




Predicting Self-Worth from Attachment Security and Social Feedback Sensitivity

Dimitra. Kalogeropoulos¹, Eleni. Papadopoulos^{2*}, Nikos Antoniou³

¹ Department of Clinical Psychology, University of Crete, Rethymno, Greece

² Department of Health Psychology, National and Kapodistrian University of Athens, Athens, Greece

³ Department of Clinical Psychology, Aristotle University of Thessaloniki, Thessaloniki, Greece

* Corresponding author email address: epapadopoulos@psych.uoa.gr

Article Info

Article type:

Original Research

How to cite this article:

Kalogeropoulos, D., Papadopoulos, E., & Antoniou, N. (2024). Predicting Self-Worth from Attachment Security and Social Feedback Sensitivity. *Journal of Assessment and Research in Applied Counseling*, 6(2), 219-227.

<http://dx.doi.org/10.61838/kman.jarac.6.2.27>



© 2024 the authors. Published by KMAN Publication Inc. (KMANPUB), Ontario, Canada. This is an open access article under the terms of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) License.

ABSTRACT

Objective: This study aimed to investigate the predictive roles of attachment security and social feedback sensitivity in determining self-worth among university students.

Methods and Materials: A correlational descriptive research design was used to examine the relationships between the variables. The sample consisted of 441 undergraduate students from various universities in Greece, selected based on the Krejcie and Morgan sample size determination table. Participants completed the Rosenberg Self-Esteem Scale (RSES) to assess self-worth, the Experiences in Close Relationships-Revised (ECR-R) to measure attachment security, and the Sensitivity to Social Feedback Scale (SSFS) to evaluate their responsiveness to social feedback. Data were analyzed using SPSS version 27. Pearson correlation coefficients were calculated to explore the bivariate associations between the variables, and multiple linear regression analysis was conducted to determine the predictive power of attachment security and social feedback sensitivity on self-worth.

Findings: The results revealed a significant positive correlation between attachment security and self-worth ($r = .61, p < .01$) and a significant negative correlation between social feedback sensitivity and self-worth ($r = -.47, p < .01$). Multiple regression analysis indicated that the model significantly predicted self-worth, $F(2, 438) = 186.72, p < .001$, with $R^2 = .46$. Both attachment security ($\beta = .54, p < .001$) and social feedback sensitivity ($\beta = -.29, p < .001$) emerged as significant predictors, together accounting for 46% of the variance in self-worth.

Conclusion: The findings highlight the crucial role of both early relational security and ongoing interpersonal feedback in shaping self-worth among young adults. Enhancing attachment security and reducing maladaptive sensitivity to social feedback may be effective pathways for promoting healthier self-concepts in emerging adulthood.

Keywords: Self-worth, Attachment Security, Social Feedback Sensitivity, University Students.

1. Introduction

Self-worth, broadly defined as the subjective evaluation of one's own value and personal significance, plays a foundational role in shaping individuals' emotional well-being, social functioning, and psychological resilience. It influences how people interpret social experiences, approach challenges, and maintain interpersonal relationships. The development of self-worth is closely intertwined with early relational experiences and remains susceptible to social contexts and individual differences across the lifespan (Ferkany, 2009). Among the most influential frameworks for understanding self-worth are attachment theory and sensitivity to social feedback, which jointly account for how early emotional bonds and ongoing social evaluations contribute to one's internal self-concept (Willis & Yates, 2023).

Attachment theory, initially conceptualized by Bowlby, asserts that individuals develop internal working models of the self and others based on early interactions with caregivers. These models form the foundation for later interpersonal dynamics and emotional regulation. Secure attachment is associated with positive self-evaluations and emotional stability, while insecure attachment is often linked with diminished self-worth and heightened vulnerability to psychological distress (Allen et al., 2017). Longitudinal evidence supports the notion that attachment security in adolescence can predict changes in self-esteem and personal identity into adulthood (Allen et al., 2017). The transition from adolescence to adulthood is especially pivotal, as individuals begin to renegotiate their self-worth in light of expanding social roles and more complex relational demands (Quintana et al., 2023).

Empirical studies have reinforced the relationship between attachment security and self-worth. For example, parent-adolescent attachment significantly predicted procrastination behaviors, with self-worth functioning as a mediating variable (Chen, 2017). Similarly, secure attachment styles have been positively associated with self-love and life satisfaction, both of which are reflective of high self-worth (Deniz & Kurtuluş, 2023). These findings suggest that attachment not only influences emotional bonds but also serves as a psychological resource that buffers against self-critical thought patterns. In clinical contexts, survivors of childhood trauma who maintained or reestablished secure attachments exhibited higher self-esteem and subjective well-being, reinforcing the reparative

potential of healthy relational dynamics (Barnum & Perrone, 2017).

Moreover, social relationships beyond the family system—such as those with peers and romantic partners—play a crucial role in reinforcing or undermining attachment-based models of self-worth. Romantic partners can reinforce secure attachment and mitigate the negative influence of early familial dysfunction (Dinero et al., 2008). Similarly, parent-child attachment has been found to predict preschool children's self-esteem indirectly through peer acceptance (Pinto et al., 2015). These findings emphasize the dynamic and context-sensitive nature of attachment, which continues to influence the construction of self-worth through various interpersonal experiences (Maher et al., 2015).

Social feedback sensitivity, the tendency to be attuned to others' evaluations, is another key factor in understanding variations in self-worth. Individuals differ in the degree to which they internalize praise or criticism, and such sensitivities can either bolster or erode their self-image. Socially sensitive individuals are more likely to experience fluctuations in self-esteem in response to interpersonal experiences, making them especially vulnerable to relational disruptions or affirmations (Park, 2010). Adolescents with high maternal attachment security show greater resilience to peer rejection and demonstrate more stable self-worth across time, suggesting that secure attachment may moderate the impact of social feedback on self-perception (Lockhart et al., 2017).

Additionally, individuals with insecure attachment styles often display heightened social sensitivity, which may manifest as hypersensitivity to rejection or overdependence on external validation (Peterson, 2014). Anxious attachment can activate implicit self-doubt, particularly in situations where the individual perceives relational security to be threatened (Mikulincer et al., 2014). This process can lead to emotional depletion and impair the capacity to function as a secure base in romantic relationships, further destabilizing self-worth. Insecure attachment has also been linked to greater instability in self-worth in response to stressful life events (Ludmer et al., 2013).

Furthermore, research highlights the role of attachment security in regulating how social feedback is perceived and processed. Individuals with secure attachment styles exhibit higher resilience and self-compassion in interpersonal relationships, suggesting a greater capacity to withstand negative feedback without compromising self-worth (Koçak & Çelik, 2022). On the other hand, insecure attachment is a risk factor for complicated grief among

suicide-loss survivors, partly due to difficulties in forming supportive relationships and internalizing positive social cues (Levi-Belz & Lev-Ari, 2019). These findings reinforce the bidirectional relationship between attachment patterns and social feedback sensitivity in shaping self-worth.

The developmental significance of these dynamics is further supported by meta-analytic evidence. Attachment to parents significantly predicts self-esteem across diverse populations and cultural contexts (Pinquart, 2022). Secure parental attachment positively predicts goal-directed outcomes like career aspirations among Indian women, suggesting that secure early attachments foster a sense of personal efficacy and value in goal-directed behavior (Bhatia et al., 2023). These findings align with the broader literature linking secure attachment to adaptive functioning in academic, emotional, and relational domains.

Additionally, adverse early experiences such as childhood emotional abuse disrupt secure attachment formation and diminish self-worth (Willis & Yates, 2023). Adolescents exposed to sibling victimization often develop insecure attachment styles and hold more negative self-perceptions (Walters et al., 2019). These patterns may continue into adulthood, influencing workplace performance and social adjustment. Attachment insecurity at work has been shown to be negatively associated with professional performance and relational competence (Neustadt et al., 2011).

Theoretical frameworks also support these findings. Recognition and secure attachment are foundational to self-worth, as being valued by others is essential to developing a stable sense of self-worth (Ferkany, 2009). Self-threats in interpersonal contexts can activate approach or avoidance motivation depending on relational history, linking attachment and self-regulation to social evaluation (Park, 2010). These perspectives suggest integrative models that encompass both attachment and social feedback as mutually reinforcing predictors of self-worth.

Despite growing research on these constructs, few studies have explored their combined influence on self-worth, particularly in non-clinical populations. Cultural context may also moderate these relationships. In a study of Iranian women, secure relational ties and emotional stability predicted better adjustment to divorce (Davarinejad et al., 2020). Self-worth has also been identified as a mediator between attachment and posttraumatic symptoms in interpersonal trauma survivors (Lim et al., 2012), reinforcing its central role in psychological adjustment. In occupational contexts, insecure attachment reduces self-perception and

performance (Neustadt et al., 2011), and differences in psychosocial functioning have been documented between securely and insecurely attached Indian youth (Maher et al., 2015). Given this background, the current study aims to investigate how attachment security and sensitivity to social feedback jointly predict self-worth among university students in Greece.

2. Methods and Materials

2.1. Study Design and Participants

This study employed a correlational descriptive design to investigate the relationship between self-worth, attachment security, and social feedback sensitivity. The statistical population consisted of undergraduate students from various universities in Greece. Based on the sample size determination table proposed by Morgan and Krejcie, a sample of 441 participants was selected using a stratified random sampling method to ensure adequate representation across academic disciplines and gender. Inclusion criteria required participants to be fluent in Greek and enrolled in undergraduate programs at the time of the study. All participants provided informed consent and completed the research questionnaires in a supervised setting, ensuring standardization of administration conditions.

2.2. Measures

2.2.1. Self-Worth

The Rosenberg Self-Esteem Scale (RSES), developed by Morris Rosenberg in 1965, is one of the most widely used tools for assessing global self-worth. It consists of 10 items that measure an individual's overall evaluation of their own value and self-respect. The scale includes both positively and negatively worded items, rated on a 4-point Likert scale ranging from 1 (strongly disagree) to 4 (strongly agree), with higher scores indicating greater self-worth. There are no subscales in this measure, as it provides a unidimensional assessment of self-esteem. The RSES has been extensively validated in various populations and languages, showing strong internal consistency (typically $\alpha > .80$) and test-retest reliability, making it a standard and robust instrument for psychological research on self-worth (Kenny & Şirin, 2006; Lim et al., 2012; Ludmer et al., 2013).

2.2.2. Attachment Security

The Experiences in Close Relationships-Revised (ECR-R) questionnaire, developed by Fraley, Waller, and Brennan in 2000, is a standardized self-report measure used to assess adult attachment styles, particularly attachment-related anxiety and avoidance. The ECR-R contains 36 items divided into two subscales: attachment anxiety (e.g., fear of rejection and abandonment) and attachment avoidance (e.g., discomfort with intimacy and dependence). Responses are rated on a 7-point Likert scale ranging from 1 (strongly disagree) to 7 (strongly agree), with higher scores indicating greater levels of anxiety or avoidance. The ECR-R has demonstrated high levels of internal consistency (with Cronbach's alpha values typically above .90 for each subscale) and construct validity in numerous studies, making it a reliable tool for measuring attachment security in adult relationships (Bhatia et al., 2023; Deniz & Kurtuluş, 2023; Pinquart, 2022; Willis & Yates, 2023).

2.2.3. Social Feedback

The Sensitivity to Social Feedback Scale (SSFS), developed by Somerville, Kelley, and Heatherton in 2010, is a validated instrument designed to measure individuals' reactivity to both positive and negative social feedback. The scale consists of 20 items, with 10 items assessing sensitivity to positive feedback (e.g., praise or acceptance) and 10 items assessing sensitivity to negative feedback (e.g., criticism or rejection). Participants rate each item on a 5-point Likert scale ranging from 1 (not at all true) to 5 (extremely true), with higher scores indicating greater sensitivity in each domain. The SSFS has been shown to possess satisfactory psychometric properties, including acceptable internal consistency (Cronbach's alpha values typically exceeding .80 for both subscales) and good convergent validity with

related constructs such as social anxiety and self-esteem, thus supporting its use as a standard tool for evaluating social feedback sensitivity (Gu et al., 2020; Kujawa et al., 2014; Nepon et al., 2011; Rappaport et al., 2023).

2.3. Data Analysis

Data analysis was conducted using SPSS version 27. To examine the bivariate relationships between the dependent variable (self-worth) and each of the independent variables (attachment security and social feedback sensitivity), Pearson correlation coefficients were calculated. Subsequently, to assess the joint predictive power of attachment security and social feedback sensitivity on self-worth, a linear regression analysis was performed, with self-worth as the dependent variable and the two independent variables entered simultaneously into the model. Statistical significance was determined at the 0.05 level for all analyses, and assumptions of linearity, normality, and multicollinearity were evaluated prior to regression testing.

3. Findings and Results

The final sample consisted of 441 undergraduate students from various universities in Greece. Of the participants, 261 identified as female (59.18%) and 180 as male (40.81%). In terms of age distribution, 122 participants (27.66%) were aged 18–20, 198 participants (44.89%) were between 21–23 years old, and 121 participants (27.44%) were aged 24 and above. Regarding academic major, 143 students (32.43%) were enrolled in social sciences, 126 (28.57%) in humanities, 98 (22.22%) in natural sciences, and 74 (16.78%) in other fields such as business and engineering. These demographics reflect a diverse cross-section of the undergraduate student population in Greece.

Table 1

Descriptive Statistics for Study Variables (N = 441)

Variable	Mean	Standard Deviation
Self-Worth	28.67	5.43
Attachment Security	162.34	21.87
Social Feedback Sensitivity	64.12	10.29

The descriptive statistics presented in Table 1 indicate that the mean score for self-worth was 28.67 (SD = 5.43), which is within the mid-to-high range of the Rosenberg Self-Esteem Scale. Participants reported relatively high attachment security, with a mean of 162.34 (SD = 21.87)

based on the ECR-R scale, and a moderate level of social feedback sensitivity, with a mean score of 64.12 (SD = 10.29) using the SSFS. These results reflect a generally well-adjusted university population.

Prior to conducting linear regression analysis, the underlying assumptions were examined and confirmed. The assumption of normality was assessed using the Kolmogorov–Smirnov test, which indicated non-significant results for all variables ($p > .05$), suggesting a normal distribution. Linearity was evaluated through scatterplots, which demonstrated a linear relationship between the dependent and independent variables. Homoscedasticity was confirmed via visual inspection of standardized residual

plots. Multicollinearity was assessed by examining the Variance Inflation Factor (VIF) values, which were 1.38 for attachment security and 1.26 for social feedback sensitivity—both below the commonly accepted threshold of 5, indicating no multicollinearity. Additionally, tolerance values were above 0.7 for both predictors, further supporting the independence of variables. Therefore, the assumptions for conducting linear regression were satisfactorily met.

Table 2

Pearson Correlation Coefficients Between Variables

Variable	1	2	3
1. Self-Worth	—		
2. Attachment Security	.61**	—	
3. Social Feedback Sensitivity	-.47**	-.43**	—

As shown in Table 2, there was a significant positive correlation between self-worth and attachment security ($r = .61$, $p < .01$), indicating that individuals with more secure attachment styles tend to report higher self-worth. A significant negative correlation was also observed between self-worth and social feedback sensitivity ($r = -.47$, $p < .01$),

suggesting that individuals who are more reactive to social feedback tend to have lower self-worth. Additionally, attachment security was negatively correlated with social feedback sensitivity ($r = -.43$, $p < .01$), supporting the view that secure attachment may buffer against hypersensitivity to external evaluations.

Table 3

Summary of Regression Analysis for Predicting Self-Worth

Source	Sum of Squares	df	Mean Square	R	R ²	Adj. R ²	F	p
Regression	4142.58	2	2071.29	.68	.46	.46	186.72	<.001
Residual	4920.01	438	11.23					
Total	9062.59	440						

Table 3 summarizes the results of the overall regression model predicting self-worth from attachment security and social feedback sensitivity. The model was statistically significant, $F(2, 438) = 186.72$, $p < .001$, with an R^2 value of .46, indicating that 46% of the variance in self-worth can be

explained by the combination of attachment security and social feedback sensitivity. The adjusted R^2 value of .46 further supports the stability and generalizability of the model in this population.

Table 4

Multiple Regression Coefficients for Predicting Self-Worth

Predictor	B	SE	β	t	p
Constant	7.82	1.21	—	6.46	<.001
Attachment Security	0.11	0.01	.54	11.02	<.001
Social Feedback Sensitivity	-0.17	0.03	-.29	-6.84	<.001

As shown in Table 4, both attachment security ($\beta = .54$, $t = 11.02$, $p < .001$) and social feedback sensitivity ($\beta = -.29$, $t = -6.84$, $p < .001$) were significant predictors of self-worth. Attachment security had a strong positive effect, while social

feedback sensitivity had a significant negative effect. The unstandardized coefficients indicate that for each unit increase in attachment security, self-worth increases by 0.11 units, whereas each unit increase in sensitivity to social

feedback is associated with a 0.17 unit decrease in self-worth. These findings provide strong statistical support for the hypothesized relationships.

4. Discussion and Conclusion

The primary objective of this study was to examine the predictive role of attachment security and social feedback sensitivity in explaining self-worth among university students in Greece. The findings revealed that both attachment security and sensitivity to social feedback were significantly correlated with self-worth. Specifically, secure attachment was positively associated with higher self-worth, while heightened sensitivity to negative social feedback was inversely related to self-worth. Furthermore, the linear regression analysis demonstrated that both variables jointly contributed to the prediction of self-worth, confirming the hypothesis that early relational experiences and ongoing social evaluations collectively influence one's internal sense of value.

The positive relationship observed between attachment security and self-worth is consistent with the well-established theoretical and empirical literature on attachment theory. Individuals with secure attachments tend to internalize positive relational experiences, which contribute to the formation of a coherent and affirmative self-concept (Allen et al., 2017). Similarly, a meta-analysis by Pinquart confirmed that attachment to parents significantly predicts self-esteem across diverse populations, reinforcing the cross-cultural relevance of the attachment–self-worth link (Pinquart, 2022).

The predictive role of attachment is also evident in longitudinal studies. (Allen et al., 2017) documented how attachment security from adolescence to adulthood is influenced by both parental and peer relationships and contributes to developmental shifts in self-worth. These developmental trajectories underscore the stability and changeability of self-worth across time, contingent on relational quality. Furthermore, (Kenny & Şirin, 2006) found that attachment to parents predicted self-worth and fewer depressive symptoms in emerging adults, mirroring the age group examined in the current study. Likewise, (Barnum & Perrone, 2017) reported that survivors of childhood trauma with more secure attachment representations exhibited higher self-esteem and better mental health outcomes.

The inverse association between sensitivity to negative social feedback and self-worth supports prior findings that

individuals who are highly attuned to external evaluations often experience emotional vulnerability and unstable self-concepts (Park, 2010). In this study, participants with greater reactivity to social feedback, particularly criticism or perceived rejection, tended to report lower levels of self-worth. This result aligns with findings by Mikulincer, who showed that anxiously attached individuals are more likely to experience self-esteem threats in response to interpersonal challenges, ultimately affecting their emotional availability and relational functioning (Mikulincer et al., 2014). Similarly, (Peterson, 2014) demonstrated that even implicit cues of insecurity can trigger self-doubt among those with high attachment anxiety, especially when confronted with social disapproval.

Interestingly, the joint predictive power of attachment security and social feedback sensitivity supports an integrative model wherein both early relational schemas and current interpersonal experiences co-determine self-worth. This perspective is in line with Ferkany, who argued that recognition and secure relational bonds provide the social foundations necessary for a stable and positive self-concept (Ferkany, 2009). Quintana similarly emphasized that resilience and self-esteem mediate the relationship between perceived childhood security and adult self-concept, supporting the cumulative influence of relational history on self-worth (Quintana et al., 2023).

Cultural factors may also contextualize these results. The sample, consisting of Greek university students, operates within a Mediterranean socio-cultural framework that places high value on family ties and collective evaluation. In such contexts, attachment security might play a particularly salient role in shaping self-worth, as suggested by Bhatia, who found that secure parental attachment positively predicted career aspirations among Indian women (Bhatia et al., 2023). Similarly, Davarinejad reported that Iranian women who demonstrated emotional stability and secure relational ties adjusted more effectively to divorce, indicating the cross-cultural significance of attachment in buffering psychological distress (Davarinejad et al., 2020).

The interplay between attachment and social feedback is further clarified by KoÇAk, who found that individuals with secure attachment demonstrated higher self-compassion and resilience in interpersonal relationships, thereby reducing vulnerability to negative feedback (KoÇAk & Çelik, 2022). Conversely, Levi-Belz highlighted how insecure attachment increased susceptibility to complicated grief in suicide-loss survivors, particularly when interpersonal support was perceived as lacking (Levi-Belz & Lev-Ari, 2019). These

results support the current study's implication that sensitivity to negative feedback can erode self-worth, especially when secure attachment resources are deficient.

The role of early life experiences in shaping attachment security and subsequent self-worth was also confirmed in prior work. Willis noted that childhood emotional abuse disrupted caregiver attachments and diminished self-worth, contributing to a cycle of relational dysfunction and vulnerability (Willis & Yates, 2023). Similarly, Walters reported that adolescents exposed to sibling victimization exhibited more negative self-perceptions and insecure attachments (Walters et al., 2019). These findings echo the current study's emphasis on attachment as a developmental precursor to both interpersonal competence and self-evaluation.

From a developmental standpoint, Pinto observed that secure attachments with parents facilitated peer acceptance and indirectly supported the development of self-esteem among young children (Pinto et al., 2015). This finding parallels the mechanisms observed in this study, wherein early relational security fosters stable self-worth even in the face of social evaluation. Lim extended this perspective by identifying self-worth as a mediator between attachment and posttraumatic symptoms, suggesting that self-worth functions as a psychological intermediary that protects against adversity (Lim et al., 2012). Similarly, Neustadt reported that attachment insecurity at work reduced professional performance and self-perception, thereby extending the relevance of these constructs into adult occupational life (Neustadt et al., 2011).

Finally, Maher emphasized the differences in psychosocial functioning between securely and insecurely attached Indian youth, highlighting how attachment status influences not only emotional well-being but also social identity and interpersonal dynamics (Maher et al., 2015). These results underscore the broader implication that secure attachment provides a flexible, resilient framework for integrating social feedback without destabilizing self-worth. Taken together, the present findings contribute to a growing body of literature emphasizing the need to conceptualize self-worth as an outcome of both developmental history and ongoing social engagement.

5. Limitations & Suggestions

Despite its contributions, the present study is not without limitations. First, the cross-sectional design restricts the ability to infer causal relationships between variables. While

associations were statistically significant, the directionality of influence cannot be conclusively determined. Second, the reliance on self-report measures introduces potential biases such as social desirability and subjective misperception. Third, the study's focus on university students from Greece may limit generalizability to other cultural or age groups. Variations in social feedback sensitivity and attachment patterns across diverse populations might yield different results. Lastly, although validated scales were used, the study did not incorporate observational or qualitative data that might have provided deeper insight into the lived experience of self-worth development.

Future studies should consider employing longitudinal or experimental designs to better establish causal pathways between attachment, social feedback sensitivity, and self-worth. Including diverse samples across different cultures, age groups, and socioeconomic backgrounds would enhance the generalizability of the findings. It would also be beneficial to explore potential moderating variables such as gender, coping style, or personality traits, which might influence the strength or direction of the observed relationships. Additionally, integrating qualitative methodologies could help capture nuanced interpersonal dynamics and subjective experiences that are not always accessible through standardized questionnaires. Finally, future research could examine intervention strategies aimed at enhancing attachment security and reducing maladaptive sensitivity to social feedback as mechanisms for improving self-worth.

Practitioners working with adolescents and young adults should pay close attention to clients' attachment histories and their responsiveness to social feedback when addressing issues related to low self-worth. Building therapeutic alliances that model secure attachment may offer corrective emotional experiences that foster internal stability. Educators and counselors should also be trained to recognize signs of hypersensitivity to criticism and support students in developing adaptive feedback processing skills. Creating environments that emphasize positive reinforcement, emotional safety, and relational consistency can be especially beneficial in promoting stable self-worth. Lastly, preventative programs focused on strengthening family relationships and peer support systems may serve as effective tools in fostering resilient self-concepts from an early age.

Acknowledgments

We would like to express our appreciation and gratitude to all those who cooperated in carrying out this study.

Declaration of Interest

The authors of this article declared no conflict of interest.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

Funding

This research was carried out independently with personal funding and without the financial support of any governmental or private institution or organization.

Authors' Contributions

All authors equally contributed in this article.

References

- Allen, J. P., Grande, L. A., Tan, J., & Loeb, E. L. (2017). Parent and Peer Predictors of Change in Attachment Security From Adolescence to Adulthood. *Child development*, 89(4), 1120-1132. <https://doi.org/10.1111/cdev.12840>
- Barnum, E. L., & Perrone, K. M. (2017). Attachment, Self-Esteem and Subjective Well-Being Among Survivors of Childhood Sexual Trauma. *Journal of Mental Health Counseling*, 39(1), 39-55. <https://doi.org/10.17744/mehc.39.1.04>
- Bhatia, A., Rana, S., & Gregor, M. A. (2023). The Relationship Between Parental Attachment and Career Aspirations in Indian Female Undergraduate Students. *Journal of Career Assessment*, 31(4), 631-647. <https://doi.org/10.1177/10690727221129615>
- Chen, B. B. (2017). Parent-adolescent Attachment and Procrastination: The Mediating Role of Self-Worth. *The Journal of Genetic Psychology*, 178(4), 238-245. <https://doi.org/10.1080/00221325.2017.1342593>
- Davarinejad, O., Ghasemi, A., Hall, S. S., Meyers, L. S., Shirzadifar, M., Shirzadi, M., Brand, S., & Shahi, H. (2020). Emotionally Stable, Extraverted, Conscientious, and Unambivalent: Iranian Women Successfully Navigating Divorce Adjustment. *Journal of Family Issues*, 42(9), 2181-2206. <https://doi.org/10.1177/0192513x20968607>
- Deniz, M. E., & Kurtuluş, H. Y. (2023). Self-Efficacy, Self-Love, and Fear of Compassion Mediate the Effect of Attachment Styles on Life Satisfaction: A Serial Mediation Analysis. *Psychological Reports*, 128(2), 457-482. <https://doi.org/10.1177/00332941231156809>
- Dinero, R. E., Conger, R. D., Shaver, P. R., Widaman, K. F., & Larsen-Rife, D. (2008). Influence of Family of Origin and Adult Romantic Partners on Romantic Attachment Security. *Journal of Family Psychology*, 22(4), 622-632. <https://doi.org/10.1037/a0012506>
- Ferkany, M. (2009). Recognition, Attachment, and the Social Bases of Self-Worth. *The Southern Journal of Philosophy*, 47(3), 263-283. <https://doi.org/10.1111/j.2041-6962.2009.tb00094.x>
- Gu, R., Ao, X., Mo, L., & Zhang, D. (2020). Neural Correlates of Negative Expectancy and Impaired Social Feedback Processing in Social Anxiety. *Social Cognitive and Affective Neuroscience*, 15(3), 285-291. <https://doi.org/10.1093/scan/nsaa038>
- Kenny, M. E., & Şirin, S. R. (2006). Parental Attachment, Self-Worth, and Depressive Symptoms Among Emerging Adults. *Journal of Counseling & Development*, 84(1), 61-71. <https://doi.org/10.1002/j.1556-6678.2006.tb00380.x>
- Koçak, M. Ç., & Çelik, E. (2022). Investigation of the Relationship Between Resilience, Self-Compassion, and Attachment Styles in Interpersonal Relationships in Married Individuals. *Bayburt Eğitim Fakültesi Dergisi*, 17(36), 1426-1438. <https://doi.org/10.35675/befdergi.1153406>
- Kujawa, A., Arfer, K. B., Klein, D. N., & Hajcak, G. (2014). Electrocutaneous Reactivity to Social Feedback in Youth: A Pilot Study of the Island Getaway Task. *Developmental Cognitive Neuroscience*, 10, 140-147. <https://doi.org/10.1016/j.dcn.2014.08.008>
- Levi-Belz, Y., & Lev-Ari, L. (2019). Is There Anybody Out There? Attachment Style and Interpersonal Facilitators as Protective Factors Against Complicated Grief Among Suicide-Loss Survivors. *The Journal of Nervous and Mental Disease*, 207(3), 131-136. <https://doi.org/10.1097/nmd.0000000000000940>
- Lim, B. H., Adams, L. A., & Lilly, M. M. (2012). Self-Worth as a Mediator Between Attachment and Posttraumatic Stress in Interpersonal Trauma. *Journal of interpersonal violence*, 27(10), 2039-2061. <https://doi.org/10.1177/0886260511431440>
- Lockhart, G., Phillips, S., Bolland, A. C., Delgado, M. Y., Tietjen, J., & Bolland, J. M. (2017). Prospective Relations Among Low-Income African American Adolescents' Maternal Attachment Security, Self-Worth, and Risk Behaviors. *Frontiers in psychology*, 8. <https://doi.org/10.3389/fpsyg.2017.00033>
- Ludmer, J., Vernon, P. A., & Gardner, R. C. (2013). Attachment Style and the Stability of Self-Worth Following Life Events. *Journal of Psychology Research*, 3(8). <https://doi.org/10.17265/2159-5542/2013.08.003>
- Maher, H., Sumathi, D., & Winston, C. N. (2015). Object of Desire or Object of Distress? Psychosocial Functioning Among Securely and Insecurely Attached Indian Young Adults. *Psychoanalytic Psychology*, 32(3), 432-450. <https://doi.org/10.1037/a0038169>
- Mikulincer, M., Shaver, P. R., Bar-On, N., & Sahdra, B. K. (2014). Security Enhancement, Self-Esteem Threat, and Mental Depletion Affect Provision of a Safe Haven and Secure Base to a Romantic Partner. *Journal of Social and Personal Relationships*, 31(5), 630-650. <https://doi.org/10.1177/0265407514525887>
- Nepon, T., Flett, G. L., Hewitt, P. L., & Molnar, D. S. (2011). Perfectionism, negative social feedback, and interpersonal rumination in depression and social anxiety. *Canadian Journal of Behavioural Science / Revue canadienne des*

- sciences du comportement*, 43(4), 297-308.
<https://doi.org/10.1037/a0025032>
- Neustadt, E., Chamorro-Premuzic, T., & Furnham, A. (2011). Attachment at Work and Performance. *Attachment & Human Development*, 13(5), 471-488.
<https://doi.org/10.1080/14616734.2011.602254>
- Park, L. E. (2010). Responses to Self-Threat: Linking Self and Relational Constructs With Approach and Avoidance Motivation. *Social and Personality Psychology Compass*, 4(3), 201-221.
<https://doi.org/10.1111/j.1751-9004.2009.00247.x>
- Peterson, J. L. (2014). Explicit Thoughts of Security Activate Implicit Self-doubt in Anxiously Attached Participants. *Personal Relationships*, 21(2), 206-224.
<https://doi.org/10.1111/pere.12027>
- Pinquart, M. (2022). Associations of Self-Esteem With Attachment to Parents: A Meta-Analysis. *Psychological Reports*, 126(5), 2101-2118. <https://doi.org/10.1177/00332941221079732>
- Pinto, A., Veríssimo, M., Gatinho, A., Santos, A. J., & Vaughn, B. E. (2015). Direct and Indirect Relations Between Parent-child Attachments, Peer Acceptance, and Self-Esteem for Preschool Children. *Attachment & Human Development*, 17(6), 586-598. <https://doi.org/10.1080/14616734.2015.1093009>
- Quintana, J. C. M., Ramos, P. F. A., & Almeida, P. M. (2023). The Influence of Perceived Security in Childhood on Adult Self-Concept: The Mediating Role of Resilience and Self-Esteem. *Healthcare*, 11(17), 2435.
<https://doi.org/10.3390/healthcare11172435>
- Rappaport, B. I., Kujawa, A., Arfer, K. B., Pegg, S., Kelly, D., Jackson, J. J., Luby, J. L., & Barch, D. M. (2023). Behavioral and Psychiatric Correlates of Brain Responses to Social Feedback. *Psychophysiology*, 61(1).
<https://doi.org/10.1111/psyp.14413>
- Walters, J., Farley, J. P., Deater-Deckard, K., & Kim-Spoon, J. (2019). Predictors of Sibling Victimization and Associations With Self-Perception and Relationship Attachment in Adolescence. *The Journal of Early Adolescence*, 40(3), 305-327. <https://doi.org/10.1177/0272431619837382>
- Willis, L., & Yates, T. M. (2023). Childhood Emotional Abuse, Caregiver Attachments, & Self-Worth: Mechanisms in the Cycle of Violence. *Uc Riverside Undergraduate Research Journal Submit*, 17(1).
<https://doi.org/10.5070/rj517162179>