

Abstract

Adult attachment styles and responsiveness are two evidence-supported factors that have made critical contributions to the quality of intimate relationships and individual's well-being. The present study aims to investigate the process of adult insecure attachment styles in predicting the level of responsiveness between intimate relationships, not restricted to romantic-specific relationships. The proposed cycle provides an image of how these two variables are related considering attachment behavioural strategies and mentalization. There are four hypotheses: Anxious attachment style predicts (H1) lower perceived partner responsiveness, and (H2) higher enacted responsiveness. Avoidant attachment style predicts (H3) lower perceived partner responsiveness and (H4) lower enacted responsiveness. The present research was a cross-sectional study where 194 participants were recruited to complete an online questionnaire via Qualtrics. The results showed that the effect of anxious attachment style in predicting lower perceived partner responsiveness was decreased by avoidant attachment, and it did not predict enacted responsiveness. Avoidant attachment style predicted lower perceived partner's and enacted responsiveness significantly, even when anxious attachment style was controlled. This study suggests that the two insecure attachment styles have different predicting abilities to the two types of responsiveness. Specifically, avoidant attachment has a significant predicting ability to both types of responsiveness in various intimate relationships, while anxious attachment predicting ability to perceived partner responsiveness restricted only in romantic relationships.