

# The Impact of Early Attachment Styles on Chronic Illness Adjustment: A Qualitative Approach




Seyed Ali. Darbani<sup>1\*</sup> , Neda. Atapour<sup>2</sup> 

<sup>1</sup> Assistant Professor, Counseling Department, South Tehran Branch, Islamic Azad University, Tehran, Iran

<sup>2</sup> Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada

\* Corresponding author email address: sa.darbani@stb.iau.ir

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Editor	Reviewers
Abolfazl Karami  Associate Professor Emeritus, Department of Psychology, Allameh Tabatabai University, Tehran, Iran AbolfazlKarami@uat.ac.ir	<b>Reviewer 1:</b> Maryam Saadat  Lifeworks Holistic Counselling Centre, Dubai, UAE. Email: maryamsaadat@lifeworks.ae <b>Reviewer 2:</b> Fereydon Eslami  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: fereydoneaslami@kmanresce.ca

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## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

Introduction Section: In the paragraph starting with "Chronic illness management is complex and multifaceted...", it would be beneficial to elaborate on the specific psychological factors mentioned, such as emotional regulation and social support, and how they interact with chronic illness management.

Methods Section: The statement "Interviews were conducted either in person or via video call depending on participants' preferences and geographical locations" would benefit from a discussion of any potential biases or limitations introduced by the different interview methods.

Results Section: In the paragraph beginning with "The study included 27 participants representing a diverse demographic background," provide more detailed demographic information in a table format for clarity and ease of reference.

Discussion Section: In the paragraph "The study highlighted diverse coping mechanisms employed by participants with significant variations based on their attachment styles," it would be useful to categorize the coping mechanisms identified and provide examples for each category.

Discussion Section: The statement "Conversely those with insecure attachments often resorted to maladaptive coping strategies such as avoidance or suppression of emotions" should include a discussion of the potential psychological theories or mechanisms underlying these maladaptive strategies.

Discussion Section: The sentence "Participants with insecure attachment styles reported higher levels of stress anxiety and depression" should be supported by specific quotes or data points from the interviews to strengthen the argument.

Conclusion Section: In the paragraph "The aim of this study was to explore the impact of early attachment styles on the adjustment to chronic illness using a qualitative approach," it would be useful to summarize the key findings and their implications for future research and clinical practice.

Conclusion Section: The paragraph "Healthcare providers should consider the attachment styles of their patients when developing treatment plans and providing support for chronic illness management" could include practical recommendations for how providers might assess and address attachment styles in clinical settings.

Authors revised the manuscript and uploaded the document.

### 1.2. Reviewer 2

Reviewer:

Introduction Section: The statement "Previous research has highlighted the role of psychological factors in the adjustment to chronic illnesses..." would benefit from additional citations or a brief discussion of the studies by Aghayousefi et al. (2020) and Gallant et al. (2010) to provide context and depth.

Methods Section: The sentence "Participants were recruited through purposive sampling..." should include more detail on how the purposive sampling was carried out and the criteria used to ensure a diverse representation of participants.

Methods Section: In the subsection "Semi-Structured Interview," the development of the interview guide could be expanded to include more information on the specific questions asked and how they were derived from the existing literature.

Results Section: The sentence "The study identified various attachment styles among participants including secure anxious avoidant and disorganized" should include a brief explanation of how these attachment styles were identified and categorized during the analysis.

Discussion Section: In the paragraph starting with "The results revealed that early attachment experiences particularly those characterized by secure attachment foster better adjustment to chronic illness," it would be beneficial to provide specific examples or quotes from the interviews to illustrate these findings.

Discussion Section: The sentence "Participants with insecure attachment styles such as anxious or avoidant attachment reported greater difficulties in adjusting to their chronic conditions" could be expanded to discuss potential reasons for these difficulties and how they manifest in participants' experiences.

Discussion Section: In the sentence "Participants also mentioned the role of therapy in enhancing their coping strategies highlighting the importance of psychological interventions in chronic illness management," it would be useful to specify the types of therapy mentioned and their perceived effectiveness.

Discussion Section: The paragraph beginning with "The emotional and psychological impact of chronic illness was profoundly influenced by participants' early attachment styles" would benefit from a more detailed comparison of the emotional outcomes for participants with secure vs. insecure attachment styles.

Conclusion Section: The statement "One limitation of this study is the reliance on self-reported data which may be subject to recall bias and social desirability bias" should be expanded to discuss how these biases might have specifically impacted the study's findings and any steps taken to mitigate them.

Conclusion Section: The sentence "Future research should explore the impact of early attachment styles on specific chronic illnesses to identify any condition-specific patterns in adjustment and coping" would benefit from specific suggestions for potential research questions or methodologies.

Authors revised the manuscript and uploaded the document.

**2. Revised**

Editor's decision: Accepted.

Editor in Chief's decision: Accepted.