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; affects 1 in 8 Canadians
• Evidence based therapies: different styles, comparable outcomes, substantial room for improvement

Attachment Theory
• Inborn tendency to seek or avoid intimacy creates behaviour patterns
• Mixed evidence relating attachment avoidance to treatment outcomes

GOALS & PREDICTIONS
1. Investigate Preferences
   • Univariate regression

2. Model Relationships
   • Multiple regression

RESULTS & CONCLUSIONS
1. Preferences
   • Avoidant attachment significantly predicted provider preference (b=3.430, p=0.021) and explained a significant proportion of variance in provider preference, R²=0.035
   • Avoidant attachment significantly predicted provider preference (b=3.5%, p=0.021) and explained a significant proportion of variance in provider preference, R²=0.035

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

2. Relationships
   • Avoidant attachment (b=-0.205, t=-2.529, p=0.012) and relationship experience (b=-0.205, t=3.77, p=0.012) significantly predicted suboptimal combination preference, and explained a significant proportion of variance in provider preference, R²=0.070, F(3,147)=3.702, p=0.013
   • Provider preference (b=51.4, t=7.296, p<0.0001) significantly predicted suboptimal combination preference, and explained a significant proportion of variance in provider preference, R²=0.265, F(1,14)=53.237, p=0.0001

   CONCLUSION: Avoidance style and relationship experience significantly predict provider preference

REFERENCES