

Strategies to Improve Patient-Provider Communication and Patient Adherence in Chronic Disease

pavelcie@u.washington.edu

		Model (view) of Self Inversely related to Relationship Anxiety	
		+	-
Model (view) of Other Inversely related to Relationship Avoidance	+	<p>Secure Attachment Style</p> <p>(Questionnaire style A)</p> <ul style="list-style-type: none"> • trusting of others • feels worthy of other's attention <p><u>Clinical characteristics:</u></p> <p>↑ treatment adherence ↑↓ primary care utilization ↓ symptom reporting</p>	<p>Preoccupied Attachment Style</p> <p>("support-seeking" style)</p> <p>(Questionnaire style C)</p> <ul style="list-style-type: none"> • emotionally dependent on others • low self esteem <p><u>Clinical characteristics:</u></p> <p>↑↓ treatment adherence ↑ primary care utilization ↑ symptom reporting</p>
	-	<p>Dismissing Attachment Style</p> <p>("self-reliant" style)</p> <p>(Questionnaire style D)</p> <ul style="list-style-type: none"> • compulsively self-reliant • low trust of others <p><u>Clinical characteristics:</u></p> <p>↓ treatment adherence ↓ primary care utilization ↑↓ symptom reporting</p>	<p>Fearful Attachment Style</p> <p>("cautious" style)</p> <p>(Questionnaire style B)</p> <ul style="list-style-type: none"> • approach-avoidance behavior • fearful of intimacy <p><u>Clinical characteristics:</u></p> <p>↓ treatment adherence ↓ primary care utilization ↑ symptom reporting</p>

RELATIONSHIP QUESTIONNAIRE

Bartholomew et al.

Please rate each of the following relationship styles according to the extent to which you think each description corresponds to your general relationship style.

Style A. It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.

Not at all like me

Somewhat like me

Very much like me

1

2

3

4

5

6

7

Style B. I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.

Not at all like me

Somewhat like me

Very much like me

1

2

3

4

5

6

7

Style C. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.

Not at all like me

Somewhat like me

Very much like me

1

2

3

4

5

6

7

Style D. I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

Not at all like me

Somewhat like me

Very much like me

1

2

3

4

5

6

7

After reading each of the relationship styles described (Styles A through D), please CIRCLE the letter corresponding to the style **that best describes you**:

Style **A** **B** **C** **D** (circle one letter)

RELATIONSHIP SCALES QUESTIONNAIRE

Bartholomew et al.

Please read the following statements and rate the extent to which the statement describes your feelings about close relationships. Think about all of your close relationships, past and present, and respond in terms of how you generally feel in these relationships.

	Not at all like me		Somewhat like me		Very much like me	
1. I find it difficult to depend on other people.	1	2	3	4	5	
2. It is very important to me to feel independent.	1	2	3	4	5	
3. I find it easy to get emotionally close to others.	1	2	3	4	5	
4. I worry that I will be hurt if I allow myself to become too close to others.	1	2	3	4	5	
5. I am comfortable without close emotional relationships.	1	2	3	4	5	
6. I want to be completely emotionally intimate with others.	1	2	3	4	5	
7. I worry about being alone.	1	2	3	4	5	
8. I am comfortable depending on other people.	1	2	3	4	5	
9. I find it difficult to trust others completely.	1	2	3	4	5	
10. I am comfortable having other people depend on me.	1	2	3	4	5	
11. I worry that others don't value me as much as I value them.	1	2	3	4	5	
12. It is very important to me to feel self-sufficient.	1	2	3	4	5	
13. I prefer not to have other people depend on me.	1	2	3	4	5	
14. I am somewhat uncomfortable being close to others.	1	2	3	4	5	
15. I find that others are reluctant to get as close as I would like	1	2	3	4	5	
16. I prefer not to depend on others	1	2	3	4	5	
17. I worry about having others not accept me.	1	2	3	4	5	

Both questionnaires: Bartholomew K, Horowitz LM: Attachment styles among young adults: a test of a four-category model. *J Pers Soc Psychol* 61:226-244, 1991.

Relationship Questionnaire Coding:

Style A = Secure Attachment Style
Style B = Fearful Attachment Style
Style C = Preoccupied Attachment Style
Style D = Dismissing Attachment Style

Self Dimension = Secure score + Dismissing score – Preoccupied score – Fearful score

Other Dimension = Secure score + Preoccupied score – Dismissing score – Fearful score

Relationship Scales Questionnaire Coding:

Secure attachment style dimension: #3 + #7 (reversed) + #8 + #10 + #17 (reversed)

Fearful attachment style dimension: #1 + #4 + #9 + #14

Preoccupied attachment style dimension: #5 (reversed) + #6 + #11 + #15

Dismissing attachment style dimension: #2 + #5 + #12 + #13 + #16

Self Dimension = Secure score + Dismissing score – Preoccupied score – Fearful score

Other Dimension = Secure score + Preoccupied score – Dismissing score – Fearful score