

## Research Article

# The Relationship Between Coping Strategies and Attachment Styles in Adolescents

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## Abstract

The research explores the relationship between coping strategies and attachment styles in adolescents. Participants included 382 12th-grade students from high schools in the north-central region of Bulgaria, with 306 valid protocols analyzed. The participants completed the Coping Strategies Inventory (CSI) and the Experiences in Close Relationships Questionnaire - Revised (ECR-R). Descriptive statistics, correlation analyses, and ANOVA were conducted to examine the associations between different attachment styles and coping strategies. Results indicated that adolescents with secure attachment were more likely to use adaptive coping strategies, such as problem-solving and seeking social support. In contrast, those with insecure attachment styles were more prone to engage in maladaptive coping mechanisms, including wishful thinking and social withdrawal. Specifically, attachment-related anxiety was linked to higher use of emotion-focused coping, while attachment-related avoidance was associated with distancing and self-reliant coping strategies. Significant correlations were found between attachment styles and coping strategies, suggesting that insecure attachment is associated with less effective coping. ANOVA results revealed that normal levels of anxiety were associated with higher scores in problem-solving and emotional expression, while upper-normal levels of avoidance correlated with lower adaptive coping and higher maladaptive coping strategies.

**Keywords:** adolescents; attachment styles; coping strategies; psychological resilience; emotional regulation; mental health.

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Psychological Thought, 2025, Vol. 18(1), 117-132, <https://doi.org/10.37708/psyct.v18i1.1011>

Received: 2024-06-18. Accepted: 2025-04-01. Published (VoR): 2025-05-02.

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The examination of coping strategies and attachment styles is imperative in comprehending the psychological adjustment and resilience of individuals, especially during the adolescent stage. Adolescence is characterized by substantial developmental transformations and obstacles, underscoring the importance of examining the interplay between these constructs and their impact on mental well-being. This research seeks to explore the correlation between coping strategies and attachment styles in adolescents, offering valuable insights that could guide interventions designed to bolster psychological resilience.

Attachment theory, originally proposed by Bowlby (1982), suggested that early interactions with caregivers play a key role in shaping attachment style, which, in turn, influences emotional regulation, interpersonal relationships, and coping strategies across the lifespan. Secure attachment, marked by trust and consistency in relationships, typically leads to healthy coping strategies and emotional well-being (Cooke et. al., 2019; Greenberger & McLaughlin, 1998; Schmidt et. al., 2002; Tabachnick, et. al., 2021).

On the other hand, insecure attachment styles like anxious and avoidant tend to be associated with ineffective coping mechanisms and emotional challenges.

Coping strategies refer to the techniques individuals employ to handle stress and emotional turmoil. These strategies can be classified into two main categories: adaptive strategies, such as problem-solving and seeking social support, and maladaptive strategies, such as avoidance and wishful thinking (Carver et. al., 1989; Folkman & Moskowitz, 2004; Lazarus & Folkman, 1984).

Studies have consistently demonstrated that individuals with secure attachment tend to utilize adaptive coping strategies, while those with insecure attachment are more likely to resort to maladaptive coping mechanisms (Mikulincer & Shaver, 2016).

A significant part of research provides evidence for the relation between attachment styles and coping mechanisms in various situations. For instance, Mikulincer, et. al. (1993) demonstrated that individuals with secure attachment tend to seek support when faced with challenges, while those with avoidant attachment often distance themselves. Similarly, Lussier, et. al. (1997) found that secure attachment is linked to task-focused coping, while anxious/ambivalent attachment is associated with emotion-focused coping. These studies emphasized the impact of attachment on how individuals respond to stress and trauma. Subsequent research has explored how attachment styles moderate the relationship between stressors and coping strategies. Holmberg et al. (2011) discovered that individuals with dismissing attachment are more likely to seek support and distance themselves when dealing with major stressors, while those with preoccupied attachment tend to rely on emotion-focused coping earlier on. This indicates that attachment styles not only influence the type of coping strategies used, but also the order in which they are employed in response to stress.

In a recent study conducted by Vedelago et. al. (2022), the researchers examined the impact of emotion-focused and problem-focused dyadic coping strategies on partners with different attachment styles. Their findings indicated that emotion-focused coping, such as showing affection and fostering intimacy, helped alleviate the negative effects of attachment anxiety on relationship satisfaction. In contrast, problem-focused coping, characterized by a focus on solutions, was beneficial for individuals with attachment avoidance but had adverse effects on those with attachment anxiety. These results emphasized the complex interplay between attachment styles and specific coping strategies within interpersonal relationships.

Attachment styles play an important role in shaping individuals' coping mechanisms in the face of trauma and stress. Research by Mikulincer & Florian (1995) revealed that individuals with ambivalent attachment styles tend to rely more on emotion-focused coping strategies and perceive stressful situations as more threatening. On the other hand, those with avoidant attachment styles tend to employ distancing coping mechanisms and are less likely to seek support. They demonstrated the significant impact of attachment styles on coping appraisals and strategies. Furthermore, Schmidt et al. (2002) found that individuals with insecure attachment styles tend to employ less adaptive coping strategies, with ambivalently attached



individuals more prone to negative emotional coping and avoidantly attached individuals more inclined to use diverting strategies. In their 1997 study, [Lussier et. al.](#) discovered that employing task-oriented coping mechanisms can alleviate the adverse impacts of anxious/ambivalent or avoidant attachment styles on marital contentment. These findings suggest that encouraging the use of problem-focused coping strategies may enhance marital adjustment among individuals with insecure attachment patterns. Likewise, [Schmidt et. al. \(2002\)](#) underscored the correlation between secure attachment and improved emotional resilience in the face of chronic illnesses, underscoring the significance of taking attachment styles into account in clinical environments.

Adolescents demonstrate increased sensitivity to the influence of attachment styles on coping processes, which may significantly shape their psychological development and adaptation. Securely attached adolescents typically engage in adaptive coping strategies, which in turn buffer the effects of stress and promote psychological resilience. ([Delgado et. al., 2022](#); [Howard & Medway, 2004](#); [Moretti & Peled, 2004](#)) Conversely, insecurely attached individuals are more likely to engage in maladaptive coping strategies, which may increase their susceptibility to emotional and behavioral difficulties. ([Davis et. al. 2003](#)).

This study sought to investigate the correlation between attachment styles and coping strategies in Bulgarian adolescents, recognizing the significant impact of attachment styles on the development and utilization of coping mechanisms. Through an analysis of how various attachment styles influence the adoption and efficacy of coping strategies, this research aimed to offer valuable insights that can guide the implementation of tailored interventions to improve the psychological resilience and overall well-being of adolescents.

A hypothesis is made, based on existing literature, that:

- Secure attachment will be positively associated with adaptive coping strategies such as problem-solving and seeking social support.
- Insecure attachment styles (anxious and avoidant) will be associated with maladaptive coping strategies such as wishful thinking and social withdrawal.
- Attachment-related anxiety will be linked to higher use of emotion-focused coping, while attachment-related avoidance will correlate with higher use of distancing and self-reliant coping strategies.

By testing these hypotheses, the study seeks to contribute to the broader understanding of the interplay between attachment styles and coping mechanisms, ultimately informing the development of more effective psychological interventions for adolescents.

## Method

### Participants

The study was conducted between January and May 2024 and involved 382 12th-grade students from high schools in the north-central region of Bulgaria. The participants were recruited from several schools and were aged 18 to 19 years. Out of the total participants, 306 provided valid responses, as protocols with extreme response biases (e.g., consistently choosing the highest or lowest scale values) were excluded from the analysis.

### Measures

Two primary instruments were used in this study: The Coping Strategies Inventory (CSI) and The Experiences in Close Relationships Questionnaire - Revised (ECR-R).

The Coping Strategies Inventory (CSI) was developed by [Tobin \(1984\)](#). This inventory consisted of 72 items designed to assess various coping attitudes and behaviors in response to specific stressors. It was conceived as an extension of the Ways of Coping Questionnaire ([Folkman & Lazarus, 1980](#)), incorporated additional elements identified through factor analysis.

The CSI includes 14 subscales categorized into primary, secondary, and tertiary coping strategies, evaluated aspects such as problem-solving, cognitive reappraisal, emotional expression, social support seeking, problem avoidance, wishful thinking, self-criticism, and social withdrawal. Responses were measured on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). The Bulgarian version was adapted from [Bakracheva \(2016\)](#), and was subsequently used in [Bakracheva & Manolov \(2019\)](#).

Experiences in Close Relationships Questionnaire - Revised (ECR-R). Developed by [Fraley et al. \(2000\)](#), the ECR-R is a widely used instrument for assessing attachment styles. The questionnaire comprises 36 items evaluating attachment anxiety and avoidance towards different significant figures, including mother, father, intimate partner, and best friend. The ECR-R responses are also recorded on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). The Bulgarian version of the questionnaire is adapted from [Petkova \(2011\)](#), after that there is another adaptation by Bulgarian academy of Sciences after research from [Totkova & Bakracheva \(2014\)](#).

The reliability of the scales was assessed using Cronbach's alpha, demonstrating adequate internal consistency across most subscales. For example, the problem-solving scale had a



Cronbach's alpha of .817, the avoidance of mother scale had .844, and the anxiety towards father scale had .708.

## Procedure

The study was conducted with the approval of the ethical committee of Veliko Tarnovo University "St. Cyril and Methodius." Prior to participation, all students and their guardians provided informed consent. Data collection was facilitated by trained student interviewers from the university. Participants were asked to reflect on a recent stressful situation and complete the CSI, focusing on the direction and level of activity of their coping behaviors. Following this, they completed the ECR-R, rating their attachment experiences with their mother, father, intimate partner, and best friend.

## Data analysis

Data analysis was performed using IBM SPSS Statistics, v.29. The reliability of the scales was assessed using Cronbach's alpha coefficients. Descriptive statistics, including mean scores and standard deviations, were calculated for each subscale. Pearson correlation analysis was conducted to examine the relationships between coping strategies and attachment styles. Further, ANOVA was utilized to explore differences in coping strategies across different levels of attachment anxiety and avoidance.

# Results

## Descriptive statistics

Descriptive statistics for coping strategies indicated that the most preferred strategies were seeking social support ( $M = 3.61$ ,  $SD = .85$ ) and emotional-focused resolutions ( $M = 3.55$ ,  $SD = .67$ ). For attachment styles, higher mean scores were observed for avoidance and anxiety towards the father and partner, such as avoidance towards the father ( $M = 2.38$ ,  $SD = 1.03$ ) and anxiety towards the partner ( $M = 2.25$ ,  $SD = .93$ ). Results are shown in Tables 1 and 2.

**Table 1.**

*Descriptive statistics for coping strategies*

Coping Strategy	<i>M</i>	<i>SD</i>
Problem-solving	3.41	.73
Cognitive reappraisal	3.47	.70
Emotional expression	3.48	.66
Seeking social support	3.61	.85
Problem avoidance	2.72	.69
Wishful thinking	3.39	.78
Self-criticism	2.95	1.01
Social withdrawal	2.85	.87

**Table 2.***Descriptive statistics for attachment styles*

Attachment Style	<i>M</i>	<i>SD</i>
Avoidance (Mother)	1.94	.88
Anxiety (Mother)	1.82	.89
Avoidance (Father)	2.38	1.03
Anxiety (Father)	2.20	1.08
Avoidance (Partner)	2.12	.98
Anxiety (Partner)	2.25	.93

### Correlation analysis

Pearson correlation analysis revealed significant relationships between coping strategies and attachment styles. Problem-solving was negatively correlated with both avoidance and anxiety towards parents (e.g., avoidance mother:  $r(301) = -.117$ ,  $p < .05$ ; anxiety father:  $r(301) = -.166$ ,  $p < .001$ ). Similarly, seeking social support was negatively correlated with both avoidance and anxiety towards the mother (e.g., avoidance mother:  $r(301) = -.188$ ,  $p < .001$ ). Cognitive reappraisal was also negatively correlated with avoidance towards the mother ( $r(301) = -.162$ ,  $p = .005$ ). Results are shown in Table 3.

**Table 3.***Correlations between Coping Strategies and Attachment Styles (N = 303)*

Variable		Avoidance (Mother)	Anxiety (Mother)	Avoidance (Father)	Anxiety (Father)
Problem-solving	<i>r</i>	-.117	-.174	-.147	-.166
	<i>p</i>	.041	.002	.010	.004
Cognitive reappraisal	<i>r</i>	-.162	-.114		
	<i>p</i>	.005	.047		
Seeking social support	<i>r</i>	-.188	-.178		
	<i>p</i>	<.001	.002		
Problem avoidance	<i>r</i>	.120		.176	
	<i>p</i>	.037		<.001	
Social withdrawal	<i>r</i>	.221	.132	.180	.150
	<i>p</i>	<.001	.022	.002	.009

ANOVA was conducted to explore differences in coping strategies across different levels of attachment anxiety and avoidance. Categories of attachment style were made in three categories – Norm – results which are up to the mean; UpNorm – results which are between mean and results up to 1 SD; High category include results which are higher than mean plus 1SD.

Firstly, the analysis shows that individuals with "UPNORM" anxiety levels are less likely to engage in problem-solving strategies compared to those with "NORM" anxiety levels, as indicated by the significant mean difference of .39 ( $p = .003$ ). Similarly, people with "HIGH"



anxiety levels are less likely to express their emotions than those with "NORM" anxiety levels, with a mean difference of .32 ( $p = .044$ ). The data also indicates that individuals with "HIGH" anxiety are significantly less likely to seek social support compared to those with "NORM" and "UPNORM" anxiety levels, with mean differences of  $-.69$  ( $p < .001$ ) and  $-.49$  ( $p = .026$ ), respectively. This suggests a trend where higher anxiety is associated with lower reliance on social networks for support. Moreover, the tendency to avoid problems is more pronounced among those with "UPNORM" anxiety levels compared to "NORM," as evidenced by a mean difference of  $-.28$  ( $p = .01$ ). Similarly, those with "UPNORM" anxiety are more inclined to engage in wishful thinking, with a significant mean difference of  $-.42$  ( $p = .001$ ).

The analysis also reveals that individuals with higher anxiety levels are more prone to self-criticism. Significant mean differences of  $-.43$  ( $p = .018$ ) between "NORM" and "UPNORM," and  $-.49$  ( $p = .039$ ) between "NORM" and "HIGH," underscore this pattern.

Social withdrawal is another coping strategy that increases with anxiety. The mean differences between "NORM" and "UPNORM" ( $-.38$ ,  $p = .010$ ) and "NORM" and "HIGH" ( $-.69$ ,  $p < .001$ ) suggest that those with higher anxiety levels are more likely to withdraw from social interactions. In terms of problem-focused coping, individuals with "NORM" anxiety levels are more engaged than those with "UPNORM" anxiety, as indicated by a mean difference of .21 ( $p = .044$ ). Additionally, emotionally oriented coping is less utilized by those with "HIGH" anxiety levels compared to "NORM" anxiety levels, with a significant mean difference of .51 ( $p = .002$ ). When it comes to disengagement strategies, the results show that individuals with higher anxiety levels tend to disengage more from both problem-focused and emotional contexts. For example, the mean differences for problem disengagement are  $-.35$  ( $p < .001$ ) between "NORM" and "UPNORM," and for emotional disengagement,  $-.41$  ( $p = .004$ ) between "NORM" and "UPNORM."

Finally, engagement with the problem decreases with higher anxiety levels, as shown by the mean differences of .19 ( $p = .046$ ) between "NORM" and "UPNORM," and .32 ( $p = .013$ ) between "NORM" and "HIGH." Conversely, disengagement from the problem increases, with significant differences observed between "NORM" and "UPNORM" ( $-.38$ ,  $p < .001$ ) and "NORM" and "HIGH" ( $-.40$ ,  $p = .002$ ). Results are shown in Table 4.



**Table 4.***ANOVA Results for Anxiety and Coping Strategies*

Dependent Variable	(I) ANXIETY	(J) ANXIETY	Mean Diff. (I-J)	Std. Error	<i>p</i>	95% Confidence Interval	
						Lower Bound	Upper Bound
Problem solving	NORM	UPNORM	.39	.12	.003	.13	.64
Express emotion	NORM	HIGH	.32	.16	.044	.00	.64
Social support	HIGH	NORM	-.69	.20	<.001	-1.10	-.28
		UPNORM	-.49	.22	.026	-.93	-.06
Avoiding problem	NORM	UPNORM	-.28	.11	.018	-.51	-.04
Wishful thinking	NORM	UPNORM	-.42	.12	.001	-.68	-.17
Self-criticism	NORM	UPNORM	-.43	.18	.018	-.79	-.07
		HIGH	-.49	.23	.039	-.95	-.02
Social withdrawal	NORM	UPNORM	-.38	.15	.010	-.68	-.09
		HIGH	-.69	.19	<.001	-1.08	-.30
Problem-Focused engagement	NORM	UPNORM	.21	.10	.044	.00	.42
Emotion-focused engagement	NORM	HIGH	.51	.16	.002	.18	.83
Problem-focused disengagement	NORM	UPNORM	-.35	.10	<.001	-.55	-.15
Emotion-focused disengagement	NORM	UPNORM	-.41	.14	.004	-.69	-.13
		HIGH	-.59	.18	.002	-.96	-.22
Engagement	NORM	UPNORM	.19	.09	.046	.00	.39
		HIGH	.32	.12	.013	.06	.57
Disengagement	NORM	UPNORM	-.38	.10	<.001	-.58	-.18
		HIGH	-.40	.13	.002	-.66	-.14

The LSD post hoc analysis for the "Avoidance" scale reveals significant differences in coping strategies based on the level of avoidance. The results about Avoidance scale are shown at table 5. Individuals with high levels of avoidance are significantly less likely to engage in problem-solving strategies compared to those with normal levels of avoidance, as indicated by a mean difference of  $-.34$  ( $p = .040$ ). Similarly, cognitive reappraisal is less common among those with higher avoidance, with mean differences of  $-.32$  ( $p = .034$ ) between "HIGH" and "NORM" and  $-.45$  ( $p = .007$ ) between "UPNORM" and "HIGH." On the other hand, those with normal levels of avoidance are more likely to express their emotions ( $.35$ ,  $p = .025$ ) and seek social support ( $.40$ ,  $p = .013$  between "NORM" and "UPNORM";  $.52$ ,  $p = .011$  between "NORM" and "HIGH") compared to those with higher levels of avoidance.

Additionally, the analysis shows that individuals with higher levels of avoidance are more inclined to avoid problems, with a significant mean difference of  $-.35$  ( $p = .016$ ) between "NORM" and "HIGH." Social withdrawal is also more prevalent among those with higher avoidance, as shown by mean differences of  $-.36$  ( $p = .018$ ) between "NORM" and "UPNORM" and  $-.50$  ( $p = .009$ ) between "NORM" and "HIGH". Moreover, problem-focused coping is more common in individuals with normal levels of avoidance, with mean differences



of  $-.33$  ( $p = .013$ ) between "HIGH" and "NORM" and  $-.32$  ( $p = .027$ ) between "UPNORM" and "HIGH."

Emotionally oriented coping is significantly more likely to be used by those with normal levels of avoidance, with a mean difference of  $.43$  ( $p = .007$ ) between "NORM" and "HIGH." Conversely, emotional disengagement is more prevalent among those with higher avoidance levels, as indicated by a mean difference of  $-.35$  ( $p = .017$ ) between "NORM" and "UPNORM." Furthermore, engagement with the problem is more common among those with normal avoidance, with significant mean differences of  $-.38$  ( $p = .002$ ) between "HIGH" and "NORM" and  $-.26$  ( $p = .052$ ) between "HIGH" and "UPNORM". Finally, disengagement from the problem is more frequent among individuals with higher avoidance levels, as shown by a significant mean difference of  $-.27$  ( $p = .011$ ) between "NORM" and "UPNORM".

**Table 5.**

*ANOVA Results for Avoidance and Coping Strategies*

Dependent Variable			Mean	Std. Error	$p$	95% Confidence Interval	
	(I) AVOIDANCE	(J) AVOIDANCE	Difference (I-J)			Lower Bound	Upper Bound
Problem solving	HIGH	NORM	-.34	.16	.040	-.67	-.01
Cognitive restructuring	HIGH	NORM	-.32	.15	.034	-.63	-.02
		UPNORM	-.45	.16	.007	-.78	-.12
Express emotion	NORM	HIGH	.35	.15	.025	.04	.65
Social support	NORM	UPNORM	.40	.16	.013	.08	.72
		HIGH	.52	.20	.011	.12	.92
Problem avoidance	NORM	HIGH	-.35	.14	.016	-.65	-.06
Social withdraw	NORM	UPNORM	-.36	.15	.018	-.67	-.06
		HIGH	-.50	.19	.009	-.88	-.12
Problem-focused engagement	HIGH	NORM	-.33	.13	.013	-.60	-.07
		UPNORM	-.32	.14	.027	-.60	-.03
Emotion-focused engagement	NORM	HIGH	.43	.15	.007	.12	.75
Emotion-focused disengagement	NORM	UPNORM	-.35	.14	.017	-.64	-.06
Engagement	HIGH	NORM	-.38	.12	.002	-.63	-.14
		UPNORM	-.26	.13	.052	-.52	.00
Disengagement	NORM	UPNORM	-.27	.10	.011	-.48	-.06

## Discussion

The current study aimed to investigate the relationship between attachment styles in close relationship and coping strategies among adolescents. The ANOVA results revealed significant differences in coping strategies across different levels of attachment-related anxiety. Adolescents with higher levels of anxiety were found to engage less frequently in adaptive coping strategies such as problem-solving, cognitive reappraisal, and seeking social support. The negative impact of anxiety on problem-solving, as indicated by the significant



differences suggests that these adolescents may become overwhelmed by their emotional responses, thereby inhibiting their ability to approach problems in a structured and logical manner.

Furthermore, the significant reduction in social support-seeking behaviors among adolescents with high anxiety underscores the relational difficulties often experienced by these individuals. High attachment anxiety is often associated with fears of rejection and abandonment, which can lead to a reluctance to reach out for help, even when it is needed. This avoidance of social support could exacerbate feelings of isolation and helplessness, further impairing the adolescent's ability to cope with stress.

Similarly, the adolescents with higher levels of avoidance were less likely to engage in problem-solving and cognitive reappraisal, both of which are crucial for effectively managing stress. The significant differences suggest that these adolescents may struggle to confront and address stressors directly, instead opting for disengagement or avoidance.

The significant negative correlations between avoidance and both problem-solving and cognitive reappraisal further support these findings. As avoidance increases, adolescents are less likely to use these adaptive strategies, which are essential for managing stress effectively. Instead, they may rely more on emotional and problem disengagement, as indicated by the significant differences observed in the ANOVA results. This disengagement can be particularly detrimental, as it prevents adolescents from addressing the root causes of their stress, leading to prolonged periods of distress and potential long-term negative outcomes. Interestingly, the results also show that those with higher avoidance are less likely to seek social support, which is consistent with the notion that avoidantly attached individuals view others as unavailable or unreliable sources of support. This reluctance to seek help can further isolate these adolescents, making it more challenging for them to cope with stress effectively.

The correlational analysis reinforces these findings, showing a significant negative correlation between attachment anxiety and both problem-solving and seeking social support. This suggests that as anxiety increases, the likelihood of engaging in these adaptive coping strategies decreases, which could lead to more maladaptive outcomes. These adolescents might instead resort to less effective strategies, such as wishful thinking or self-criticism, which were also found to be more prevalent among those with higher anxiety levels.



The integration of the results highlights the profound impact that attachment-related anxiety and avoidance have on the coping strategies of adolescents. Both dimensions of insecure attachment are associated with less effective coping mechanisms, with anxiety leading to emotional overwhelm and avoidance leading to disengagement. It is related with other results which approve the impact of insecure attachment on dysfunctional coping strategies (Craparo et. al., 2018; Daum et. al., 2023; Ramos et. al., 2020; Torquati et. al., 1999). These findings emphasize the importance of addressing attachment insecurities in therapeutic interventions aimed at improving adolescent coping strategies.

For practitioners, these results suggest that interventions should focus on helping adolescents develop more secure attachment patterns, which in turn could enhance their ability to engage in adaptive coping strategies. Attachment-based therapies that aim to strengthen the relational bonds between adolescents and their caregivers could be particularly beneficial. Additionally, programs that teach problem-solving skills, emotional regulation, and effective communication may help adolescents with insecure attachments develop more effective coping strategies.

### Limitations and Future Research

While the study provides valuable insights, it is important to acknowledge its limitations. This research design limits the ability to infer causality, and future research could benefit from longitudinal studies that track changes in attachment and coping over time. Moreover, the study primarily focused on attachment to parents and aggregate values for anxiety and avoidance for ANOVA analysis; expanding the research to include attachment to peers and romantic partners could provide a more comprehensive understanding of how attachment influences coping in adolescence.

### Conclusions

In conclusion, the study underscores the significant role that attachment styles play in shaping the coping strategies of adolescents. Insecure attachment, whether characterized by anxiety or avoidance, is linked to less effective coping mechanisms, such as reduced problem-solving abilities, lower tendencies to seek social support, and difficulties in cognitive reappraisal. By fostering secure attachment relationships and equipping adolescents with adaptive coping strategies, we can better support their development and well-being.

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