

# marri *Findings*

FAITH & FAMILY



““Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear” – C.S. Lewis

Severity of Psychopathology  
Symptoms Differ by  
Attachment Style

Individuals with Psychosis  
are More Likely to Have an  
Insecure Attachment Style



A [2015 study](#) of 500 patients with diagnoses of psychotic disorders from the Netherlands, United Kingdom, and Israel, found that patients with a secure attachment style, (unlike those with high attachment-anxiety and high attachment-avoidance styles), have increased capacity to regulate their negative affect, have a more positive self-image, and have a tendency to seek support from others, all of which promotes resilience in responding to their mental health problems.

### **Avoidant Attachment Style, and Mental Health Problems in Elderly Women**



A [2018 study](#) of older aged women found that they are more likely to have avoidant attachment styles, which increases their risk for social isolation, which in turn makes them vulnerable to loneliness and depression.



A [2017 meta-analysis](#) across all age groups, found an incidence of 80 percent among individuals with a diagnosis of psychosis, compared to 40 percent in the nonclinical group. Among individuals with psychosis, a fearful (anxious) attachment style was most prevalent.



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### **Man's Most Basic Need: The Need To Belong**



Our capacity to be attached appropriately to the important people in our lives (spouses, children, friends and our colleagues at work) determines our happiness. Yet, our capacity to be attached to others is primarily a product of how attached to us our mother was, which in turn is largely a product of her experiences of attachment in her earliest years. Granted, biological hardwiring of the child has a big effect on how a mother responds to her infant's need for attachment. Some infants are easier to hold and enjoy. But it is those who are not so easy to enjoy who that affection they seem to reject even as they cry for it. [\*\*\*Continue Reading...\*\*\*](#)



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