

Attachment Styles as a Predictor of Emotional Expression among Depressed and Non Depressed Individuals

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The present study was designed to investigate the attachment styles and emotional expression among depressed and non depressed individuals. The sample of the study consisted of 150 individuals (75 depressed and 75 non depressed individuals). Urdu translated version of Emotional Expressivity Scale (Kring, Smith, & Neale, 1994) and Adult Attachment Scale (Collins & Read, 1990) translated in Urdu by first author of the study, were used for data collection. The sample of the patients with depression was taken from hospitals of Rawalpindi (i.e., RGH and MH) and Islamabad (i.e., PIMS and Poly Clinic). Multiple linear regressions, and *t*-test, were computed to test the hypotheses. The findings indicated that there was significant positive correlation between emotional expression and secure attachment styles whereas anxious and avoidant attachment styles were negatively correlated with emotional expression. Female participants were more emotionally expressive as compared to males. Depressed individuals had anxious and avoidant attachment styles whereas non depressed individuals had secure attachment styles. Practical implications of the study were discussed and suggestions for further research were made.

Keywords: Attachment styles, emotional expressions, secure attachment