ADULT ATTACHMENT AND NON-SUICIDAL SELF-INJURY AMONG YOUNG ADULTS WITH PERCEIVED CHILDHOOD TRAUMA

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Dedicated to

My PAPA

Whose trust on me made me achieve many milestones of life.

Thank you

My MAMA

Whose affection and love was like cloud in my sunny days of life

My BROTHER

Who supported me through thick and thin

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Ghazia Sakhawat

ABSTRACT

The present study investigated the relationship between Adult Attachment and Non-Suicidal Self-Injury among young adults with Perceived Childhood Trauma. The Correlational research design was employed and a sample (N=124) having age range 18-24 (M=21.27, SD=1.59) was collected through purposive sampling from undergraduate university students. Mean age of participants was 21.27(SD=1.59). The Childhood Trauma Questionnaire was employed to measure Childhood trauma, Experiences in Close Relationship Scale was employed to assess Adult Attachment and Inventory of Statements about Self-injury was employed to assess Non-Suicidal Self-Injury. It was hypothesized that there would likely to relationship between Perceived Childhood Trauma, Adult Attachment and Non-Suicidal Self-Injury, Adult Attachment would likely to mediate the relationship between Perceived Childhood Trauma and Non-Suicidal Self-Injury and there would likely to be gender difference between Perceived Childhood Trauma, Adult Attachment and Non-Suicidal Self-Injury among boys and girls among university students. The descriptive statistics, Pearson Product Moment Correlation Coefficient, Mediation Analysis were run to generate results. The independent sample t-test was run as additional analysis. Results indicated significant strong positive correlation between Perceived Childhood Trauma and Non-Suicidal Self-Injury , significant moderate positive correlation between Perceived Childhood Trauma and Adult Attachment and significant moderate positive correlation between Adult Attachment and Non-Suicidal Self-Injury. Furthermore results indicated Adult Attachment partially mediate the relationship between Perceived Childhood Trauma and Non-Suicidal Self-Injury. No gender difference was found on Perceived Childhood Trauma and Non-Suicidal Self-Injury. Gender difference was found on type of Adult Attachment; females reported to have Anxious Attachment and Males reported to have high Avoidant Attachment.

Keywords: Perceived Childhood Trauma, Adult Attachment, Non-Suicidal Self-Injury ,university students, young adults.

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List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
DSM-V	Diagnostic and Statistical Manual of mental Disorders-V
SPSS	Statistical Package for the Social Sciences
AA	Adult Attachment
PCT	Perceived Childhood Trauma
NSSI	Non-Suicidal Self-Injury

List of Symbols

Symbol	Full Form
α	Alpha Cronbach's Index of Internal Consistency
β	Standardized Coefficient
f	Frequency
M	Mean
SD	Standard deviation
%	Percentage
r	Correlation Coefficient

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