

## Citations & Abstracts

A call to broaden and build Mikulincer and Shaver's work on the benefits of priming attachment security.

[Mallinckrodt, Brent](#)

[Journal; Peer Reviewed Journal]

Psychological Inquiry. 2007 Vol 18(3) 168-172

Mikulincer and Shaver (see record [2007-13150-001](#)) summarize work providing new evidence of the far-reaching implications of the efforts of their research team to advance attachment theory in the study adult interpersonal behavior. This impressive body of experimental research strongly supports the conclusion that attachment processes are at the foundation of important social interactions such as prosocial behavior, altruism, empathy, and intergroup acceptance. In this response I have highlight supporting evidence from research on attachment and psychotherapy and from studies of group members' interpersonal perceptions using Kenny's (1994) Social Relations Model. Caution is also urged regarding the conclusion that secure attachment primes have beneficial effects for nearly everyone. New experimental evidence suggests attachment anxiety may be associated with undesirable changes in affect following some secure attachment primes. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

The Experiences in Close Relationship Scale (ECR)-short form: Reliability, validity, and factor structure.

[Wei, Meifen](#); [Russell, Daniel W.](#); [Mallinckrodt, Brent](#); [Vogel, David L.](#)

[Journal; Peer Reviewed Journal]

Journal of Personality Assessment. 2007 Vol 88(2) 187-204

The authors developed a 12-item, short form of the Experiences in Close Relationship Scale (ECR; Brennan, Clark, & Shaver, 1998) across 6 studies. In Study 1, the authors examined the reliability and factor structure of the measure. In Studies 2 and 3, the authors cross-validated the reliability, factor structure, and validity of the short form measure; whereas in Study 4, the authors examined test-retest reliability over a 1-month period. In Studies 5 and 6, the authors further assessed the reliability, factor structure, and validity of the short version of the ECR when administered as a standalone instrument. Confirmatory factor analyses indicated that 2 factors, labeled Anxiety and Avoidance, provided a good fit to the data after removing the influence of response sets. The authors found validity to be equivalent for the short and the original versions of the ECR across studies. Finally, the results were comparable when the authors embedded the short form within the original version of the ECR and when the

authors administered it as a stand-alone measure. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Multidimensional, threshold effects of social support in firefighters: Is more support invariably better?

[Varvel, Shiloh Jordan](#); [He, Yuhong](#); [Shannon, Jennifer K.](#); [Tager, David](#); [Bledman, Rashanta A.](#); [Chaichanasakul, Adipat](#); [Mendoza, Monique M.](#); [Mallinckrodt, Brent](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2007 Oct Vol 54(4) 458-465

This study examined the relationship between social support (Social Provisions Scale) and stress (Perceived Stress Scale) in a sample of male firefighters in a midwestern community (N=53). The authors assessed 5 types of perceived support from 2 sources: peer firefighters and supervisors. Results indicate that reassurance of worth and social integration support from supervisors had the strongest negative association with stress. The study critically examined the "unidirectional linear" assumption that a unit increase in support corresponds to a unit increase in adjustment throughout the full range of support scores. Reassurance of worth support from peers exhibited a curvilinear pattern of threshold effects. For individuals with the lowest levels of support, there was a strong negative association between perceived support and stress, but for firefighters above the median, the association was not significant. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Introduction to the special section on racial and ethnic identity in counseling psychology: Conceptual and methodological challenges and proposed solutions.

[Ponterotto, Joseph G.](#); [Mallinckrodt, Brent](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2007 Jul Vol 54(3) 219-223

Racial and ethnic identity development have been important topics in counseling psychology research for the last four decades. At present, however, there appears to be some confusion and debate regarding the quality of theory and measurement in the topical area. The present article serves as an introduction to this Journal of Counseling Psychology special section on "Racial and Ethnic Identity in Counseling Psychology: Conceptual and Methodological Challenges and Proposed Solutions." A rationale is

provided for the special section, the place of racial and ethnic identity scholarship is located within the history of multicultural counseling research, and the invited special section contributions by K. O. Cokley (2007), J. E. Helms (2007), J. E. Trimble (2007), S. M. Quintana (2007), J. S. Phinney and A. D. Ong (2007), and J. G. Ponterotto and J. Park-Taylor (2007) are introduced. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Acculturation, Attachment, and Psychosocial Adjustment of Chinese/Taiwanese International Students.

[Wang, Chia-Chih DC](#); [Mallinckrodt, Brent](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2006 Oct Vol 53(4) 422-433

On the basis of a process model of acculturation (Berry, Kim, Minde, & Mok, 1987) and the concept of secure base for interpersonal exploration in adult attachment (Bowlby, 1988), this study hypothesized that sociocultural adjustment difficulties and psychological distress of Chinese international students (N = 104) living in the United States would be positively associated with attachment avoidance and anxiety and negatively associated with both acculturation to the U.S. culture and identification with the home culture. Survey packets contained the Experiences in Close Relationships scale, the Acculturation Index, the Socio-Cultural Adaptation Scale, and the Brief Symptom Inventory-18. Results suggested that attachment anxiety was negatively associated with students' acculturation to U.S. culture, and that attachment avoidance, attachment anxiety, and acculturation to U.S. culture were significant predictors for students' psychosocial adjustment. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Advances in Testing the Statistical Significance of Mediation Effects.

[Mallinckrodt, Brent](#); [Abraham, W. Todd](#); [Wei, Meifen](#); [Russell, Daniel W.](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2006 Jul Vol 53(3) 372-378

P. A. Frazier, A. P. Tix, and K. E. Barron (2004) highlighted a normal theory method popularized by R. M. Baron and D. A. Kenny (1986) for testing the statistical significance of indirect effects (i.e., mediator variables) in multiple regression contexts.

However, simulation studies suggest that this method lacks statistical power relative to some other approaches. The authors describe an alternative developed by P. E. Shrout and N. Bolger (2002) based on bootstrap resampling methods. An example and step-by-step guide for performing bootstrap mediation analyses are provided. The test of joint significance is also briefly described as an alternative to both the normal theory and bootstrap methods. The relative advantages and disadvantages of each approach in terms of precision in estimating confidence intervals of indirect effects, Type I error, and Type II error are discussed. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Differences Between Taiwanese and U.S. Cultural Beliefs About Ideal Adult Attachment.

[Wang, Chia-Chih DC](#); [Mallinckrodt, Brent S.](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2006 Apr Vol 53(2) 192-204

Some researchers believe that important tenets of attachment theory are culturally universal, whereas others claim that key constructs are rooted in Western values and should not be generalized further. To explore possible cultural differences in adults, undergraduates from Taiwan (n = 280) and the United States (n = 268) were asked in the present study to complete a self-report measure of adult attachment, the Experiences in Close Relationships Scale (K. A. Brennan, C. L. Clark, & P. R. Shaver, 1998), as they believed "an ideally emotionally and psychologically healthy person of your own gender in your culture" would respond. Findings suggested significant differences by cultural group, gender, and Gender x Culture interactions. Taiwanese women and men endorsed more avoidance in beliefs about ideal adult attachment than their U.S. counterparts, and Taiwanese men endorsed more anxiety than U.S. men. These cultural differences were not explained by group differences in independent and interdependent self-construal. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Editorial.

[Mallinckrodt, Brent S.](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2006 Jan Vol 53(1) 126-131

The incoming (2005) manuscript editor of the Journal discusses article content coverage, types of articles, and general advice for authors. He also observes that as the editor, "I am committed to preserving the journal's reputation for scholarly excellence and for providing timely, educative reviews to authors. Given this distinguished legacy, I do not anticipate major shifts in direction" for the Journal of Counseling Psychology (JCP). (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Asian and Pacific Island American Students' Acculturation and Etiology Beliefs About Typical Counseling Presenting Problems.

[Mallinckrodt, Brent](#); [Shigeoka, Sho](#); [Suzuki, Lisa A.](#)

[Journal; Peer Reviewed Journal]

Cultural Diversity & Ethnic Minority Psychology. 2005 Aug Vol 11(3) 227-238

Asian American Pacific Island college students (N = 93) completed measures of acculturation and mental health worldview, in the form of beliefs about the likely causes of 24 typical counseling presenting problems. A criterion sample of 27 staff from 2 university counseling centers reported their beliefs about the most likely cause of the same 24 problems for a typical client. A response similarity index was calculated, with higher scores reflecting greater similarity between student and counselor mental health worldviews. Results suggest that higher acculturation was associated with greater level of match between the students' etiology beliefs and those of counselors. The greatest differences were observed for serious personal problems, whereas there was more belief convergence about causes of academic problems. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Attachment, Social Competencies, Social Support, and Psychological Distress.

[Mallinckrodt, Brent](#); [Wei, Meifen](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2005 Jul Vol 52(3) 358-367

In this survey study of 430 undergraduates, elements of the social competencies and

interpersonal processes model (B. Mallinckrodt, 2000) were tested. Two social competencies were hypothesized to mediate the direct effects of 2 independent variables, attachment anxiety and avoidance, on 2 outcomes, psychological distress and perceived social support. Social self-efficacy was expected to be a significant mediator only for attachment anxiety. Emotional awareness, construed as low levels of alexithymia, was expected to be a significant mediator only for attachment avoidance. A bootstrap method was used to estimate the significance of indirect effects. Structural equation analyses suggested that, instead of specialized significant pairings of one mediator with one independent variable, both social self-efficacy and emotional awareness served as significant mediators for both attachment anxiety and attachment avoidance. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Adult Attachment, Depressive Symptoms, and Validation From Self Versus Others.

[Wei, Meifen](#); [Mallinckrodt, Brent](#); [Larson, Lisa M.](#); [Zakalik, Robyn A.](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2005 Jul Vol 52(3) 368-377

Attachment working models of self and others may govern adults' preferences for internal vs. external sources of reassurance, which, if unavailable, lead to depressive symptoms. This study examined a model in which the link between depressive symptoms and attachment anxiety is mediated by (a) capacity for self-reinforcement and (b) need for reassurance from others, whereas the link between depressive symptoms and attachment avoidance is mediated only by the capacity for self-reinforcement. Analysis of survey data from 425 undergraduates indicated that both capacity for self-reinforcement and need for reassurance from others partially mediated the link between attachment anxiety and depression. Capacity for self-reinforcement fully mediated the link between attachment avoidance and depression. Moreover, 54% of the variance in depressive symptoms was explained by attachment anxiety, self-reinforcement, and need for reassurance from others. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Client Attachment to Therapist, Depth of In-Session Exploration, and Object Relations in Brief Psychotherapy.

[Mallinckrodt, Brent](#); [Porter, Mary Jo](#); [Kivlighan Jr., Dennis M.](#)

[Journal; Peer Reviewed Journal]

Psychotherapy: Theory, Research, Practice, Training. 2005 Spr Vol 42(1) 85-100

Two studies explored attachment in psychotherapy. In the 1st study, clients (N=38) in time-limited therapy completed the Experiences in Close Relationships Scale as a measure of adult attachment, the Client Attachment to Therapist Scale (CATS), Working Alliance Inventory (WAI), and measures of session depth and smoothness. Consistent with J. Bowlby's (1988) concept of a secure base promoting greater exploration, secure attachment to therapist was significantly associated with greater session depth and smoothness. Insecure adult attachment was associated with insecure therapeutic attachment. CATS subscales predicted unique variance in session experience not accounted for by the WAI alone. The 2nd study was a new analysis of data originally reported by B. Mallinckrodt, D. L. Gantt, and H. M. Coble (1995). Among women clients (N=44) who completed the CATS, WAI, and the Bell Object Relations and Reality Testing Inventory, 2 CATS subscales predicted unique variance in object relations deficits not accounted for by the WAI alone. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Parental Emotional Support, Science Self-Efficacy, and Choice of Science Major in Undergraduate Women.

[Scott, Anne B.](#); [Mallinckrodt, Brent](#)

[Journal; Peer Reviewed Journal]

The Career Development Quarterly. 2005 Mar Vol 53(3) 263-273

Former participants in a high school enrichment program for girls interested in science careers were surveyed 1 to 2 years after high school graduation. After reporting their college major, they completed measures of science self-efficacy and quality of emotional bonds with parents. Of the 41 women, 5 were not enrolled in college. Those actually majoring in science (n = 23) reported significantly higher science self-efficacy than those who were undecided or had chosen nonscience majors (n = 13). Science self-efficacy was significantly negatively associated with recollections of fathers as having been highly controlling and likely to use a "love withdrawal" parenting style. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Anger Expression Toward Parents and Depressive Symptoms Among Undergraduates in Taiwan.

[Cheng, Hsiu-Lan](#); [Mallinckrodt, Brent](#); [Wu, Li-Chuan](#)

[Journal; Peer Reviewed Journal]  
Counseling Psychologist. 2005 Jan Vol 33(1) 72-97

This study surveyed 559 Taiwanese undergraduates regarding anger expression toward parents and depressive symptoms. Five modes of anger expression were explored. All modes of expression were either neutral or positively associated with depressive symptoms. This result is contrary to studies of Western culture suggesting that some modes of anger expression may be beneficial. However, a significant buffering interaction effect was detected for women. Higher relative preference for outward verbal expression of anger (Verbal Out) was associated with fewer depressive symptoms at increasing levels of anger antecedents. For men, in contrast, greater preference for physical demonstrations of anger (Action Out) was associated with more depressive symptoms at increasing levels of anger antecedents. Implications of these findings for U.S. counselors serving clients with Taiwanese cultural values are discussed. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Associations between working alliance and outcome in Solution-Focused Brief Therapy and brief interpersonal therapy.

[Wettersten, Kara Brita](#); [Lichtenberg, James W.](#); [Mallinckrodt, Brent](#)

[Journal; Peer Reviewed Journal]  
Psychotherapy Research. 2005 Jan Vol 15(1-2) 35-43

Solution-Focused Brief Therapy (SFBT; de Shazer & Berg, 1997) is rapidly becoming an accepted form of counseling. However, critics of SFBT point to little empirical evidence of effectiveness and to its emphasis on pursuing goals at the expense of the therapeutic relationship. Because the therapeutic relationship is considered crucial for brief interpersonal therapy (BIT), this study compared the relationship between working alliance and outcome for 26 SFBT clients and 38 BIT clients. Results indicated that although both therapies produced significant positive changes in psychological distress and client satisfaction, the working alliance was associated with positive changes only for BIT. Also, anticipated differences in working alliance bonds were not present between the SFBT and BIT approaches. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Cultural Equivalence of Adult Attachment Across Four Ethnic Groups: Factor Structure,

Structured Means, and Associations With Negative Mood.

[Wei, Meifen](#); [Russell, Daniel W.](#); [Mallinckrodt, Brent](#); [Zakalik, Robyn A.](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2004 Oct Vol 51(4) 408-417

This study examined factorial invariance, structured means, and association with negative mood of adult attachment across 4 ethnic groups. Online survey data (N = 831) were collected from African American, Asian American, Hispanic American, and Caucasian college students. Results indicated that the factor structure of the Experiences in Close Relationship Scale did not vary across the 4 groups. Asian Americans and perhaps also ( $p = .051$ ) Hispanic Americans reported greater attachment anxiety, whereas African Americans and Asian Americans reported greater attachment avoidance than did their Caucasian peers. Attachment anxiety was significantly associated with negative mood in every group, although Asian Americans reported a stronger association than their African American and Caucasian peers. The magnitude of the association between attachment avoidance and negative mood was invariant across the groups. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Attachment and Interpersonal Impact Perceptions of Group Members: A Social Relations Model Analysis of Transference.

[Mallinckrodt, Brent](#); [Chen, Eric C.](#)

[Journal; Peer Reviewed Journal]

Psychotherapy Research. 2004 Sum Vol 14(2) 210-230

Graduate students (N=76) in 12 training groups reported, at pretest, memories of emotional bonds with parents and adult attachment avoidance and anxiety. At the midpoint and termination phases, they provided Impact Message Inventory ratings of fellow group members. Social relations model (SRM) analyses were used to partition variance in these round-robin data into perceiver and target variance. Thus, aggregate ratings of fellow group members provided a standard against which discrepant perceptions of a given member could be assessed. These discrepancies, in the form of SRM perceiver variance, were interpreted as indicators of transference and were significantly associated with negative memories of parents and attachment avoidance. Target variance showed consensus in group members' ratings of dominance or affiliation for a given member and was significantly associated with negative memories of parents and attachment anxiety. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Quantitative Methods for Verifying Semantic Equivalence of Translated Research Instruments: A Chinese Version of the Experiences in Close Relationships Scale.

[Mallinckrodt, Brent](#); [Wang, Chia-Chih](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2004 Jul Vol 51(3) 368-379

Back-translation is typically used to verify semantic equivalence (SE) of a translated measure to the original scale. Although validity of the adapted scale depends fundamentally on SE, back-translation always involves subjective evaluations. This study developed "dual-language, split-half quantitative methods of verification to supplement back-translation judgments. A 2nd purpose of this study was to create a measure to promote adult attachment research in Chinese cultures. A bilingual sample of 30 Taiwanese students completed split scales composed of half English items and half Chinese items translated from the Experiences in Close Relationships Scale (K. A. Brennan, C. L. Clark, & P. R. Shaver, 1998). Correlations between the dual-language, split halves were not statistically different from correlations between all-English sets of the same items derived from a criterion sample (N=399). There were also no differences in retest reliabilities. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Maladaptive Perfectionism as a Mediator and Moderator Between Adult Attachment and Depressive Mood.

[Wei, Meifen](#); [Mallinckrodt, Brent](#); [Russell, Daniel W.](#); [Abraham, W. Todd](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2004 Apr Vol 51(2) 201-212

This study examined maladaptive perfectionism (concern over mistakes, doubts about one's ability to accomplish tasks, and failure to meet high standards) as both a mediator and a moderator between adult attachment (anxiety and avoidance) and depressive mood (depression and hopelessness). Survey data were collected from 310 undergraduates and analyzed using structural equation modeling (SEM) methods. Results indicated that maladaptive perfectionism partially mediated the relationship between attachment anxiety and depressive mood and fully mediated the relationship between attachment avoidance and depressive mood. Bootstrap methods were used to assess the magnitude of the indirect effects. Significant moderator effects were also found with SEM methods. The association between attachment anxiety and depressive

mood was stronger as perfectionism increased. Perfectionism was not a significant moderator for attachment avoidance and depressive mood. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Perceived coping as a mediator between attachment and psychological distress: A structural equation modeling approach.

[Wei, Meifen](#); [Heppner, P. Paul](#); [Mallinckrodt, Brent](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2003 Oct Vol 50(4) 438-447

This study examined perceived coping (perceived problem-solving ability and progress in coping with problems) as a mediator between adult attachment (anxiety and avoidance) and psychological distress (depression, hopelessness, anxiety, anger, and interpersonal problems). Survey data from 515 undergraduate students were analyzed using structural equation modeling. Results indicated that perceived coping fully mediated the relationship between attachment anxiety and psychological distress and partially mediated the relationship between attachment avoidance and psychological distress. These findings suggest not only that it is important to consider attachment anxiety or avoidance in understanding distress but also that perceived coping plays an important role in these relationships. Implications for these more complex relations are discussed for both counseling interventions and further research. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Attachment Patterns of East Asian International Students and Sources of Perceived Social Support as Moderators of the Impact of U.S. Racism and Cultural Distress.

[Chen, Hwei-Jane](#); [Mallinckrodt, Brent](#); [Mobley, Michael](#)

[Journal; Peer Reviewed Journal]

Asian Journal of Counselling. 2002 Vol 9(1-2) 27-48

International students' struggles for academic success and cultural adjustment in the U.S. are made more difficult by their experience of racism. The International Student Office (ISO) on many campuses offers an alternative third source of support to augment support from new friends in the host culture, and friends and family back home. In this study, students (N = 52) from East Asian countries who had been in the U.S. less than three years completed measures of adult attachment, perceived social support, stressful

life events, experiences of racism, and psychological symptoms of distress. Attachment security was associated with more support from the new friends in the U.S. Support from the ISO appeared to significantly buffer the effects of racism perceived by international students. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Attachment, group attraction and self-other agreement in interpersonal circumplex problems and perceptions of group members.

[Chen, Eric C.](#); [Mallinckrodt, Brent](#)

[Journal; Peer Reviewed Journal]

Group Dynamics: Theory, Research, and Practice. 2002 Dec Vol 6(4) 311-324

Graduate students (N=76) fulfilling a class requirement for interpersonal group participation completed measures of interpersonal problems and adult attachment at pretest. At the midpoint and at termination they completed measures of interpersonal problems and group attraction and provided interpersonal circumplex ratings of each fellow group member. As predicted, selected attachment insecurities were significantly correlated with interpersonal problems and group attraction. Attachment anxiety and avoidance, also as hypothesized, were associated with discrepancies in self-other perceptions. Whereas members with attachment avoidance tended to overestimate hostile and hostile-submissive problems, members with attachment anxiety were likely to overestimate interpersonal problems in the "friendly" half of the circumplex. Implications for the conceptualization of attachment-based distortions and interpersonal learning in group therapy are discussed. (PsycINFO Database Record (c) 2007 APA, all rights reserved)

Impact of research training environment and Holland personality type: A 15-year follow-up of research productivity.

[Mallinckrodt, Brent](#); [Gelso, Charles J.](#)

[Journal; Peer Reviewed Journal]

Journal of Counseling Psychology. 2002 Jan Vol 49(1) 60-70

Ratings of the research training environment (RTE) and Holland personality type from 325 counseling psychology students who participated in G. M. Royalty, C. J. Gelso, B. Mallinckrodt, and K. Garrett's (1986) study were examined as predictors of the students' research productivity 15 years later. Graduates' research productivity was determined

by a search of the PsycLIT database. Results indicated that 2 specific RTE elements were related to productivity for men (faculty modeling and science as a partly social experience) together with the Interpersonal cluster of elements and the total RTE. Only 1 RTE element was related to productivity for women (untying statistics from research). Investigative Holland type was related to productivity for the combined sample of men and women. At a program level, Interpersonal and Instructional RTE ingredients distinguished programs whose graduates had sustained low, moderate, or high levels of research productivity. (PsycINFO Database Record (c) 2007 APA, all rights reserved)