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[\[PDF \(308K\)\]](#) [\[References\]](#)**Adult Attachment Styles Reflect Differences in the Patterns of Attachment Behavior**[Tatsuma Nakao](#)¹⁾ and [Kazuo Tatsuma](#)¹⁾

1) Faculty of Human-Environment Studies, Kyushu University

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This study examined validity of the theoretical assumption that adult attachment researchers have implicitly held: Adult attachment styles reflected corresponding patterns of attachment behavior in adults. A questionnaire, including adult attachment style scales and Adult Attachment Behavior Scale, which we developed for this study, was administered to 378 undergraduates. Main findings were as follows: When adult attachment behavior was classified into Direct type, which expressed security need directly, and Indirect type, which expressed security need indirectly, due to over-preoccupation with appropriate adjustment of psychological distance between self and others, low Avoidance participants engaged more frequently in Direct attachment behavior, whereas high Anxiety participants engaged more frequently in Indirect behavior. These results were also found in the analysis using 4-category attachment styles. The findings were interpreted to demonstrate validity of the implicit assumption described above.

Keywords: [patterns of attachment behavior](#), [attachment style](#), [adult](#), [Adult Attachment Behavior Scale](#)

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