

Preoccupied adult attachment style as a vulnerability factor in the prediction of PTSD among security workers

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Abstract

This study examines post traumatic stress disorder based on data collected in a sample of Belgian security workers (n=81). All individuals experienced a traumatic event in the previous 12 months. The sample was divided into a securely attached and an insecurely attached group. Two research questions were examined. Firstly, differ secure and insecure attached security workers on the examined PTSD scores (re-experiencing, avoidant and hyper arousal)? Secondly, which attachment style can be seen as a vulnerability factor in the prediction of PTSD? The PTSD symptom scales re-experiencing, avoidance and hyper arousal differentiated significantly between the secure and the insecure group. The preoccupied attachment style contributed independently to the prediction of PTSD. Interest has been expressed in medical approaches; therefore, we underlined separately the importance of medical research in relationship to PTSD.

Keywords: traumatic event, attachment style, PTSD, security workers