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The Effect of Genetic Based Temperament and Environment Factors On the Development of Attachment Avoidance From Evolutionary Psychiatric Aspect

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Introductions: On the basis of experimental observations the attachment style influences the exploration behaviour and the use of social support.

Objectives: Education attitudes and temperament factors also have an effect on the exploration activities and the attachment styles.

Aims: In our research we wanted to analyse the temperament factors behind the avoidant attachment style, parental attitudes, and phobic anxiety forms.

Methods: We conducted the analysis with 380 university students (244 women, 136 men) aged 19-26. We applied SPSRQ (to determine the operation of behavioural activation system (BAS), we used FSS for measuring agoraphobic fears, ECR-R questionnaire and Szondi test for measuring attachment. With Szondi test the classification to attachment style is more insecure, but if it is completed with exploration, it is more informative in attachment behaviour. Besides, we measured the memories about parental attitudes (EMBU-r).

Results: On the basis of the lineal regression, in the case of women the features of enhanced BAS activity had a positive effect on the development of attachment avoidance. Beside exploration, the adult spatial competence and the predictive force of personal feeling of safeness could be proven in the case of women. In the case of men, novelty seeking (BAS activity) significantly determined the development of attachment avoidance, beside the effect of warm mother attitude.

Conclusions: The results strengthened the temperament effect of novelty seeking in the case of both sexes. The exploration motivated by avoidance and novelty seeking can be disadvantageous to safe growing-up, however exploration experiences can support the later adapting behaviour.