul, F., Erdfelder, E., Buchner, A., & Lang, A.-G. (2009). Statistical power analyses
using G*Power 3.1: Tests for correlation and regression analyses. *Behavior
Research Methods*, *41*, 1149-1160

Finzi, R., Cohen, O., Sapir, Y., & Weizman, A. (2000). Attachment styles in maltreated
children: A comparative study. *Child psychiatry and human development*, *31*, 113-
128.

Fraley, R. C., & Roisman, G. I. (2019). The development of adult attachment styles: four
lessons. *Current Opinion in Psychology*, *25*(1), 26–30.
https://doi.org/10.1016/j.copsyc.2018.02.008

Friedman, P. A., & Goodman, W. G. (2006). PTH (1–84)/PTH (7–84): a balance of
power. *American Journal of Physiology-Renal Physiology*, *290*(5), F975-F984.

Fry, P. S., & Debats, D. L. (2009). Perfectionism and the five-factor personality traits as
predictors of mortality in older adults. *Journal of Health Psychology*, *14*(4), 513-
524.

Fuchshuber, J., Hiebler-Ragger, M., Kresse, A., Kapfhammer, H. P., & Unterrainer, H. F.
(2019). The influence of attachment styles and personality organization on
emotional functioning after childhood trauma. *Frontiers in psychiatry*, *10*, 643.

Funder, D. C. (2006). Towards a resolution of the personality triad: Persons, situations,
and behaviors. *Journal of Research in Personality*, *40*(1), 21-34.

Gable, S. L., & Impett, E. A. (2012). Approach and Avoidance Motives and Close
Relationships. *Social and Personality Psychology Compass*, *6*(1), 95–108.
https://doi.org/10.1111/j.1751-9004.2011.00405.x

Galinha, I. C., Oishi, S., Pereira, C., Wirtz, D., & Esteves, F. (2013). The role of personality traits, attachment style, and satisfaction with relationships in the subjective well-being of Americans, Portuguese, and Mozambicans. *Journal of Cross-Cultural Psychology*, *44*(3), 416-437.

Gillath, O., & Shaver, P. R. (2007). Effects of attachment style and relationship context on selection among relational strategies. *Journal of Research in Personality*, *41*(4), 968-976.

Gillath, O., Shaver, P. R., Baek, J. M., & Chun, D. S. (2008). Genetic correlates of adult attachment style. *Personality and Social Psychology Bulletin*, *34*(10), 1396-1405.

Gobbini, M. I., & Haxby, J. V. (2007). Neural systems for recognition of familiar faces. *Neuropsychologia*, *45*(1), 32-41.

Goldberg, L. R. (1990). An alternative "description of personality": The Big-Five factor structure.. *Journal of Personality and Social Psychology*, *59*(6), 1216–1229. https://doi.org/10.1037/0022-3514.59.6.1216

Gori, A., Russo, S., & Topino, E. (2023). Love Addiction, Adult Attachment Patterns and Self-Esteem: Testing for Mediation Using Path Analysis. *Journal of Personalized Medicine*, *13*(2), 247. https://doi.org/10.3390/jpm13020247

Gullone, E., & Moore, S. (2000). Adolescent risk-taking and the five-factor model of personality. *Journal of adolescence*, *23*(4), 393-407.

Hambleton, R. K., & Li, S. (2005). Translation and Adaptation Issues and Methods for Educational and Psychological Tests.

Hendrick, S. S., & Hendrick, C. (2006). Measuring respect in close relationships. *Journal of Social and Personal Relationships*, *23*(6), 881-899.

Hintsanen, M., Gluschkoff, K., Dobewall, H., Cloninger, C. R., Keltner, D., Saarinen, A., ... & Pulkki-Råback, L. (2019). Parent–child-relationship quality predicts offspring dispositional compassion in adulthood: A prospective follow-up study over three decades. *Developmental psychology*, *55*(1), 216.

Hoyle, R. H., Fejfar, M. C., & Miller, J. D. (2000). Personality and sexual risk taking: A quantitative review. *Journal of personality*, *68*(6), 1203-1231.

Jenkins-Guarnieri, M. A., Wright, S. L., & Johnson, B. D. (2013). The interrelationships among attachment style, personality traits, interpersonal competency, and Facebook use. *Psychology of Popular Media Culture*, *2*(2), 117.

Johnson, M. D., & Galambos, N. L. (2014). Paths to intimate relationship quality from parent–adolescent relations and mental health. *Journal of Marriage and Family*, *76*(1), 145-160.

Jokela, M., Alvergne, A., Pollet, T. V., & Lummaa, V. (2011). Reproductive behavior and personality traits of the Five Factor Model. *European Journal of Personality*, *25*(6), 487-500.

Jonason, P. K., Lowder, A. H., & Zeigler-Hill, V. (2020). The mania and ludus love styles are central to pathological personality traits. *Personality and Individual Differences*, *165*, 110159.

Judge, T. A., Bono, J. E., Erez, A., & Locke, E. A. (2005). Core self-evaluations and job and life satisfaction: the role of self-concordance and goal attainment. *Journal of applied psychology*, *90*(2), 257.

Kaitz, M., Bar-Haim, Y., Lehrer, M., & Grossman, E. (2004). Adult attachment style and interpersonal distance. *Attachment & human development*, *6*(3), 285-304.

Kawamichi, H., Sugawara, S. K., Hamano, Y. H., Makita, K., Matsunaga, M., Tanabe, H.

    C., ... & Sadato, N. (2016). Being in a romantic relationship is associated with

    reduced gray matter density in striatum and increased subjective

    happiness. *Frontiers in psychology*, *7*, 1763.

Kiecolt-Glaser, J. K., & Wilson, S. J. (2017). Lovesick: How couples' relationships

    influence health. *Annual review of clinical psychology*, *13*, 421-443.

Kim, S. K., Park, M., Lee, Y., Choi, S. H., Moon, S. Y., Seo, S. W., ... & Moon, Y.

    (2017). Influence of personality on depression, burden, and health-related quality

    of life in family caregivers of persons with dementia. *International*

    psychogeriatrics, *29*(2), 227-237.

Kochanska, G., Friesenborg, A. E., Lange, L. A., & Martel, M. M. (2004). Parents'

    personality and infants' temperament as contributors to their emerging

    relationship. *Journal of personality and social psychology*, *86*(5), 744.

Kokab, S., & Ajmal, M. A. (2012). Perception of love in young adults. *Pakistan Journal*

    of Social and Clinical Psychology, *9*(2), 43-48.

Komarraju, M., Karau, S. J., Schmeck, R. R., & Avdic, A. (2011). The Big Five

    personality traits, learning styles, and academic achievement. *Personality and*

    individual differences, *51*(4), 472-477.

Kural, A. I., & Özyurt, B. E. (2018). The associations between university adjustment,

    adult attachment styles, personality traits, and perceived stress. *American*

    International Journal of Social Science, *7*(2), 43-54.

Lapsley, D. K., Varshney, N. M., & Aalsma, M. C. (2000). Pathological attachment and

    attachment style in late adolescence. *Journal of adolescence*, *23*(2), 137-155.

Lazaridès, A., Bélanger, C., & Sabourin, S. (2010). Personality as moderator of the

    relationship between communication and couple stability. *Europe's Journal of*

    Psychology, *6*(2), 11-31.

Lee, A., & Hankin, B. L. (2009). Insecure attachment, dysfunctional attitudes, and low

    self-esteem predicting prospective symptoms of depression and anxiety during

    adolescence. *Journal of clinical child & Adolescent Psychology*, *38*(2), 219-231.

Levy, K. N., & Blatt, S. J. (1999). Attachment theory and psychoanalysis: Further

    differentiation within insecure attachment patterns. *Psychoanalytic Inquiry*, *19*(4),

    541–575. https://doi.org/10.1080/07351699909534266

Levy, K. N., Ellison, W. D., Scott, L. N., & Bernecker, S. L. (2011). Attachment style.

    Journal of Clinical Psychology, *67*(2), 193–203.

    https://doi.org/10.1002/jclp.20756

Lieberman, M. D. (2007). Social cognitive neuroscience: a review of core

    processes. *Annu. Rev. Psychol.*, *58*, 259-289.

Löckenhoff, C. E., Duberstein, P. R., Friedman, B., & Costa Jr, P. T. (2011). Five-factor

    personality traits and subjective health among caregivers: the role of caregiver

    strain and self-efficacy. *Psychology and aging*, *26*(3), 592.

Löckenhoff, C. E., Terracciano, A., & Costa Jr, P. T. (2009). Five-factor model

    personality traits and the retirement transition: longitudinal and cross-sectional

    associations. *Psychology and aging*, *24*(3), 722.

Lodi-Smith, J., & Roberts, B. W. (2007). Social investment and personality: A meta-

    analysis of the relationship of personality traits to investment in work, family,

religion, and volunteerism. *Personality and social psychology review*, *11*(1), 68-86.

Love, A. B., & Holder, M. D. (2016). Can romantic relationship quality mediate the relation between psychopathy and subjective well-being?. *Journal of Happiness Studies*, *17*, 2407-2429.

Manders, W. A., Scholte, R. H., Janssens, J. M., & De Bruyn, E. E. (2006). Adolescent personality, problem behaviour and the quality of the parent–adolescent relationship. *European Journal of Personality: Published for the European Association of Personality Psychology*, *20*(3), 237-254.

Mangialavori, S & Cacioppo, M (2020). Love Addiction, Attachment Styles, Parental Bonding during Childhood and Adolescence and Couple's Quality: which relationship? | *Lirpa International Journal.* (n.d.) https://www.lirpa-internationaljournal.it/en/2020/07/01/love-addiction-attachment-styles-parental-bonding-during-childhood-and-adolescence-and-couples-quality-which-relationship/

Manning, K. J., Chan, G., & Steffens, D. C. (2017). Neuroticism traits selectively impact long term illness course and cognitive decline in late-life depression. *The American Journal of Geriatric Psychiatry*, *25*(3), 220-229.

Marazziti, D., Di Nasso, E., Masala, I., Baroni, S., Abelli, M., Mengali, F., ... & Rucci, P. (2003). Normal and obsessional jealousy: a study of a population of young adults. *European Psychiatry*, *18*(3), 106-111.

Marilena, G.M., Lanzafame, I., Quattropani, M. C., & Caponnetto, P. (2023). Love Addiction - Current Diagnostic and Therapeutic Paradigms in Clinical

Psychology. (v2). *National Library of Medicine*, *11*.

https://doi.org/10.52965/001c.70218

McGhee, R. L., Ehrler, D. J., Buckhalt, J. A., & Phillips, C. (2012). The relation between
five-factor personality traits and risk-taking behavior in
preadolescents. *Psychology*, *3*(8), 558.

Mecca, D. N. (2003). *The Relationship between Pathological Gambling and The Big Five
Personality Factors* (Doctoral dissertation, Central Connecticut State University).

Michalska, M. M., Czerwiński, S. K., Lowder, A. H., & Jonason, P. K. (2023). Feeling
low and lonely: Personality traits, love styles, and social rejection. *Personality
and Individual Differences*, *204*, 112068.

Middleton, C. F. (1993). The self and perceived-partner: Similarity as a predictor of
relationship satisfaction.

Montgomery, M., & Arnett, J. (2015). Erikson's young adulthood and emerging
adulthood today. *Journal of Child and Youth Care Work*, *25*, 206-213.

Moretti, M.M., & Peled, M. (2004). Adolescentsparent attachments: Bonds that support
healthy development. Paediatrics & Child Health, 9(8), 551-555.

Moreira, J. M., de Fátima Silva, M., Moleiro, C., Aguiar, P., Andrez, M., Bernardes, S.,
& Afonso, H. (2003). Perceived social support as an offshoot of attachment
style. *Personality and Individual differences*, *34*(3), 485-501.

Morgan, T. A., & Clark, L. A. (2010). Passive-submissive and active-emotional trait
dependency: Evidence for a two-factor model. *Journal of Personality*, *78*(4),
1325-1352.

Morsünbül, Ü. (2014). The association of internet addiction with attachment styles, personality traits, loneliness and life satisfaction: İnternet bağımlılığının bağlanma stilleri, kişilik özellikleri, yalnızlık ve yaşam doyumu ile ilişkisi. *Journal of Human Sciences*, *11*(1), 357-372.

Neustadt, E., Chamorro-Premuzic, T., & Furnham, A. (2006). The relationship between personality traits, self-esteem, and attachment at work. *Journal of Individual Differences*, *27*(4), 208-217.

Newbury-Birch, D., & Kamali, F. (2001). Psychological stress, anxiety, depression, job satisfaction, and personality characteristics in preregistration house officers. *Postgraduate medical journal*, *77*(904), 109-111.

Noftle, E. E., & Shaver, P. R. (2006). Attachment dimensions and the big five personality traits: Associations and comparative ability to predict relationship quality. *Journal of research in personality*, *40*(2), 179-208.

Nouri, F., Feizi, A., Afshar, H., Hassanzadeh Keshteli, A., & Adibi, P. (2019). How five-factor personality traits affect psychological distress and depression? Results from a large population-based study. *Psychological Studies*, *64*, 59-69.

O'Brien, T. B., & DeLongis, A. (1996). The interactional context of problem-, emotion-, and relationship-focused coping: the role of the big five personality factors. *Journal of personality*, *64*(4), 775-813.

Oshio, A., Taku, K., Hirano, M., & Saeed, G. (2018). Resilience and Big Five personality traits: A meta-analysis. *Personality and individual differences*, *127*, 54-60.

Overall, N. C., Fletcher, G. J., & Friesen, M. D. (2003). Mapping the intimate

    relationship mind: Comparisons between three models of attachment

    representations. *Personality and Social Psychology Bulletin*, *29*(12), 1479-1493.

Özyeşil, Z. (2012). Five factor personality traits as predictor of trait anger and anger

    expression. *Eğitim ve Bilim= Education and Science*.

Petronzi, G. J., & Masciale, J. N. (2015). Using personality traits and attachment styles to

    predict people's preference of psychotherapeutic orientation. *Counselling and*

    Psychotherapy Research, *15*(4), 298-308.

Pincus, A. L., & Gurtman, M. B. (1995). The three faces of interpersonal dependency:

    structural analyses of self-report dependency measures. *Journal of Personality*

    and Social psychology, *69*(4), 744.

Pourmohseni, K. F. (2016). Gender differences in attachment style and personality traits

    in prediction of love styles in university students.

Rastgar Faraj Zadeh, L., & Mohammadian, A. (2019). The Role of the Mediator of

    Attachment Styles in the Relationship between Personality Traits and

    Fetishism. *The Neuroscience Journal of Shefaye Khatam*, *7*(2), 44-55.

Reynaud, M., Karila, L., Blecha, L., & Benyamina, A. (2010). Is love passion an

    addictive disorder?. *The American Journal of Drug and Alcohol Abuse*, *36*(5),

    261-267.

Robins, R. W., Caspi, A., & Moffitt, T. E. (2000). Two personalities, one relationship:

    both partners' personality traits shape the quality of their relationship. *Journal of*

    personality and social psychology, *79*(2), 251.

Roccas, S., Sagiv, L., Schwartz, S. H., & Knafo, A. (2002). The big five personality factors and personal values. *Personality and social psychology bulletin*, *28*(6), 789-801.

Rognoni, E., Galati, D., Costa, T., & Crini, M. (2008). Relationship between adult attachment patterns, emotional experience and EEG frontal asymmetry. *Personality and Individual Differences*, *44*(4), 909-920.

Røvik, J. O., Tyssen, R., Gude, T., Moum, T., Ekeberg, Ø., & Vaglum, P. (2007). Exploring the interplay between personality dimensions: A comparison of the typological and the dimensional approach in stress research. *Personality and Individual differences*, *42*(7), 1255-1266.

Safdar, A., & Dasti, R. (2015). Personality and Pathological Love among Young Adults. *Journal of the Indian Academy of Applied Psychology*, *41*(2), 206.

Samuel, D. B., & Widiger, T. A. (2004). Clinicians' personality descriptions of prototypic personality disorders. *Journal of Personality Disorders*, *18*(3: Special issue), 286-308.

Saroglou, V. (2010). Religiousness as a cultural adaptation of basic traits: A five-factor model perspective. *Personality and social psychology review*, *14*(1), 108-125.

Sarvghad, S., Rezaei, A., & Irani, F. (2012). Realationship of Attachment Style and Personality Traits to Anxiety.

Schachner, D. A., Shaver, P. R., & Gillath, O. (2008). Attachment style and long-term singlehood. *Personal relationships*, *15*(4), 479-491.

Scott, L. N., Levy, K. N., & Pincus, A. L. (2009). Adult attachment, personality traits, and borderline personality disorder features in young adults. *Journal of personality disorders*, *23*(3), 258-280.

Shafiee, M., Ashouri, A., & Dehghani, M. (2020). The relationship between attachment style and social network addiction with the mediating role of personality traits. *International Journal of High Risk Behaviors and Addiction*, *9*(4).

Shaver, P. R., & Mikulincer, M. (2009). Attachment styles. *Handbook of individual differences in social behavior*, 62-81.

Shaver, P. R., Schachner, D. A., & Mikulincer, M. (2005). Attachment style, excessive reassurance seeking, relationship processes, and depression. *Personality and Social Psychology Bulletin*, *31*(3), 343-359.

Sophia, E. C., Tavares, H., Berti, M. P., Pereira, A. P., Lorena, A., Mello, C., Gorenstein, C., & Zilberman, M. L. (2009). Pathological Love: Impulsivity, Personality, and Romantic Relationship. *CNS Spectrums*, *14*(5), 268–274. https://doi.org/10.1017/S1092852900025438

Sophia, E. C., Tavares, H., & Zilberman, M. L. (2007). Amor patológico: um novo transtorno psiquiátrico? *Revista Brasileira de Psiquiatria*, *29*(1), 55–62. https://doi.org/10.1590/s1516-44462006005000003

Stravogiannis, A. L. D. C., Kim, H. S., Sophia, E. C., Sanches, C., Zilberman, M. L., & Tavares, H. (2018). Pathological jealousy and pathological love: Apples to apples or apples to oranges?. *Psychiatry research*, *259*, 562-570.

Surcinelli, P., Rossi, N., Montebarocci, O., & Baldaro, B. (2010). Adult attachment styles and psychological disease: Examining the mediating role of personality traits. *The Journal of psychology*, *144*(6), 523-534.

Takahashi, M., Shirayama, Y., Muneoka, K., Suzuki, M., Sato, K., & Hashimoto, K. (2013). Low openness on the revised NEO personality inventory as a risk factor for treatment-resistant depression. *PloS one*, *8*(9), e71964.

Thompson, E. R. (2007). Development and validation of an internationally reliable short-form of the positive and negative affect schedule (PANAS). *Journal of cross-cultural psychology*, *38*(2), 227-242.

Tosun, C., Yıldırım, M., Altun, F., & Yazıcı, H. (2022). Personality Traits and Attachments Styles in Romantic Relationships Deciding. *Journal of Family Issues*, *43*(5), 1219-1234.

Vendrame, T., Costa, A. L. da, Sanches, C. C., Gulassa, D. C. R., Sophia, E. C., & Zilberman, M. L. (2012). Impulsiveness in patients with pathological love. *Jornal Brasileiro de Psiquiatria*, *61*(3), 191–192. https://doi.org/10.1590/s0047-20852012000300013

Vrtička, P., Bondolfi, G., Sander, D., & Vuilleumier, P. (2012). The neural substrates of social emotion perception and regulation are modulated by adult attachment style. *Social neuroscience*, *7*(5), 473-493.

Wan Shahrazad, W. S., Kadir, N. B. Y. A., Omar, F., & Halim, F. W. (2015). Relationship between personality traits, attachment styles and life satisfaction among adolescents. *E-Bangi Journal*, 1055-106.

Watson, D., Gamez, W., & Simms, L. J. (2005). Basic dimensions of temperament and their relation to anxiety and depression: A symptom-based perspective. *Journal of Research in Personality*, *39*(1), 46-66.

Wayment, H. A., & Vierthaler, J. (2002). Attachment style and bereavement reactions. *Journal of Loss &Trauma*, *7*(2), 129-149.

Williams, P. G., Suchy, Y., & Kraybill, M. L. (2010). Five-factor model personality traits and executive functioning among older adults. *Journal of Research in Personality*, *44*(4), 485-491.

Wilson, L. (2022, February 23). *The Psychology of Love and Attachment Theory*. SACAP. https://www.sacap.edu.za/blog/applied-psychology/psychology-love/

World Health Organisation. (2021). *Adolescent health*. Www.who.int. https://www.who.int/southeastasia/health-topics/adolescent-health#:~:text=WHO%20defines%20

Zarei, E., Boldaji, R. K., Heydari, H., Hossein Khanzadeh, A. A., & Baharloo, G. (2014). Prediction of the Five-Factor Personality Traits of Students based on Adult Attachment Styles. *Research in Cognitive & Behavioral Sciences*, *4*(1).

Zhang, F., & Labouvie-Vief, G. (2004). Stability and fluctuation in adult attachment style over a 6-year period. *Attachment & human development*, *6*(4), 419-437.

Zeki, S. (2007). The neurobiology of love. *FEBS letters*, *581*(14), 2575-2579.

Zou, Z., Song, H., Zhang, Y., & Zhang, X. (2016). Romantic Love vs. Drug Addiction May Inspire a New Treatment for Addiction. *Frontiers in Psychology*, *7*. https://doi.org/10.3389/fpsyg.2016.01436

Annexure A

اجازت نامہ

میں سیدھہ ملیحہ سلطان، ماسٹرز طبی نفسیات ڈیپارٹمنٹ آف پروفیشنل سائکولوجی بحریہ یونیورسٹی اسلام آباد کی طالبہ ہوں اور اِسی سلسلے میں ڈاکٹر نوشی اِرم /زمان کے زیرِ نگرانی ایک تحقیق کر رہی ہوں۔ میری اس تحقیق کا مقصد جذباتی رومانوی رشتوں کے مختلف پہلوؤں کا جائزہ لینا ہے جس کے لیے آپکی شمولیت درکار ہے۔ آپکی یقین دہانی کے لیے آپکو بتانا ضروری ہے کہ آپکی دی گئی تمام معلومات صیغہ راز میں رکھی جائینگی اور صرف تحقیقی مقاصد کے لئے ہی استعمال ہوں گی۔ مزید برّاں آپ جب چاہیں اس تحقیق میں حصہ لینے سے انکار کر سکتی/ سکتے ہیں۔ اس صورت میں آپ سے حاصل کی گئی تمام معلومات خارج کر دی جائینگی۔ علاوہ ازیں اس تحقیق کو مکمل ہونے میں تقریباً چھ سے آٹھ ماہ درکار ہونگے۔ اپنے نتائج کے بارے میں جاننے کے لیے آپ مجھ سے درج ذیل ای میل پر رابطہ کر سکتے ہیں۔

malihashah660@gmail.com

اگر آپ اس تحقیق میں شمولیت کے لیے متفق ہیں تو نیچے دی گئی جگہ پر دستخط کر دیں۔ آپ کے تعاون کا شکریہ۔

دستخط امیدوار: --------------

تاریخ: ----------------

Annexure B

ذاتی کوائف نامہ

عمر: _____

جنس: • مرد _____ •عورت _____

ازدواجی حیثیت: •غیر شادی شدہ _____ •شادی شدہ _____ •منگنی شدہ _____
•منسوب(committed) _____ •طلاق یافتہ _____

کیا آپکو لگتا ہے کہ آپ خود سے منسلک رومانوی رشتوں میں اپنے پیار کرنے کے انداز سے منفی طور پر
متاثر ہوتی ہوتے ہیں؟ •ہاں _____ •نہیں _____

کیا آپ کسی طرح کی منشیات استعمال کر رہے ہیں؟ • ہاں _____ •نہیں _____

ہاں کی صورت میں مندرجہ ذیل میں سے کون سی؟
•شراب _____ •چرس _____ •ایل ایس ڈی _____ •جادوئی مشروم _____
•کیٹامنین _____ •افیم _____ •کوکین _____ •ہیروئن _____ •تمباکو _____ •کرسٹل
میتھ _____

نہیں کی صورت میں کیا آپ نے ماضی میں کبھی کسی منشیات کا استعمال کیا ہے؟ •ہاں _____
•نہیں _____

Annexure C

Scale 1

LAI-SF

These are sentences about your experience with your partner. Please answer using the following scale.

Almost Never 1	Rarely 2	Sometimes 3	Often 4	Almost Always 5

HOW OFTEN DO YOU...

1	Feel the urgent need to be with your partner	1	2	3	4	5
2	Feel depressed in your partner's absence	1	2	3	4	5
3	Feel the need to increase the time spent together with your partner to feel relaxed	1	2	3	4	5
4	Stay with your partner to relieve stress	1	2	3	4	5
5	Not reduce the time spent with your partner	1	2	3	4	5
6	Neglect time studying or working to be in the relationship with your partner	1	2	3	4	5

Annexure D

Scale 2

درج ذیل میں دیے گئے جملے ان جذبات سے متعلق ہیں جو آپ عام طور پر روزمرہ زندگی میں اپنے اہم اور قربی تعلقات کیلئے محسوس کرتے ہیں ۔ اپنے ماضی اور حال کے ان تعلقات مثلاً خاندان کے افراد قربی دوست اور محبوب کے متعلق سوچیں اور اپنے جواب کی مناسبت سے درج ذیل میں دیے گئے 1 t5 کے پیانے میں سے مناسب ہندسے کا انتخاب کیجیے ۔ اپنی متعلقہ خصوصیت کو Circle کریں ۔

یہ میری بالکل خصوصیت نہیں =5	یہ میری تھوڑی سی خصوصیت ہے =4	یہ میری کچھ حد تک خصوصیت ہے =3	یہ میری بہت حد تک خصوصیت ہے =2	یہ میری بہت زیادہ حد تک خصوصیت ہے =1	
5	4	3	2	1	1) میں نسبتاً آسانی سے لوگوں میں گھل مل جاتا/جاتی ہوں ۔
5	4	3	2	1	2) میرے لئے دوسروں پر انحصار کرنا مشکل ہے ۔
5	4	3	2	1	3) میں اکثر پریشان ہوتا/ہوتی ہوں کہ دوسرے لوگ حقیقتاً مجھے سے پیار نہیں کرتے ۔
5	4	3	2	1	4) مجھے لگتا ہے کہ میں جتنا دوسرے لوگوں سے گھلنا ملنا چاہتا/چاہتی ہوں وہ اتنا (ہی) میرے قریب ہونے سے بچتے جاتے ہیں ۔
5	4	3	2	1	5) میں دوسرے لوگوں پر انحصار کرنے میں پرسکون ہوتا/ہوتی ہوں ۔
5	4	3	2	1	6) میں دوسروں کے زیادہ قریب آنے سے پریشان نہیں ہوتا/ہوتی ۔
5	4	3	2	1	7) مجھے لگتا ہے کہ جب آپ کو لوگوں کی (مدد کی) ضرورت ہوتی ہے وہ کبھی (مدد کیلئے) موجود نہیں ہوتے ۔
5	4	3	2	1	8) میں کسی حد تک دوسروں کے قریب ہونے سے گھبرا/گھبراتی ہوں ۔
5	4	3	2	1	9) میں اکثر پریشان رہتا/رہتی ہوں کہ دوسرے لوگ میرے ساتھ نہیں رہنا چاہتے ۔
5	4	3	2	1	10) جب میں دوسروں کے لئے (اچھے) احساسات ظاہر کرتا اکرتی ہوں تو مجھے خدشہ ہوتا ہے کہ وہ میرے بارے میں ویسا (اچھا) محسوس نہیں کریں گے ۔
5	4	3	2	1	11) میں اکثر سوچتا/سوچتی ہوں کہ کیا لوگ واقعی ہی میری پرواہ کرتے ہیں ۔
5	4	3	2	1	12) میں لوگوں سے قربی روابط (تعلقات بنانے) استوار کرنے میں پرسکون ہوتا/ہوتی ہوں ۔
5	4	3	2	1	13) جب کوئی جذباتی طور پر میرے بہت زیادہ قریب ہو جاتا ہے تو میں بے چین ہو جاتا/جاتی ہوں ۔
5	4	3	2	1	14) مجھے معلوم ہے کہ جب مجھے (مدد کی) ضرورت ہوگی تو لوگ وہاں (مدد کیلئے) موجود ہوں گے ۔
5	4	3	2	1	15) میں لوگوں کے قریب ہونا چاہتا/چاہتی ہوں لیکن پریشان رہتا/رہتی ہوں کہ وہ مجھے دکھ دیں ۔
5	4	3	2	1	16) مجھے دوسروں پر مکمل بھروسہ کرنا مشکل لگتا ہے ۔
5	4	3	2	1	17) لوگ اکثر یہ چاہتے ہیں کہ میں ان سے جذباتی طور پر اس سے زیادہ قریب ہوں جتنا میں (آسانی سے) ہو سکتا/سکتی ہوں ۔
5	4	3	2	1	18) مجھے یقین نہیں کہ میں ہمیشہ ضرورت کے وقت لوگوں پر انحصار کروں کہ وہ وہاں (مدد کیلئے) موجود ہوں ۔

Annexure E

Scale 3

(بگ فائیو انونٹری-10)

ہدایات:

مندرجہ ذیل جملے آپ کی شخصیت کو کتنا بہتر طور پر بیان کرتے ہیں؟

یقیناً متفق	کچھ حد تک متفق	نہ ہی متفق نہ مخالف	تھوڑا سا اختلاف	بالکل متفق نہیں	میں اپنے آپ کو ایسا شخص پاتا/پاتی ہوں جو۔۔۔۔۔۔	
					اپنے احساسات، سوچ اور جذبات کا اظہار نہیں کرتا / کرتی۔	1
					عام طور پر اعتماد و بھروسہ کر لیتا/لیتی ہوں۔	2
					سستی اور کاہلی کی طرف مائل رہتا/رہتی ہوں۔	3
					پرسکون رہتا/رہتی ہوں اور دباؤ کو اچھی طرح سنبھال لیتا/لیتی ہوں۔	4
					فنون لطیفہ سے کم شغف رکھتا/رکھتی ہوں۔	5
					دوستانہ اور ملنسار مزاج رکھتا/رکھتی ہوں۔	6
					دوسروں کی غلطیاں آسانی سے نکال لیتا/لیتی ہوں۔	7
					اپنے ذمہ جو بھی کام ہو اسے مکمل طریقے سے کرتا/کرتی ہوں۔	8
					آسانی سے گھبرا جاتا/جاتی ہوں۔	9
					فعال تصور یا تخیل رکھتا/رکھتی ہوں۔	10

me 27 May

to wahidaanjum ∨

Hi, Hope you are well. I am writing this email to express my interest in sign your translated RAAS scale in my MS thesis which I am doing under the supervision of Dr. Noshi Iram Zaman. kindly allow me to use it in my thesis.

Regards
Syeda Maleeha Sultan
MS Scholar
Department of Professional Psychology
Bahria University Islamabad, Pakistan

Wahida Anjum 28 May

to me ∨

Syeda Maleeha Sultan
you have my permission to use the required scale.its attached herewith

good luck

Dr. Wahida Anjum

Assistant Professor

Lahore School of Behavioural Sciences, The University of Lahore, Lahore-Pakistan.

Email Address: wahidaanjum@yahoo.com

waheeda.anjum@lsbs.uol.edu.pk

me 16 Oct 2023
to sabihahmadpk, noshi.... ∨

Hi, hope you are doing well. This is maleeha sultan, currently enrolled in MS Clinical Psychology doing thesis under the supervision of Dr. Noshi Iram Zaman at Bahria University Islamabad. This thesis is a requirement for my degree and for that purpose I need the urdu version of Big five Inventory-10 items that you translated and validated. Kindly email us the scale and its scoring procedures. It will be really grateful of you. Thanks in Anticipation!
Regards
Maleeha Sultan
MSCP
Department of Professional Psychology
Bahria University Islamabad

sabih ahm... 16 Oct 2023
to me, noshi.zaman ∨

Please find the scale attached.
Sabih

Sent from Yahoo Mail for iPhone

•••

BFI10.docx

W   Docs

S Sebastian...   16 Oct 2023
to me ∨

Thanks for tour kindly email.

Yes, you are free to use It dir research purpose.

•••

VIEW ENTIRE MESSAGE

thesis

8 Christian Montag, Jaak Panksepp. "Chapter 1338 Personality Neuroscience: Why It Is of Importance to Consider Primary Emotional Systems!", Springer Science and Business Media LLC, 2020
Publication

<1 %

9 Omri Gillath, Phillip R. Shaver. "Effects of attachment style and relationship context on selection among relational strategies", Journal of Research in Personality, 2007
Publication

<1 %

10 Submitted to University of Derby
Student Paper

<1 %

11 www.frontiersin.org
Internet Source

<1 %

12 sites.kowsarpub.com
Internet Source

<1 %

13 Submitted to Manipal Academy of Higher Education (MAHE)
Student Paper

<1 %

14 Submitted to University of Glamorgan
Student Paper

<1 %

15 www.betterhelp.com
Internet Source

<1 %

16 Fatemeh Nouri, Awat Feizi, Hamid Afshar, Ammar Hassanzadeh Keshteli, Peyman Adibi.

<1 %

"How Five-Factor Personality Traits Affect Psychological Distress and Depression? Results from a Large Population-Based Study", Psychological Studies, 2019
Publication

17   Submitted to Georgia Gwinnett College
Student Paper   <1%

18   lifecyclejourneys.com
Internet Source   <1%

19   O. Gillath. "Genetic Correlates of Adult Attachment Style", Personality and Social Psychology Bulletin, 07/03/2008
Publication   <1%

20   Submitted to Khalifa University of Science Technology and Research
Student Paper   <1%

21   Submitted to University of Limerick
Student Paper   <1%

22   www.sciencegate.app
Internet Source   <1%

23   www.tandfonline.com
Internet Source   <1%

24   Submitted to De Montfort University
Student Paper   <1%

25   Submitted to University of St Mark and St John

Student Paper

26 Submitted to Lenoir - Rhyne College
    Student Paper   <1%

27 Submitted to CSU, San Diego State University
    Student Paper   <1%

28 Submitted to City University
    Student Paper   <1%

29 Submitted to City of Glasgow College
    Student Paper   <1%

30 Submitted to City University of Hong Kong
    Student Paper   <1%

31 psycnet.apa.org
    Internet Source   <1%

32 Submitted to University of California, Merced
    Student Paper   <1%

33 Johnson, Matthew D., and Nancy L.
    Galambos. "Paths to Intimate Relationship
    Quality From Parent-Adolescent Relations and
    Mental Health : Young Adult Intimate
    Relationship Quality", Journal of Marriage and
    Family, 2014.
    Publication   <1%

34 Michael A. Jenkins-Guarnieri, Stephen L.
    Wright, Brian D. Johnson. "The
    interrelationships among attachment style,   <1%

personality traits, interpersonal competency, and Facebook use.", Psychology of Popular Media Culture, 2013
Publication

35 doaj.org
Internet Source
<1 %

36 Submitted to University of Glasgow
Student Paper
<1 %

37 Alessio Gori, Sara Russo, Eleonora Topino. "Love Addiction, Adult Attachment Patterns and Self-Esteem: Testing for Mediation Using Path Analysis", Journal of Personalized Medicine, 2023
Publication
<1 %

38 Submitted to Southern New Hampshire University - Continuing Education
Student Paper
<1 %

39 Atsushi Oshio, Kanako Taku, Mari Hirano, Gul Saeed. "Resilience and Big Five personality traits: A meta-analysis", Personality and Individual Differences, 2018
Publication
<1 %

40 Submitted to Massachusetts College of Pharmacy & Allied Health Sciences
Student Paper
<1 %

41 Corinna E. Löckenhoff, Paul R. Duberstein, Bruce Friedman, Paul T. Costa. "Five-factor
<1 %

personality traits and subjective health among caregivers: The role of caregiver strain and self-efficacy.", 'American Psychological Association (APA)', 2011
Internet Source

| 42 | Submitted to Laureate Higher Education Group
Student Paper | <1% |

| 43 | c.coek.info
Internet Source | <1% |

| 44 | www.ahfmr.ab.ca
Internet Source | <1% |

| 45 | Duncan, Joshua S.. "Childhood Trauma, Attachment, and Adult Leadership Styles", Walden University, 2024
Publication | <1% |

| 46 | Gev, Tali. "Attachment and continuing bond expressions of parents to the deceased child", Proquest, 20111108
Publication | <1% |

| 47 | O'Connor, Natasha. "The Correlation Among Personality Characteristics, Stress, and Coping Between Caregivers of Individuals with Intellectual and Developmental Disabilities.", Proquest, 2015.
Publication | <1% |

48 Stephen J. Zaccaro, Jennifer P. Green, Samantha Dubrow, MaryJo Kolze. "Leader individual differences, situational parameters, and leadership outcomes: A comprehensive review and integration", The Leadership Quarterly, 2018
Publication

<1 %

49 Bower, Dani. "Personality, Attachment, and Relationship Conflict Across the Transition to Parenthood", Proquest, 2014.
Publication

<1 %

50 Submitted to EDMC
Student Paper

<1 %

51 Liverant, G.I.. "Emotion regulation in unipolar depression: The effects of acceptance and suppression of subjective emotional experience on the intensity and duration of sadness and negative affect", Behaviour Research and Therapy, 200811
Publication

<1 %

52 Michelle N. Shiota, Dacher Keltner, Oliver P. John. "Positive emotion dispositions differentially associated with Big Five personality and attachment style", The Journal of Positive Psychology, 2006
Publication

<1 %

53 Submitted to University of Portsmouth
Student Paper

<1 %

54 Submitted to Aurora University
Student Paper

<1 %

55 Submitted to Chester College of Higher Education
Student Paper

<1 %

56 Fang Zhang, Gisela Labouvie-Vief. "Stability and fluctuation in adult attachment style over a 6-year period", Attachment & Human Development, 2004
Publication

<1 %

57 Submitted to Middle East Technical University
Student Paper

<1 %

58 Sebastiano Costa, Nadia Barberis, Mark D. Griffiths, Loredana Benedetto, Massimo Ingrassia. "The Love Addiction Inventory: Preliminary Findings of the Development Process and Psychometric Characteristics", International Journal of Mental Health and Addiction, 2019
Publication

<1 %

59 Submitted to University of Exeter
Student Paper

<1 %

60 Submitted to University of Northumbria at Newcastle
Student Paper

<1 %

61 Submitted to University of Southampton
Student Paper
<1%

62 digscholarship.unco.edu
Internet Source
<1%

63 Reuven Dar, Rachel Kaplan, Lior Shaham, Hanan Frenk. "Euphoriant effects of nicotine in smokers: fact or artifact?", Psychopharmacology, 2007
Publication
<1%

64 Submitted to University of Houston System
Student Paper
<1%

65 Submitted to University of Newcastle upon Tyne
Student Paper
<1%

66 Submitted to University of Southern California
Student Paper
<1%

67 Submitted to University of Wales Swansea
Student Paper
<1%

68 docs.google.com
Internet Source
<1%

69 Zhanpeng Guo, Kun Liu, Chunguang Liang, Dan Li, Jinxiang Lou, Yu Deng, Mina Huang. "Validation of the Chinese version of the Smartphone Distraction Scale", Heliyon, 2024
Publication
<1%

70 Submitted to CSU, Fullerton
Student Paper
<1%

71 Submitted to Middlesex University
Student Paper
<1%

72 Moreira, J.M.. "Perceived social support as an offshoot of attachment style", Personality and Individual Differences, 200302
Publication
<1%

73 acikbilim.yok.gov.tr
Internet Source
<1%

74 www.researchgate.net
Internet Source
<1%

75 D. A. Yakovlev. "Optimization of One-Polarizer Reflective LCDs with Phase Compensator", Molecular Crystals and Liquid Crystals, 1/1/2004
Publication
<1%

76 Marilena Giovanna Maglia, Ines Lanzafame, Maria C Quattropani, Pasquale Caponnetto. "Love Addiction - Current Diagnostic and Therapeutic Paradigms in Clinical Psychology. (v2)", Health Psychology Research, 2023
Publication
<1%

77 Submitted to Pace University
Student Paper
<1%

af.booksc.org

78 Internet Source <1%

79 paulogentil.com
Internet Source <1%

80 pure.eur.nl
Internet Source <1%

81 www.biotech-asia.org
Internet Source <1%

82 Alessandro Musetti, Tommaso Manari, Joël Billieux, Vladan Starcevic, Adriano Schimmenti. "Problematic social networking sites use and attachment: A systematic review", Computers in Human Behavior, 2022
Publication <1%

83 Mossler, Ron . "Child and Adolescent Development, Third Edition", UAGC, 2024
Publication <1%

84 Vellucci-Melo, Juliane. "Attachment Style, Personality Traits, and FoMO as Predictors of Inappropriate Social Media Use in the Workplace", William James College, 2024
Publication <1%

85 bmcpulmmed.biomedcentral.com
Internet Source <1%

86 docslib.org
Internet Source <1%

87   eprints.utar.edu.my
Internet Source   <1%

88   erl.ucc.edu.gh:8080
Internet Source   <1%

89   ir.unilag.edu.ng
Internet Source   <1%

90   onlinelibrary.wiley.com
Internet Source   <1%

91   research.edgehill.ac.uk
Internet Source   <1%

92   KARABEKİROĞLU, Koray and ARMAN-
RODOPMAN, Ayşe. "Parental attachment
style and severity of emotional/behavioral
problems in toddlerhood", TUBITAK, 2011.
Publication   <1%

93   Richard E. Lucas, Carol Wallsworth, Ivana
Anusic, Brent Donnellan. "A Direct
Comparison of the Day Reconstruction
Method and the Experience Sampling
Method", PsyArXiv, 2019
Publication   <1%

94   irep.ntu.ac.uk
Internet Source   <1%

95   Marieke Dewitte. "Attachment-style
differences in the appraisal of the attachment   <1%

figure", European Journal of Personality, 07/20/2010

Exclude quotes   Off   Exclude matches   Off

Exclude bibliography   Off