

Attachment style significantly contributes to mental health provider preferences.



Attachment Theory and Treatment-Provider Preferences
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BACKGROUND

Depression Treatment Outcomes

- Depression: low mood, loss of interest, 2+ weeks^[1]; affects 1 in 8 Canadians^[2]
- Evidence based therapies: different styles, comparable outcomes, substantial room for improvement^[3]
- Predictors of treatment outcome: strong therapeutic relationship; receiving preferred treatment^[4]

BUILDING strong communities requires action
PROMOTING health requires information

Attachment Theory

- Inborn tendency to seek or avoid intimacy creates behaviour patterns^[5]
- Mixed evidence relating attachment avoidance to treatment outcomes^[6]
- Potential for attachment to influence preferences, then outcomes

ENGAGING people improves outcomes

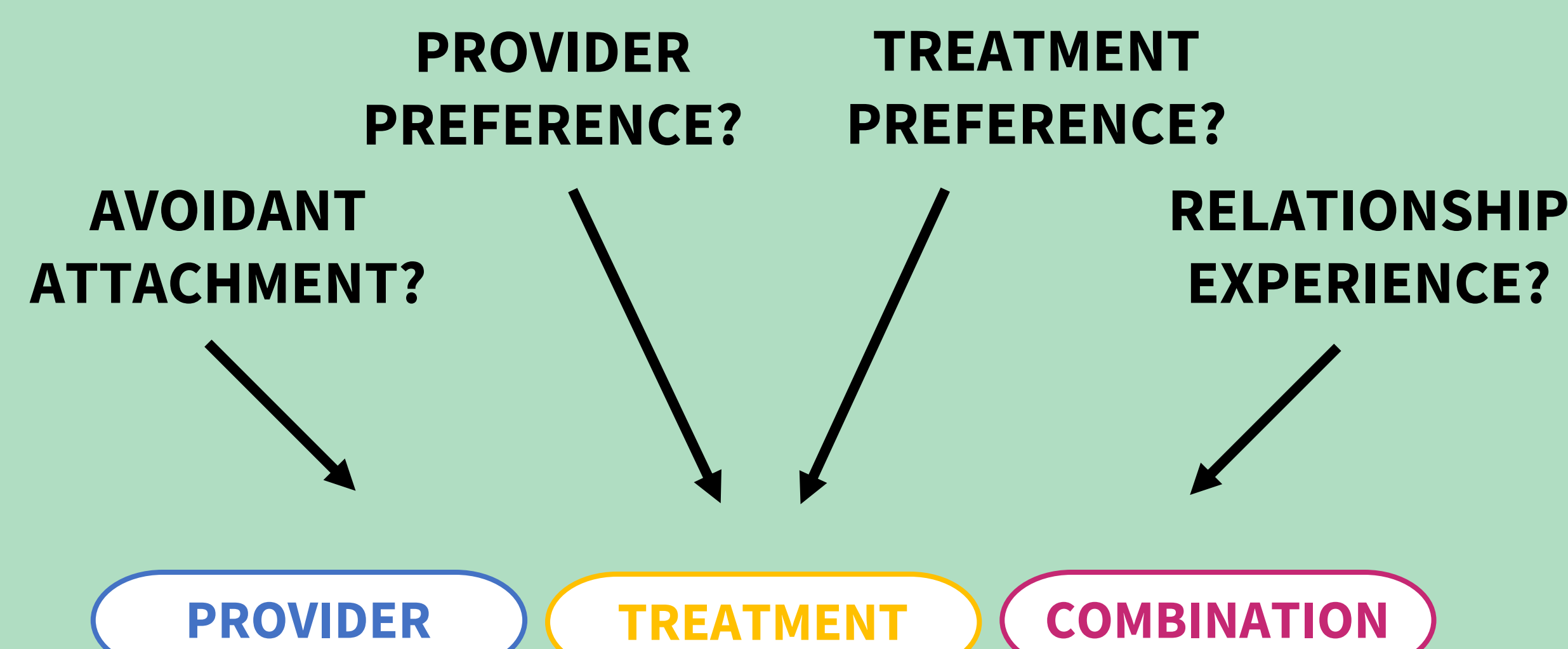
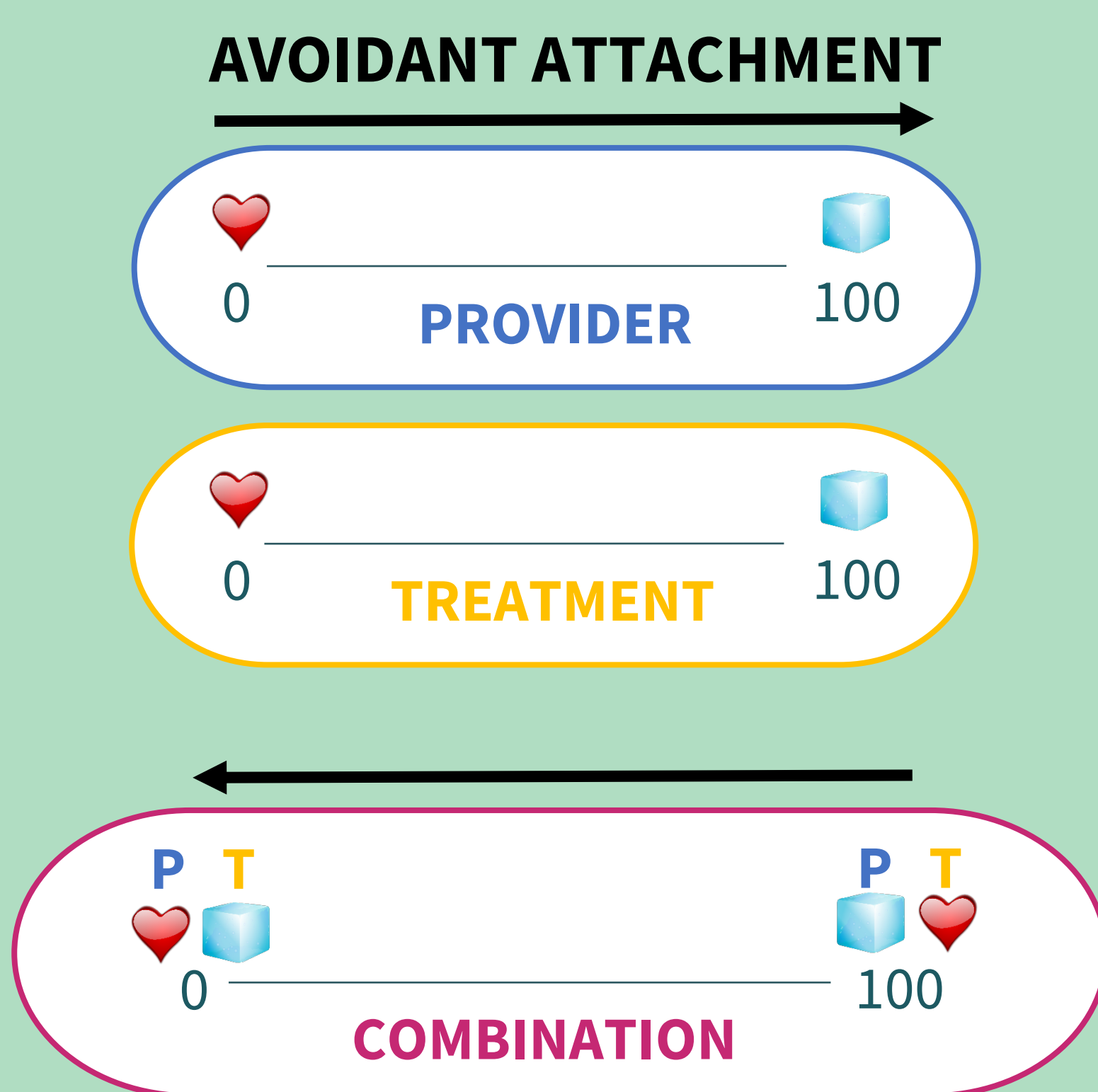
GOALS & PREDICTIONS

1. Investigate Preferences

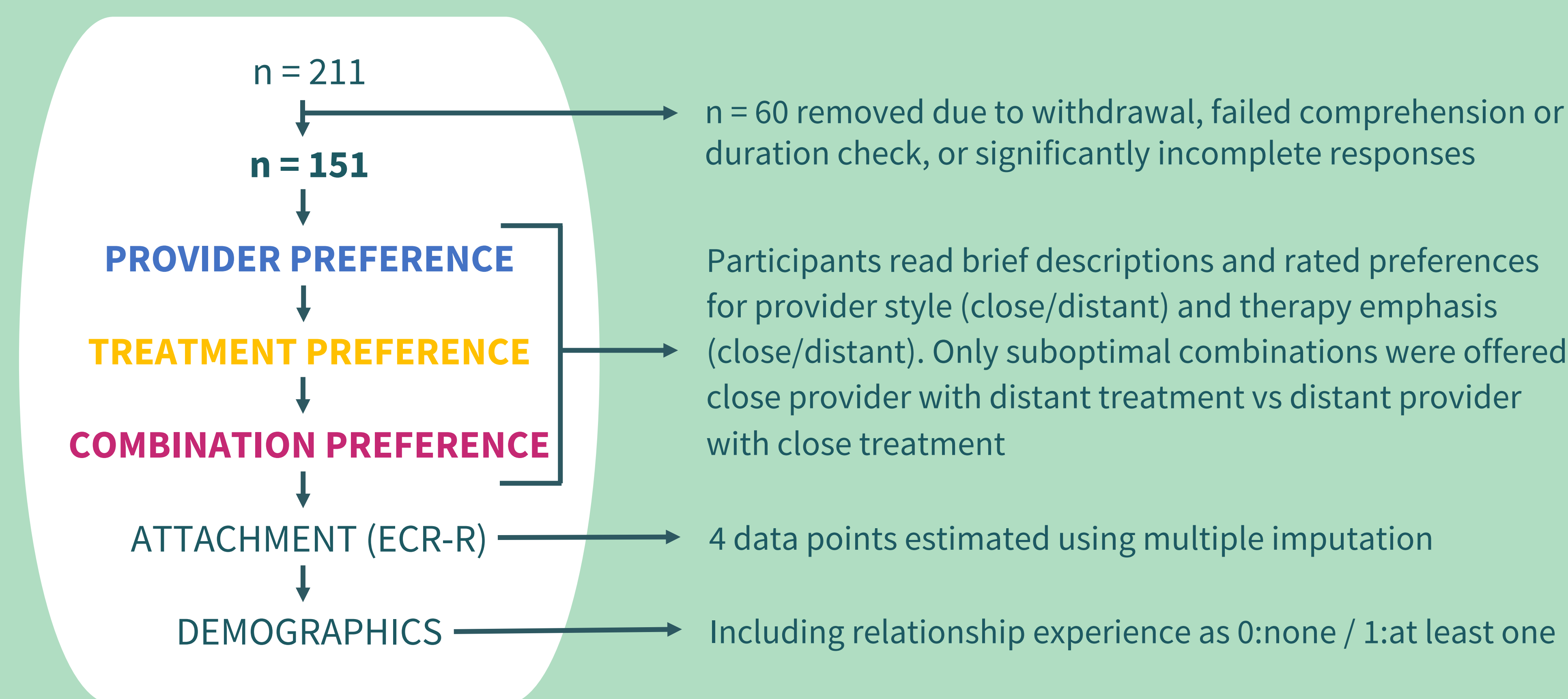
- Univariate regression

2. Model Relationships

- Multiple regression



METHOD



RESULTS & CONCLUSIONS

1. Preferences

AVOIDANT ATTACHMENT

↓ 3.5%

PROVIDER

AVOIDANT ATTACHMENT

X

TREATMENT

AVOIDANT ATTACHMENT

X

COMBINATION

- Avoidant attachment significantly predicted provider preference ($b=3.430, p=0.021$) and explained a significant proportion of variance in provider preference, $R^2=0.035$

CONCLUSION: Higher avoidant attachment associated with greater preference for distant providers

2. Relationships

AVOIDANT ATTACHMENT TREATMENT PREFERENCE RELATIONSHIP EXPERIENCE

↓ 7.0%

PROVIDER

AVOIDANT ATTACHMENT PROVIDER PREFERENCE RELATIONSHIP EXPERIENCE

X

TREATMENT

AVOIDANT ATTACHMENT PROVIDER PREFERENCE TREATMENT PREFERENCE RELATIONSHIP EXPERIENCE

↓ 26.5%

COMBINATION

- Avoidant attachment ($b=-0.205, t=-2.529, p=0.012$) and relationship experience ($b=-.168, t=-2.077, p=0.040$) significantly predicted provider preference, and avoidant attachment and relationship experience together explained a significant proportion of variance in provider preference, $R^2=0.070, F(3,147)=3.702, p=0.013$
- Provider preference ($b=0.514, t=7.296, p<0.0001$) significantly predicted suboptimal combination preference, and explained a significant proportion of variance in provider preference, $R^2=0.265, F(1,14)=53.237, p<0.0001$

CONCLUSION: Avoidance style and relationship experience significantly predict provider preference

CONCLUSION: Provider preference significantly influences combination choice when faced with suboptimal options

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