

**Attachment styles and borderline personality traits: the mediating role of self-
discrepancy**



BS Thesis: PSY 450

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**Attachment Styles and Borderline Personality Traits: The mediating role of self-
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Certificate of Approval

This is to certify that this BS thesis titled “Attachment Styles and Borderline Personality Traits: The mediating role of self-discrepancy” is completed by Rabia Tariq; Roll No: 13003141013, under my supervision. The work is done independently, and revisions and modifications are made. It is accepted by faculty of Psychology, School of Social Sciences and Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirement for the degree of BS in Psychology.

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Declaration

I, Ms.Rabia Tariq, student no, 13003141013, student of BS in Psychology, session 2013-2017, hereby declare that material printed in this thesis titled “Attachment Styles and Borderline Personality Traits: The mediating role of self-discrepancy” is original work and has not been printed, published, or submitted as research work, thesis or publication in any form in any university, research institution etc. in Pakistan or abroad.

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List of Abbreviations and Symbols

M	Arithmetic mean
SD	Standard deviation
LL	Lower level
UL	Upper level
CI	Confidence interval
N	Sample size
α	Reliability coefficient
β	Standardized regression coefficient
SE	Standard error
p	Significance
d	Cohen's measure of sample effect size for comparing two sample means
df	Degrees of freedom
k	No. of items
f	Frequency
%	Percentage
n	Number in sub-sample
R	Multiple correlation coefficient
R^2	Coefficient of determination
χ^2	Chi-square
CFI	Comparative fit index
TLI	Tucker-Lewis index
RMSEA	Root mean square error of approximation

Abstract

A correlation study was carried out to highlight the relationship of attachment styles with Borderline Personality traits, and the mediating role of self-discrepancy between them. 331 (151 men) young adults ($M=20.65$ yrs, $SD=1.71$) participated in the study and responded to three questionnaires. Short form of Experience in Close Relationship-Revised (short ECR-R; Wongpakaran & Wongpakaran, 2012) was used for assessing attachment styles, Selves Questionnaire (SQ; Higgins, Klein & Strauman, 1985) for self-discrepancy, and 20-item Taiwan Version of Borderline Personality Inventory (BPI-T20; Lee, Wen, Yeh, Lee & Chong, 2009) for borderline personality traits. Results revealed significant positive correlation among attachment anxiety, attachment avoidance, borderline personality traits, self actual-ideal discrepancy, self actual-ought discrepancy, others actual-ideal discrepancy and others actual-ought discrepancy, despite of correlation between attachment avoidance and borderline personality traits. Attachment anxiety and avoidance predicted borderline personality traits. Also, self-discrepancy with its subtypes mediated the relationship of attachment anxiety and avoidance with borderline personality traits. The findings will help in prevention and formation of strategies to handle these traits by advancing the understanding.

Keywords: *Attachment styles, self-discrepancy, borderline personality traits*

Chapter I

Introduction

Borderline personality disorder (BPD) is a state of mental health that is marked by high distress and elevated suicidal risk (Levy, 2005). It includes disturbances with emotional, behavioral, cognitive and interpersonal domains (Gunderson, 2001; Baez et al., 2015).

Individuals with BPD present behavioral problems, risk to their lives (Levy, 2005), and disturbance with their coherent sense of self (Bloch & Singh, 1994; Parker, Boldero & Bell, 2006). Behavioral problems are evident in relationships, emotional sensitivity, impulsive nature and anger outbreaks (Levy, 2005; Skodol et al., 2002a), while the risk to the self is evident in self-mutilations, and self-destructive conducts; including substance abuse, and suicidal behaviors (Levy, 2005; McGlashan, 1986; Paris & Zweig-Frank, 2001; Stone, 1983).