

Abstract

The present study was designed to examine the relationship between adult attachment, personality and depression. Firstly, we explored the associations between adult attachment styles, personality and depression. Secondly, we studied the mediating role of personality traits in the relationship between adult attachment and depression. One hundred thirty participants, aged between 18 to 65 years old, was invited to complete a questionnaire which combined adult attachment style items, personality traits items and depression symptoms items. Personality Traits were assessed by 60-item of Big Five Inventory (NEO-FFI; Costa & McCrae, 1992), Adult Attachment Style was assessed by 18-item of Adult Attachment Scale (AAS; Collins, 1996) and Depression Symptom is assessed by 21-item of Beck Depression Inventory (Beck et al, 1961). Pearson correlation was used to analysis the associations among adult attachment, personality and depression variables. The results revealed that insecure-anxious and insecure-avoidant was associated with extraversion, neuroticism, conscientiousness and agreeableness. Depression associated with insecure-anxious, insecure-avoidant, neuroticism, extraversion, conscientiousness and agreeableness. Mediating analysis revealed that neuroticism fully mediated relationship between adult attachment and depression. Extraversion, Conscientiousness and Agreeableness partially mediated the relationship between adult attachment and depression. The findings suggested that the relationship between attachment and depression would be in part explained by personality. Clinicians can improve treatment plan by employing different therapy referring to the personality of depression patients.