

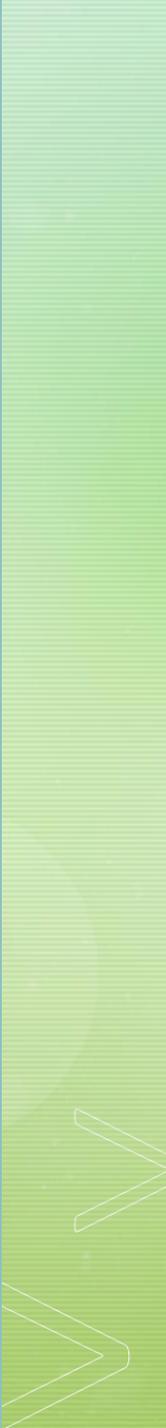
By: Anna Wurzer

▼ **The Relationship Between Attachment Styles, Anxiety Sensitivity, and Environmental Empathy**



Background

Relationship Between Variables of Attachment Styles,
Anxiety Sensitivity, and Environmental Empathy





Anxiety Sensitivity

- One with anxiety sensitivity may dread stressful situations before the event occurs causing avoidance behavior in anticipation of anxious sensations
 - McNally, 2002

Environmental Empathy

- Environmental sensitivity refers to how in tune a human is to the issues in the world around them pertaining to climate change, deforestation, and other naturalistic topics
 - McKnight, 2010



Relationships Between Variables

- High school adjustment in males has been correlated to higher rates of environmental empathy
 - Musito-Ferrer, Esteban-Ibanez, Leon-Moreno, Garcia, 2019

Relationships Between Variables

- In previous studies, there has been found a strong positive correlation between a secure attachment style and strong empathy, especially within the subset of empathetic concern



Relationships Between Variables

- Individuals with an insecure attachment style have a higher risk of having an anxiety disorder.
 - Eng et al. 2001
 - Marganska et al. 2013



Methods

Measurements, Participants, Procedure



Measurements

Gardner's Theory of Multiple Intelligences (Gardner & Hatch, 1989)

Anxiety Sensitivity Index ASI (Taylor et al., 2007)

Revised Adult Attachment Scale (Collins, 1996)

Participants

- 28 Carroll College General Psychology students; all were 18 and older
- There was no discrimination based on gender, race, religion, or ethnicity

Procedure



Participants completed surveys within thirty minutes in a quiet room



All students were read a debriefing script and given the opportunity to withdraw after completing the surveys

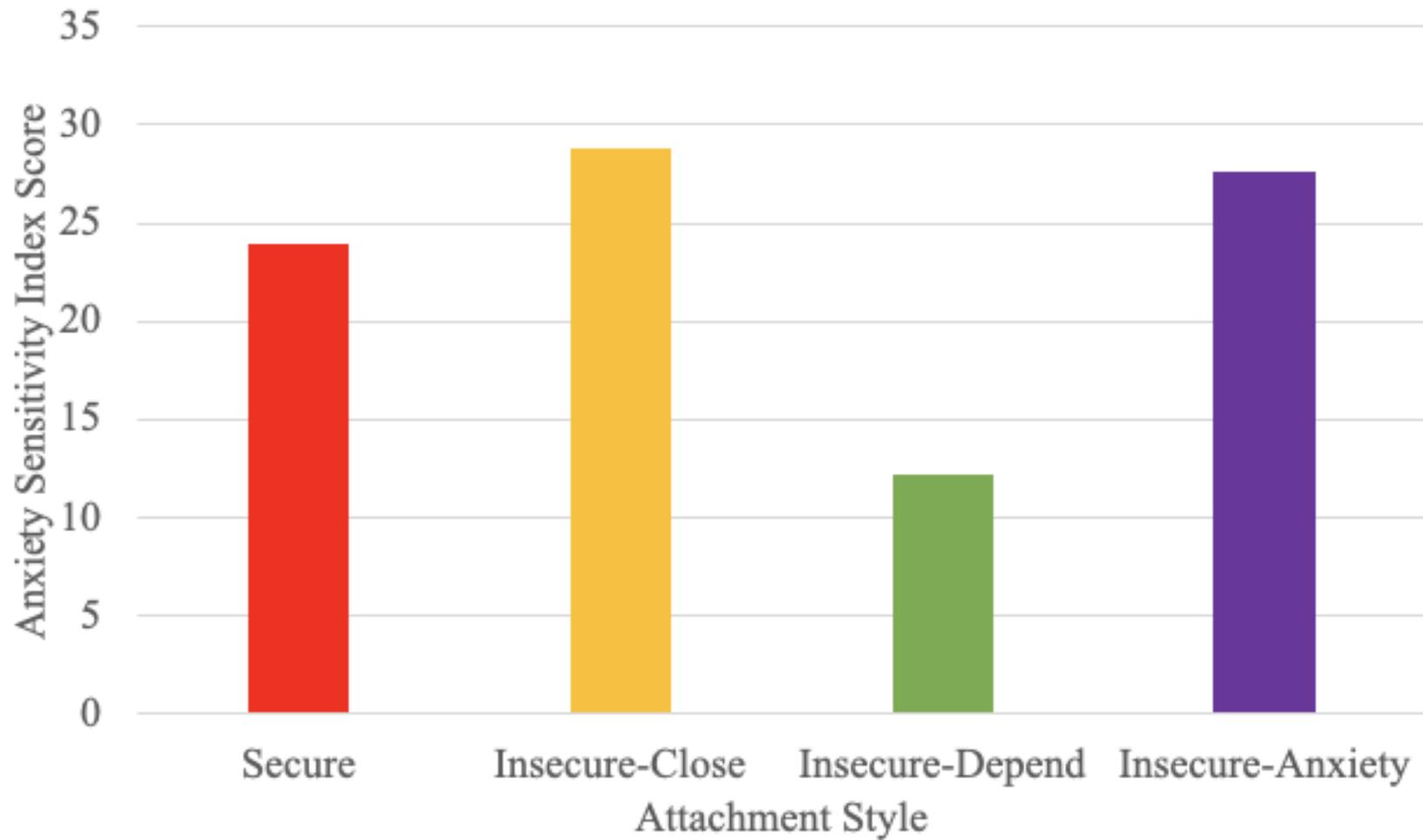


Results

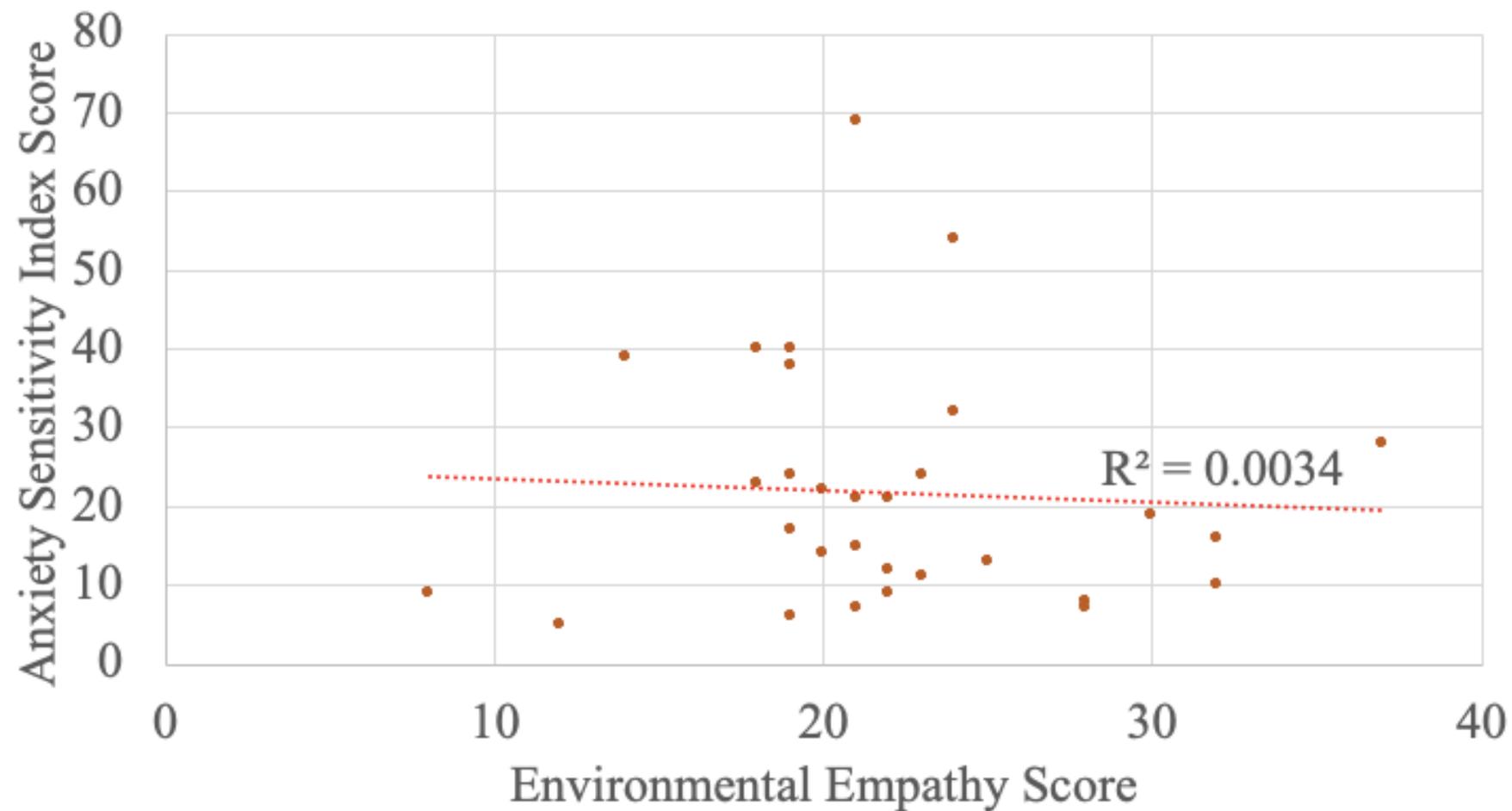
Graphs Depicting Relationships



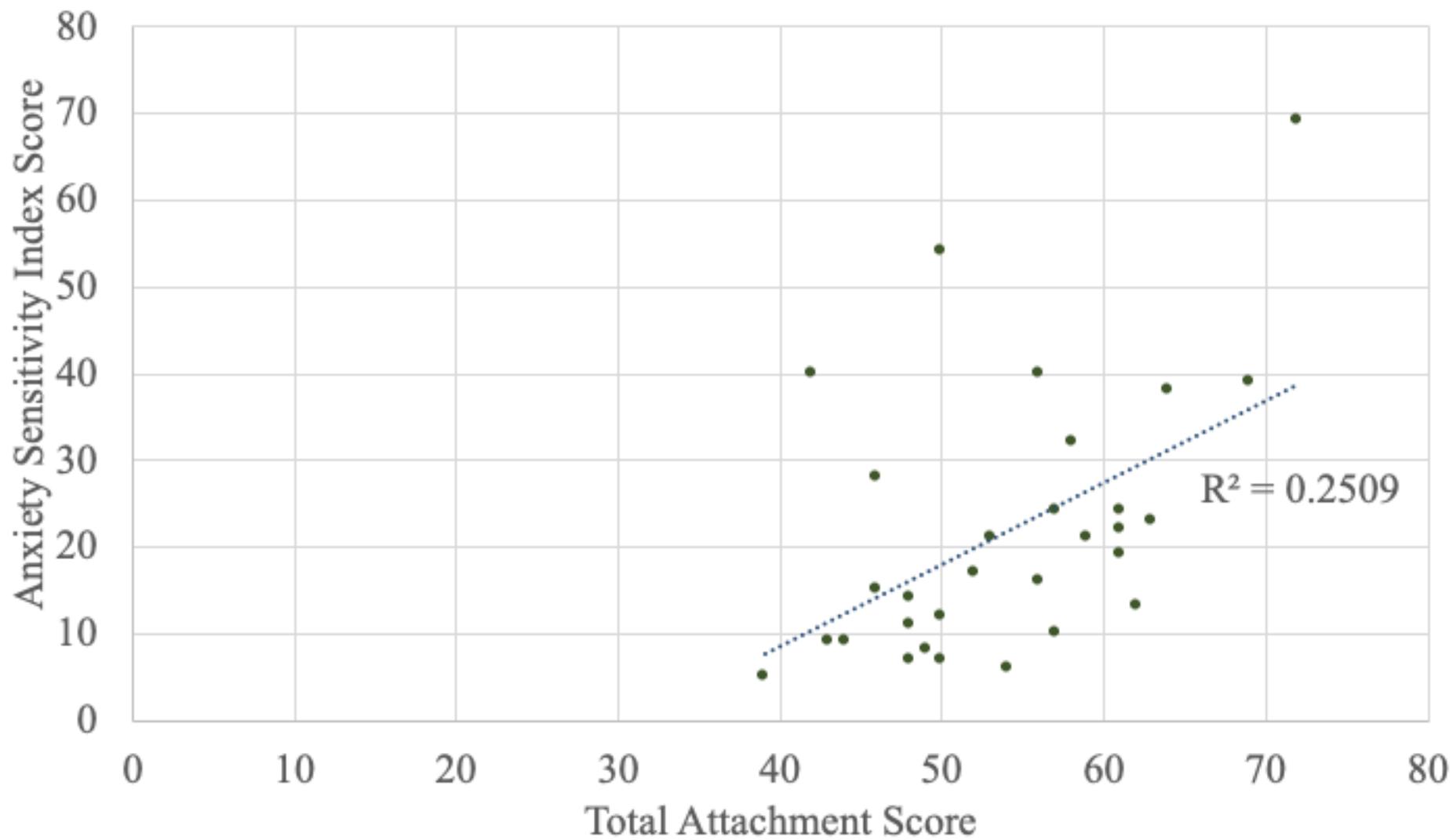
Attachment Style Associated with Anxiety Sensitivity Score



Correlation between Environmental Empathy and Anxiety Sensitivity



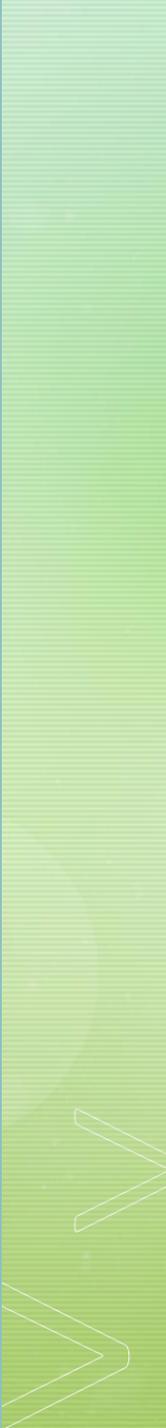
Correlation between Total Attachment Score and Anxiety Sensitivity





Conclusions

Result Analysis, Future Research, Limitations





Relationship between Anxiety Sensitivity and Environmental Empathy

- No significant correlation between environmental empathy and anxiety sensitivity
- No previous literature suggests that there is a direct relationship between anxiety sensitivity and environmental, as this is a new and emerging field of study
- College adjustment could be a direction for future research as previous literature indicates high school adjustment in males is correlated to higher environmental empathy (Musito-Ferrer, Esteban-Ibanez, Leon-Moreno, Garcia, 2019)

Relationship between Attachment Style and Anxiety Sensitivity

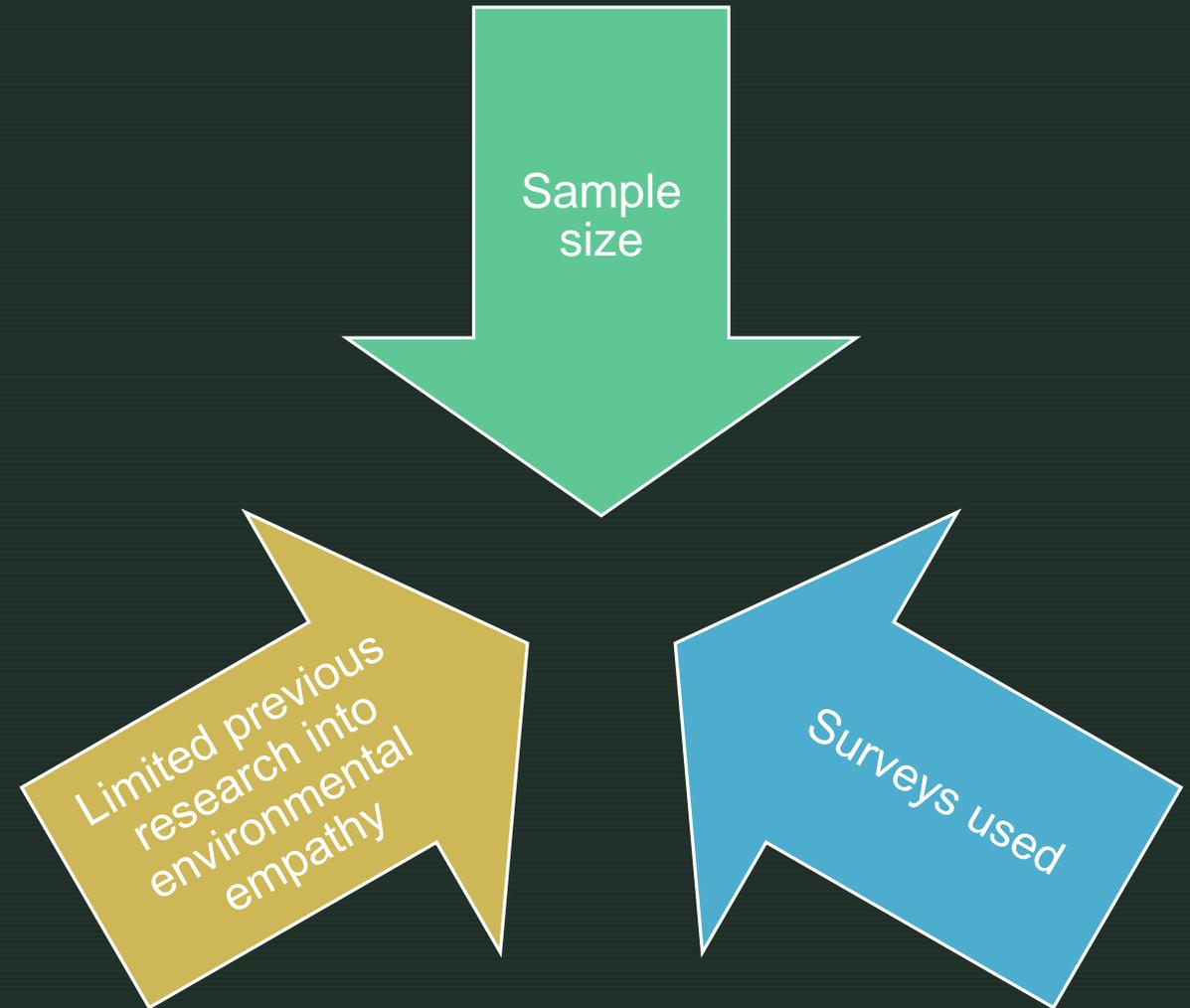
- Significant correlation between overall attachment score and anxiety sensitivity; Variation with anxiety in the insecure-depend group
- Findings consistent with previous research that suggests there is a relationship between attachment style and anxiety disorders (Eng et al. 2001; Marganska et al. 2013)



Impacts

In our changing world where climate change is constantly occurring, there needs to be more research into environmental empathy and how we can support our environment

Limitations



Future Research



Updated surveys



More relevant surveys related to environmental empathy



Distributing surveys via Moodle



Access to a larger participant pool

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Questions?



Resources

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