Predict family communication patterns based on attachment and resiliency styles in women

Jahangir P[1].*, Asheghi N.,[2]

Abstract

Introduction: This study aims at predicting family communication patterns based on attachment and tolerance styles in women visiting health centers of 4th district in Tehran. **Method:** The aim of this study is fundamental and depends on collecting data and is a descriptive survey. Statistical population includes all the married women visiting health centers in 4th district in 1395. 250 women were chosen by simple random sampling. We used CPQ (communication pattern) in Christienson and Salari (1984), attachment styles in Hazan and Shiver (1987), tolerance in Conner and Davidson (2003). Findings: data resulted from questionnaire analyzed by SPSS in two part, as descriptive and perceptive form, by Pearson Correlation Test and multi-variable regression.

Results: findings show that there is a positive correlation among attachment styles and tolerance and communication patterns of family .

Conclusion: tolerance can predict communication pattern in family and when tolerance increases, communication patterns also enhance and this means the more women tolerate in parenting, the better the communication patterns will be.

Conclusions: This study emphasizes the relationship between communication patterns of family and attachment styles and when safe attachment styles increase, communication patterns in family enhance. While mutual attachment decreases, the communication patterns enhance in family.

Keywords: *attachment styles, family communication patterns, resiliency*

[1] - Corresponding author: Associate Professor of Clinical Psychology, Department of Psychology, Islamic Azad University branch Roodehen, Roodehen, Iran. panteajahangir@yahoo.com

[2] - MSc, Department of Psychology, Roodehen Branch, Islamic Azad University, Roodehen, Iran