

# Associations of traumatisation and different attachment styles with selected parameters of physical and mental health in a representative sample from the Czech Republic.

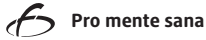
NATÁLIA KAŠČÁKOVÁ<sup>1,2</sup>, DANIELA HUŠÁROVÁ<sup>1,4</sup>, PETER KOLARČÍK<sup>1,4</sup>, MATUŠ BIEŠČAD<sup>1</sup>, IVA POLÁČKOVÁ ŠOLCOVÁ<sup>3</sup>, ANDREA MADARASOVÁ GECKOVÁ<sup>1,4</sup>, JOZEF HAŠTO<sup>1,2</sup>, PETER TAVEL<sup>1</sup>

<sup>1</sup>Olomouc University Social and Health Institute, Palacky University, Olomouc, Czech Republic

<sup>2</sup>Psychiatric Outpatient Clinic, Pro mente sana, s.r.o., Bratislava

<sup>3</sup>Faculty of Humanities, Charles University, Prague

<sup>4</sup>Department of Health Psychology, Pavol Jozef Šafárik University, Košice



DGPPN Kongress 2016, 23. -26. November, Berlin

## Objective

The aim of our study was to find associations between attachment styles, various types of trauma and selected indicators of physical and mental health in the Czech population.

## Sample

A representative sample of the Czech Republic adult population (N=1000, mean age 46.0, 48.6% men).

## Methods

- Data on health status
- The Childhood Trauma Questionnaire (CTQ)<sup>[1]</sup>, the shortened version of the Experienced in Close Relationships-Revised questionnaire (ECR-R-16)<sup>[2,3]</sup>, the Mental and Physical Health Questionnaire (SF-12)<sup>[4]</sup>
- Statistical analysis (multinomial logistic regression, ANOVA, chi-square tests, correlation analyses)

## Results

Fig. 1: Prevalence of attachment styles in a representative sample (N=1000)

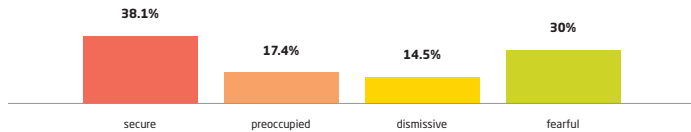


Fig. 2: Frequency of trauma types in a representative sample (N=1000)

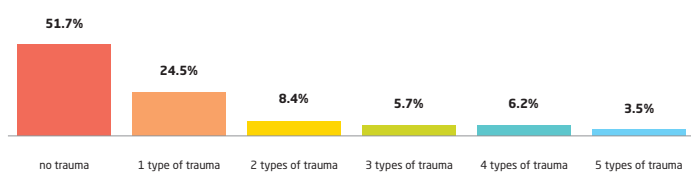


Fig. 3: Prevalence of different types of trauma in a representative sample (N=1000)

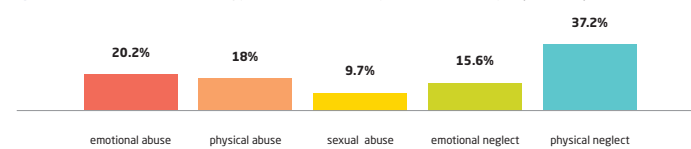
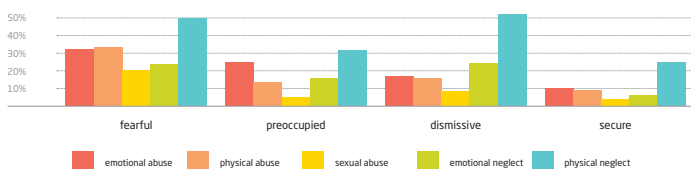


Fig. 4: Occurrence of different types of trauma according to attachment styles:

People with insecure attachment styles (fearful, preoccupied and dismissive) had a significantly higher score in all types of trauma in comparison with securely attached people (F from 8.39 to 43.28)



## Conclusion

Our findings support links between early relationships experiences and mental and physical health. Additional research is needed in this area. The extent of the problem in the general population is a challenge for preventive and therapeutic programs in a wider context.

## References

- Bernstein, D. P., & Fink, L. (1998). *Childhood Trauma Questionnaire, A Retrospective Self-Report: Manual*. San Antonio: NCS Pearson.
- Fraley, R. C., Waller, N. G., & Brennan, K. A. (2000). An item response theory analysis of self-report measures of adult attachment. *Journal of Personality and Social Psychology*, 78(2), 350-365. doi:10.1037/0022-3514.78.2.350
- Kascakova, N., Brindova, N., Hasto, J., Kolarcik, P., Solcova, I., Geckova, A., & Tavel, P. (2016). Validation of a 16-Item Short Form of the Czech Version of the Experiences in Close Relationships Revised Questionnaire in the Representative Sample. *Psychological Reports*, 2016, 119(3) 804-825. doi:10.1177/0033294116667725
- Ware, J. E., Kosinski, M., & Keller, S. K. (1994). *Short Form (SF) Physical and Mental Health Summary Scales*. The Health Institute, New England Medical Center. Boston.

natalia.kascakova@oushi.upol.cz

Fig. 5: Chance of reporting depression among insecure attachment styles compared to secure attachment style (ref. category)

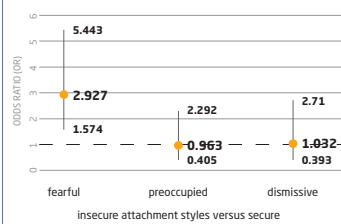


Fig. 6: Chance of reporting back pain among insecure attachment styles compared to secure attachment style (ref. category)

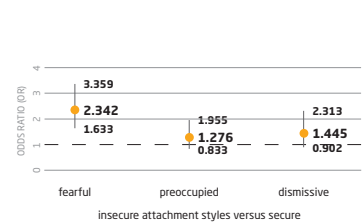


Fig. 7: Chance of reporting asthma among insecure attachment styles compared to secure attachment style (ref. category)

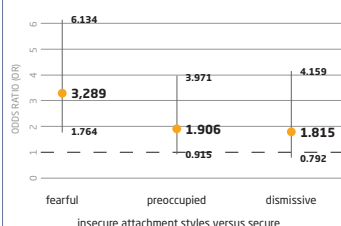


Fig. 8: Chance of reporting fair or poor self-rated health among insecure attachment styles compared to secure attachment style (ref. category)

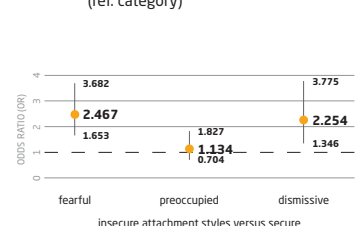
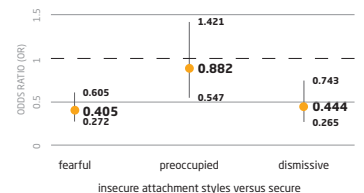


Fig. 9: Chance of reporting excellent or very good self-rated health among insecure attachment styles compared to secure attachment style (ref. category)



Tab. 1: Correlations of traumatisation with selected mental health parameters

Traumatisation correlated:

- significantly and positively but weakly with feeling nervous, down in the dumps and blue/sad ( $r$ 's from 0.117 to 0.282)
- significantly negatively but weakly with feeling peaceful, energetic and happy ( $r$ 's from -0.076 to -0.288)

	Feeling nervous	Feeling blue / sad	Feeling down in the dumps	Feeling peaceful	Feeling energetic	Feeling happy
Emotional abuse	.282**	.252**	.245**	-.192**	-.166**	-.208**
Physical abuse	.211**	.243**	.144**	-.176**	-.133**	-.196**
Sexual abuse	.193**	.195**	.117**	-.129**	-.076**	-.115**
Emotional neglect	.159**	.160**	.154**	-.270**	-.272**	-.288**
Physical neglect	.146**	.212**	.165**	-.195**	-.211**	-.215**

\*\* p > .01