Abstract

This research study focuses on the connection between types of attachment (levels of anxiety and avoidance in a relationship) and drug addiction. We researched the levels of anxiety and avoidance in drug addicted patients in their relationships with their mothers and fathers, romantic partners and best friends and compared them with the levels of anxiety and avoidance in informants from a control group who were not addicted to drugs. We examined an experimental group of 103 addicted patients receiving treatment in a therapeutic community and 105 informants in a control group. The results of the research confirmed the hypothesis that drug addicted patients manifest significantly higher levels of anxiety and avoidance in relationships with mothers, fathers, romantic partners and best friends in comparison with the control group informants not addicted to drugs. Although the differences in all areas were substantial, illustrating the attachment typology proved to be problematic. While dividing the responses into quadrants does not consider natural variations of the responses, they were taken into account in both of the mentioned scales. We concluded that, in general, the addicted patients in the experimental group had distinctly lower scores in the security of the attachment to their mothers and fathers than the control group informants did. In the case of the relationships with romantic partners and best friends the number of responses was insufficient to conduct a reliable analysis. The highest number of responses within the control group concerned the representation of the attachment to romantic partners and best friends in the area of secure representation of the attachment.

Key words: Attachment, Addiction, Emotional regulation.