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Comparison of Attachment Styles in Subjects with and Without Obesity

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Aim: To assess the attachment styles in obese patients and to compare it with normal weight individuals.

Methods: in a cross-sectional study, 159 patients with obesity referred to obesity clinics, and 183 subjects without obesity were enrolled to complete Hazan and Shaver's measure of adult attachment, and provided reports regarding height, weight and socio-demographic status.

Results: Prevalence rates for secure, avoidant and preoccupied attachment in obese patients were 66%, 17% and 15%, respectively. Attachment styles showed no significant difference in obese and non-obese individuals ($P>0.05$). There were significantly lower medical co-morbidities in subjects with secure attachments ($P<0.05$). In regression models the determinants of higher body mass index were increased age, undergraduate education level, using medications and being housewife as the job.

Conclusions: The findings were supportive of the studies revealed the association of insecure attachment styles and psychosomatic disorders.