

Attachment to Parent/Caregiver Inventory

Instructions:

We are interested in how you feel about your relationships with your parents/caregivers, that is, the persons who have taken the major responsibility of raising you since your childhood. You probably still feel a strong emotional tie to them, regardless of whether that tie is positive, negative, or mixed. These persons could be your mother, your father, your grandmother, your grandfather, your aunt, your uncle, or other important family members/persons.

Please list the most important parent/caregiver to you. The most important person is the one who has taken care of you the most. Please list the relationship with or without a name (e.g., Mother, Uncle Joe). _____.

Is this person still alive? Yes No, (If this person has deceased, answer the following questions based on your memory of the relationship).

Do you live with this person? Yes No.

How often do you think you should contact this person? _____

How often do you actually contact this person? _____

Attending college could be an overwhelming experience for many college students. Although you may not need as much care/support from this person as you did in childhood or adolescence, there could be some stressful moments when your peers would not be able to provide enough support for you (e.g., making important career decision, car accident, sickness, loss of important person).

Think about your current relationship with this person. Respond to each statement by indicating how much you agree or disagree with it, based on your current perception of this relationship. Use the following rating scale:

Disagree strongly

1

2

3

4

5

Agree strongly

6

7

_____ 1. I prefer not to show him/her how I feel deep down.

_____ 2. I need a lot of reassurance that I am loved by him/her.

_____ 3. I am very comfortable being close to him/her. (R)

_____ 4. Sometimes I feel that I force him/her to show more affection toward me.

_____ 5. Just when he/she starts to get close to me I find myself pulling away

_____ 6. If I can't get him/her to support me right away, I get upset or angry.

_____ 7. I get uncomfortable when he/she wants to be close.

_____ 8. When I can't contact him/her, I feel somewhat anxious and insecure.

- ____ 9. I don't feel comfortable opening up to him/her.
- ____ 10. I get frustrated when he/she is not around as much as I would like.
- ____ 11. I want to get close to him/her, but I keep pulling back.
- ____ 12. I get frustrated if he/she is not available when I need him/her.
- ____ 13. I am nervous when he/she gets too close to me.
- ____ 14. I resent it when he/she is not available to me.
- ____ 15. I feel comfortable sharing my private thoughts and feelings with him/her. (R)
- ____ 16. I try to avoid getting too close to him/her.
- ____ 17. I find it relatively easy to get close to him/her. (R)
- ____ 18. I find it difficult to allow myself to rely on him/her in times of need.
- ____ 19. I prefer not to be too close to him/her.
- ____ 20. I tell him/her just about everything. (R)
- ____ 21. I usually discuss my problems and concerns with him/her. (R)
- ____ 22. I feel comfortable relying on him/her. (R)
- ____ 23. I don't mind asking him/her for comfort, advice, or help when I'm upset or in times of need. (R)
- ____ 24. It helps to turn to him/her in times of need. (R)
- ____ 25. I turn to him/her for many things, including comfort and reassurance. (R)
- ____ 26. I contact him/her if I am not able to resolve the situation after talking it over with my boy/girl friend or my best friends. (R)
- ____ 27. I deal with emotional distress by myself. When I am distressed, I hide my emotion from him/her.

Attachment to Parent/Caregiver Inventory (APCI)

The 27-item APCI was designed to measure emerging adults' current attachment to their primary parent/caregiver. The APCI was revised from the Attachment to Caregiver Inventory (ACI; Hu & Pistole, 2006). Both exploratory factor analysis and confirmatory factor analysis results indicated that the APCI includes two factors: APCI Avoidance and APCI Anxiety.

The 20-item APCI Avoidance subscale measures emerging adults' discomfort with proximity to the parent/caregiver, that is, their being reluctant to approach the parent/caregiver and rely on that person for safe haven and secure base functions; this is, higher scores indicate

greater avoidance. The 7-item APCI Anxiety subscale measures emerging adults' distress associated with not being proximal to and relying on the parent/caregiver for attachment functions; that is, higher scores indicate greater anxiety.

In my dissertation study (Hu, 2009), the mean score of APCI Avoidance was 2.91 ($SD = 1.34$, range = 1-6.37, skewness = .60, kurtosis = -.69). Sample APCI Avoidance items are "I usually discuss my problems and concerns with him/her" (reverse scored), and "I try to avoid getting too close to him/her." The mean score of APCI Anxiety was 2.59 ($SD = 1.14$, range = 1-6, skewness = .76, kurtosis = .37). Sample APCI Anxiety items are "I resent it when he/she is not available to me" and "I get frustrated if he / she is not available when I need him/her." There was no significant correlation between these two factors, $r = .05$, *ns*, suggesting they are orthogonal. The attached table presents the two factors with their respective items, factor loadings, communality estimates (h^2), means, standard deviations, and item-total correlations.

Reliability and Validity of the Attachment to Parent/Caregiver Inventory (APCI)

In examining aspects of external validity of the APCI scores, Hu (2009) reported that the alpha coefficient for the internal consistency reliability of APCI Avoidance subscale scores was .96 and for APCI Anxiety subscale scores was .83. Therefore, both APCI subscales demonstrate high internal consistency reliability of the scores.

The convergent validity of the APCI Avoidance scores was demonstrated by a significant correlation with less positive perception of parent and more negative perception of parent. The concurrent validity of the APCI Avoidance scores was demonstrated by a significant positive correlations with emotional cutoff scores (i.e., stronger cut off) and suppressive coping (i.e., a higher suppressive coping). In addition, results indicated that APCI Avoidance scores were a different construct than academic performance scores. Also, the emerging adult college students who endorsed secure attachment style reported significant lower APCI Avoidance scores than those who endorsed the other three insecure attachment styles.

Similarly, the convergent validity of the APCI Anxiety scores was demonstrated by a significant correlation with negative perception of parent. The concurrent validity of the APCI Anxiety scores was demonstrated by a significant positive correlation with emotional reactivity and reactive coping, that is, with stronger emotional reactivity and higher reactive coping. The

results also indicated that the APCI Anxiety was a different construct than academic performance.

Scoring Instructions

APCI Avoidance = mean score of the following items: 1, 3, 5, 7, 9, 11, 13, 15, 16, 17®, 18, 19®, 20®, 21®, 22®, 23®, 24®, 25®, 26®, 27; ® = reverse score item

APCI Anxiety = mean score of the following items: 2, 4, 6, 8, 10, 12, 14.

References

- Hu, C.-C. (2009). *The Construction and Validation of the Attachment to Parent/Caregiver Inventory (APCI)*. Unpublished doctoral dissertation, Purdue University, West Lafayette.
- Hu, C.-C., & Pistole, M. C. (2006, August). *Development of the Attachment to Caregiver Inventory (ACI)*. Poster session presented at the annual meeting of the American Psychological Association, New Orleans.

Table

Items, Component/Factor Loading, Communality Estimates, Means, Standard Deviations, and Corrected Item-Total Correlation.

	Factor Loadings		h^2	M	SD	Item-Total correlation
	F1	F2				
Factor 1 (APCI Avoidance):						
21. I usually discuss my problems and concerns with him/her. (R)	.87	-.09	.76	3.23	1.86	.85
23. I don't mind asking him/her for comfort, advice, or help when I'm upset or in times of need. (R)	.85	-.06	.73	2.95	1.89	.83
16. I try to avoid getting too close to him/her.	.85	.14	.74	2.26	1.62	.83
20. I tell him/her just about everything. (R)	.82	-.12	.70	3.74	1.96	.81
19. I prefer not to be too close to him/her.	.82	.09	.68	2.31	1.59	.80
13. I am nervous when he/she gets too close to me.	.80	.21	.68	2.22	1.54	.78
9. I don't feel comfortable opening up to him/her.	.79	.08	.63	3.10	1.92	.79
7. I get uncomfortable when he/she wants to be close.	.79	.17	.66	2.42	1.74	.77
24. It helps to turn to him/her in times of need. (R)	.77	-.18	.62	2.68	1.69	.76
17. I find it relatively easy to get close to him/her. (R)	.76	-.02	.58	2.92	1.78	.75
22. I feel comfortable relying on him/her. (R)	.74	.00	.54	2.74	1.77	.71
5. Just when he/she starts to get close to me I find myself pulling away	.73	.31	.63	2.29	1.58	.72
18. I find it difficult to allow myself to rely on him/her in times of need.	.70	.14	.51	2.48	1.79	.69
3. I am very comfortable being close to him/her. (R)	.70	.07	.48	2.62	1.70	.68
25. I turn to him/her for many things, including comfort and reassurance. (R)	.69	-.27	.55	2.89	1.78	.67
11. I want to get close to him/her, but I keep pulling back.	.69	.22	.52	2.30	1.60	.66
26. I contact him/her if I am not able to resolve the situation after talking it over with my boy/girl friend or my best friends. (R)	.64	-.27	.48	3.60	2.00	.62
1. I prefer not to show him/her how I feel deep down.	.60	.12	.37	3.25	1.84	.60
27. I deal with emotional distress by myself. When I am distressed, I hide my emotion from him/her.	.56	.10	.33	3.75	1.89	.57
15. I feel comfortable sharing my private thoughts and feelings with him/her. (R)	.56	-.05	.31	3.87	1.65	.55

Note. R = reverse scored; factor loadings = rotated factor coefficients; h^2 = communality estimates. Extraction and rotation method: Principal Axis Factoring with Varimax rotation.

	Factor Loadings		h^2	<i>M</i>	<i>SD</i>	Item-Total correlation
	F1	F2				
Factor 2 (APCI Anxiety):						
10. I get frustrated when he / she is not around as much as I would like.	-.07	.81	.66	2.89	1.63	.74
14. I resent it when he/she is not available to me.	.04	.77	.59	2.54	1.57	.74
12. I get frustrated if he / she is not available when I need him / her.	-.15	.76	.59	3.28	1.77	.68
8. When I can't contact him/her, I feel somewhat anxious and insecure.	-.24	.68	.52	2.89	1.62	.60
6. If I can't get him/her to support me right away, I get upset or angry.	.13	.65	.43	2.68	1.60	.61
4. Sometimes I feel that I force him/her to show more affection toward me.	.22	.50	.30	2.01	1.45	.46
2. I need a lot of reassurance that I am loved by him/her.	.30	.40	.25	2.13	1.29	.38

Note. R = reverse scored; factor loadings = rotated factor coefficients; h^2 = communality estimates.
Extraction and rotation method: Principal Axis Factoring with Varimax rotation.