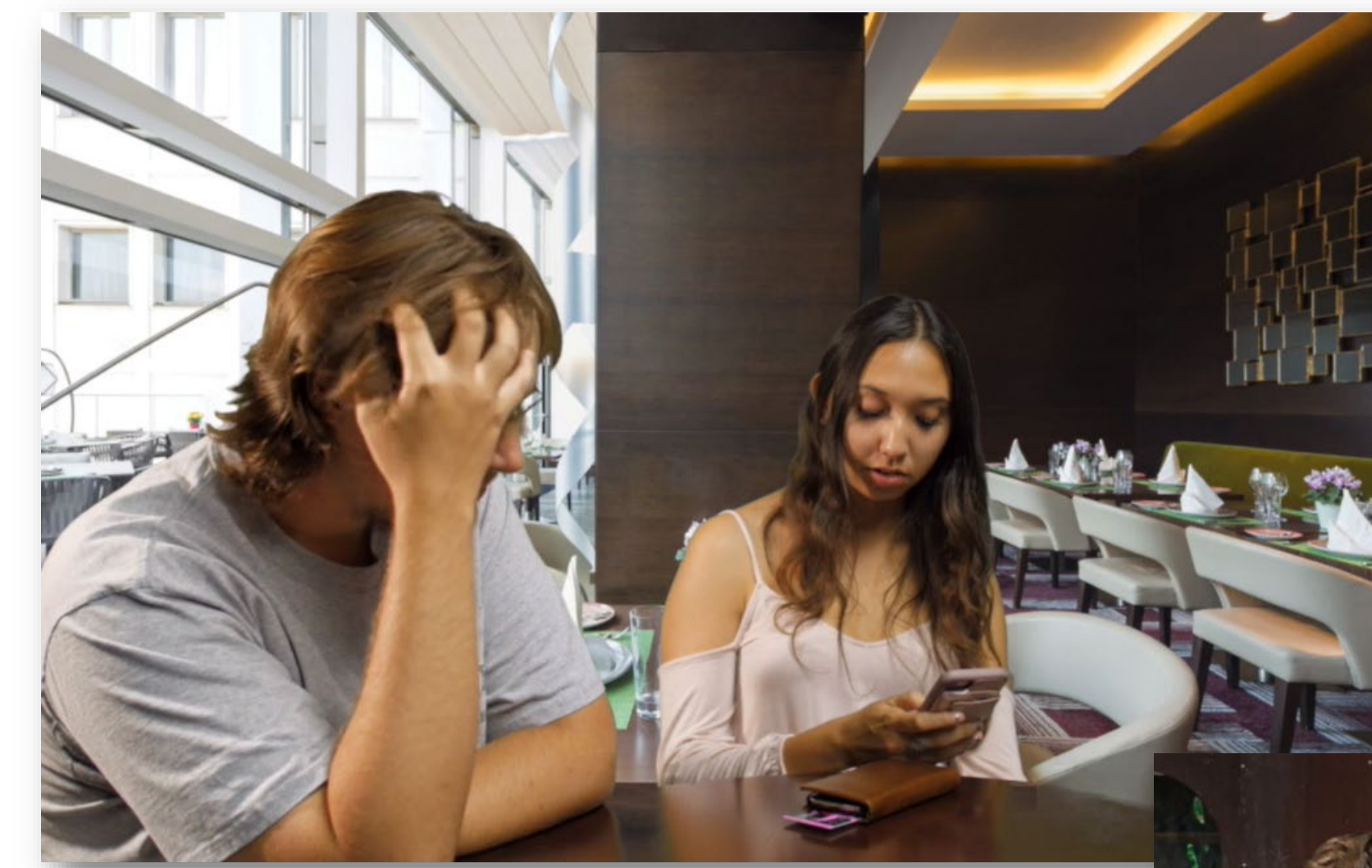


We developed a brief video psychoeducation intervention about attachment theory for young adults, which was acceptable and increased knowledge, self-efficacy, and conflict resolution.

Evidence for a Brief Psychoeducational Attachment-Based Intervention in Emerging Adults

Lindsey Rodriguez, Ph.D., University of Florida



Vignettes explained different combinations of attachment orientations in the real world.



Outcomes

Outcome	Predictor	<i>b</i>	SE(<i>b</i>)	<i>t</i>	β
All Participants					
Attachment- and Communication-related Knowledge	Gender	-.150	.469	-.32	-.028
	Pre-test	-.229	.329	-.70	-.061
	Rel status	.157	.323	.48	.041
	HEAL	1.809	.325	5.57***	.490
Attachment- and Communication-related Confidence	Gender	-.067	.440	-.15	-.014
	Pre-test	-.174	.309	-.56	-.050
	Rel status	.287	.303	.94	.084
	HEAL	1.596	.305	5.23***	.466
Coupled Participants					
Attachment- and Communication-related Knowledge	Gender	.658	.955	.69	.089
	Pre-test	.196	.482	.41	.051
	Rel length	-.017	.012	-1.52	-.188
	HEAL	1.806	.507	3.56***	.466
Attachment- and Communication-related Confidence	Gender	.632	.901	.70	.095
	Pre-test	-.067	.454	-.15	-.019
	Rel length	-.016	.011	-1.44	-.186
	HEAL	1.433	.478	3.00**	.409
Relationship and Conflict Resolution	Gender	.710	.799	.89	.120
	Pre-test	.195	.403	.48	.063
	Rel length	-.004	.010	-.37	-.048
	HEAL	1.341	.424	3.16**	.434

6 Principles For Healthy Communication

What distinguishes happy and unhappy couples is not how much they disagree, but how they disagree. Research shows that if couples communicate in a healthy way, conflicts can be an opportunity get closer and grow stronger together.

A **S** **P** **I** **R** **E**

- Be AWARE.** Look inward and discover your true needs and desires. Dig deep and decipher what it is that is truly bothering you, so that you can communicate that to your partner.
- Be SPECIFIC.** Don't overgeneralize when communicating your needs and desires. Be specific to ensure you and your partner are both on the same page, and address concerns quickly and effectively.
- Keep PERSPECTIVE.** Team up with your partner to overcome the problem. Remember, it is you both against the problem rather than against each other. Keep the long-term health of the relationship in mind.
- Use I-WORDS.** Communicate what you need rather than what your partner is doing wrong. Take responsibility for your actions and your partner will likely do the same.
- Show RESPECT.** We cannot control the behavior of others, but we can control our own behavior. Thus, be the best partner you can be, by showing care, concern, and love. Set a precedent for respectful communication.
- Remain EVEN-TEMPERED.** Don't have conversations when either of you are upset as this can escalate the conflict. Hold off until you are both calm, increasing the chance of resolving the issue.

The HEART Lab at University of South Florida, St. Petersburg: Project HEAL

- ❖ HEAL is an acceptable program that can be delivered remotely and results in increased knowledge and confidence about how attachment influences romantic decisions.
- ❖ The HEAL program also resulted in better conflict resolution and less frequent and severe conflicts among participants who were in romantic relationships.
- ❖ We are currently testing this program further to examine mental health outcomes and intervention mechanisms and moderators.



Let's chat!
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