Background  
- The ability to form attachments in close relationships influences wellness  
- Previous research indicates higher anxious and avoidant attachment is associated with unhealthy eating  
- The current study examined whether disordered eating behaviors among young adults relates to avoidant and anxious attachment

Method  
Participants  
- 574 young adults (\(M_{\text{age}} = 21.6\); 69% women)  
- 59% identified as Non-Hispanic White, 18% identified as Non-Hispanic Black, and 9% identified as Latinx

Procedure  
- Participants were recruited from a Mid-South university and Amazon Mechanical Turk  
- Participants completed questionnaires using Qualtrics

Measures  
Experiences in Close Relationships - Revised Questionnaire  
- Assessed anxious and avoidant adult attachment styles

Eating Disorders Examination Questionnaire (EDE-Q)  
- Assessed disordered eating behaviors such as restraint, eating concern, shape concern, and weight concern

Data Analysis  
- Two multiple linear regression analyses were used to examine associations between disordered eating behaviors (i.e., restraint, eating concern, shape concern, and weight concern) and anxious and avoidant attachment styles

Results  
- The first model was significant, \(F(4, 530) = 24.81; p < .001\), Adj \(R^2 = .15\), with lower restraint (\(\beta = .17, p < .01\)), higher eating concern (\(\beta = .24, p < .001\)), and more shape concern (\(\beta = .36, t(3) = 3.19, p < .01\)) associated with anxious attachment style  
- The second model was significant, \(F(4, 531) = 7.49; p < .001\), Adj \(R^2 = .05\) with higher eating concern (\(\beta = .26, t(3) = 4.29, p < .001\)), associated with avoidant attachment style

Conclusions  
- Findings suggest varying aspects of disordered eating behaviors are associated with avoidant and anxious attachment styles

Table 1: Model 1 Anxious Attachment Style  
<table>
<thead>
<tr>
<th>Predictors</th>
<th>(\beta)</th>
<th>B</th>
<th>Std. Err</th>
<th>t value</th>
<th>(p) value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intercept</td>
<td>2.487</td>
<td>.097</td>
<td>25.772</td>
<td>.000</td>
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<tr>
<td>Restraint</td>
<td>-.171</td>
<td>-.174</td>
<td>.060</td>
<td>-2.893</td>
<td>.004</td>
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<tr>
<td>Eating Concern</td>
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<td>.341</td>
<td>.083</td>
<td>4.118</td>
<td>&lt;.001</td>
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<tr>
<td>Shape Concern</td>
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<td>.318</td>
<td>.100</td>
<td>3.189</td>
<td>.002</td>
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<tr>
<td>Weight Concern</td>
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<td>-.051</td>
<td>.15</td>
<td>-.487</td>
<td>.626</td>
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</tbody>
</table>

Table 2: Model 2 Avoidant Attachment Style  
<table>
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<th>Predictors</th>
<th>(\beta)</th>
<th>B</th>
<th>Std. Err</th>
<th>t value</th>
<th>(p) value</th>
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</thead>
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<tr>
<td>Restraint</td>
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<td>-.078</td>
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<tr>
<td>Eating Concern</td>
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<td>.324</td>
<td>.076</td>
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<td>&lt;.001</td>
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<tr>
<td>Shape Concern</td>
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<td>.059</td>
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<tr>
<td>Weight Concern</td>
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<td>-.045</td>
<td>.096</td>
<td>-.466</td>
<td>.641</td>
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</tbody>
</table>

Figure 1: Strength of the subscales on Anxious Attachment Style  
- Restraint (\(\beta = -.171\))  
- Eating concern (\(\beta = .243\))  
- Shape concern (\(\beta = .357\))  
- Weight concern (\(\beta = -.054\))

Figure 2: Strength of the subscales on Avoidant Attachment Style  
- Restraint (\(\beta = -.090\))  
- Eating concern (\(\beta = .262\))  
- Shape concern (\(\beta = .075\))  
- Weight concern (\(\beta = -.055\))

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