

The Attachment Style Interview for Researchers and Clinicians

The Attachment Style Interview for Research, Clinical and Practice (ASI-RCP) is an assessment tool which assesses characteristics of adults and young people in terms of their quality of close relationships, social support and security of attachment style. It is one of the few attachment style interviews which has a transparent method of questioning and scoring to assess both secure and insecure relating styles.

The ASI research interview has been used extensively in research studies to examine psycho-social risks for mental health problems, including major depression, anxiety and post natal depression. It has also been extensively used cross culturally and is translated into a number of languages including Japanese, French, German and Italian.

Its reliability and validity is established among researchers (including several cross cultural studies) and high levels of association are found with depression outcomes and social factors such as poor support, low self-esteem and early adverse childhood experience.

ASI training package consists of a 4-day training workshop to enable the reliable use of the assessment tool. The training has been developed and is run by Professor Antonia Bifulco at Middlesex University London and her team of researchers at the Centre for Abuse and Trauma Studies. Professor Bifulco is an experienced social scientist with 20 years experience researching family life, parenting, neglect/abuse and support in relation to mental health. The other four co-trainers are all researchers with extensive experience of the ASI and with additional experience in evaluating services, assessing children and counselling and play therapist skills.

Day 1: An overview of the ASI categories and rating procedures, the interview and rating system. Introduction to scoring quality of marital relationship, support and relating ability.

Day 2: Intensive training in scoring quality of marital relationship, support and relating ability. This will be aided by video and audio-taped interviews and vignettes of adults' support-contexts. Introduction to assessing attachment style.

Day 3: Intensive training in assessing attachment style in terms of secure and insecure styles and those enmeshed, fearful, dismissive and withdrawn. Trainees will acquire reliable scoring of interviews and vignettes.

Day 4: Trainees will return after completion of a pilot interview to discuss rating thresholds and experiences of administering the interview in practice.

Training workshop for researchers and clinicians wanting to learn to use the ASI reliably are held in London twice a year. In addition to open-access generic ASI courses, on-site training is available for teams and agencies – please contact us for more information and quotes.

The Centre for Abuse and Trauma Studies recommend that additional arrangements for reliability are also made with the team. Continued consultation for further evaluation of the ASI in practice is available if required.

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Bifulco A, Figueiredo B, Guedeney et al. (2004) Maternal attachment style and depression associated with childbirth; preliminary results from European/US cross-cultural study. *Brit Jour of Psych* 184 (s 46), s31-s37

Bifulco A, Mahon J, Kwon J-H et al. (2003). The Vulnerable Attachment Style Questionnaire: An interview-derived measure of relationship styles predictive of depression. *Psych Med*, 33, 1099-1110

Bifulco A (2002) Attachment style measurement - A clinical and epidemiological perspective. *Attachment and Development*, 4: 180-188

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Bifulco A, Moran P, Ball C et al. (2002) Adult Attachment Style II. Its relationship to psychosocial depressive-vulnerability. *Social Psychiatry and Psychiatric Epidemiology*, 37: 60-67.

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