

Castlewood Treatment Center is using the Adult Attachment Interview (AAI) at admission to measure our client's initial attachment style, and then again post discharge to measure changes to that attachment style. It is our belief that by helping clients move towards an "earned secure" attachment they may begin to seek comfort from people rather than their eating disorder other addictions when in distress. If you are a provider and would like a copy of the AAI please feel free to email us at info@castlewoodtc.com or use the copy below. If you are a prospective client we ask that you not take the AAI in advance, as it is only valid when administered by a professional.

Allow 45 minutes to 1.5 hours for each interview

In between Questions

- How did you respond to that?
- Do you remember how you felt?
- Could you elaborate?
- A specific question about something they said, but not anything leading

Make sure the recording light is on

Ask for Name (or client number), Age, Date

Probe appropriately, don't ever push too much but this is especially important for the adjective questions. Also, if they start to talk about adulthood try and refer back to childhood.

Also say your name on the recording

AAI Questionnaire

I am going to be interviewing you about how your childhood experiences may have affected your adult personality.

- 1. 1. Could you start by helping me get oriented to your early family situation, where you lived, where you born, if you moved around a lot, what your family did for a living, if you have siblings, etc? (spend 2-3 minutes on this question)**
 - 1. a. Who would you say raised you? (ask if it seems like they might have been raised by several persons) Did other people live in your home growing up?**
 - 2. b. Ask about grandparents-if they were a part of their life, if they are still alive, etc if not alive, ask when they died, if they knew much about them.**
- 2. 2. I'd like you to try to describe your relationship with your parents as a young child, starting from as far back as you can remember. (encourage 5 or earlier, but age 5-12 ok)**
- 3. 3. Now, I'd like you to choose 5 words or adjective that reflect your relationship with your mother starting from as far back as you can remember in early childhood-early as you can go but say age 5-12 is fine.**

1. a. Now let me go through some more questions about your description of your childhood relationship with your mother. You say your relationship was _____. Can you think of a memory or incident that would illustrate why you chose _____ to describe the relationship?
 1. i. Repeat with all 5 words
 2. b. Repeat the above with father.
 3. c. Repeat with any other primary caregiver.
4. 4. Which parent did you feel closest to and why? Why isn't there this feeling with the other parent?
 1. a. Ask even if it is previously discussed. I know you've already discussed this but I'd like to ask you about it briefly anyway
5. 5. When you were upset as a child what would you do?
 1. a. When you were upset emotionally when you were little what would you do? Can you think of a specific time that happened?
 2. b. Can you remember what would happen when you were hurt physically? Do any specific incidents come to mind? Any other incidents?
 3. c. Were you ever ill when you were little? Do you remember what would happen?
 4. d. If not spontaneously reported ask if the client remembers being held by either of his/her parents at any of these times- when upset, hurt or ill?
6. 6. What is the first time you remember being separated from you parents?
 1. a. How did you respond? Do you remember how your parents responded?
 2. b. Are there any other separations that stand out in your mind?
7. 7. Did you ever feel rejected as a young child? (even if they now know it wasn't rejection, but at the time of being a young child felt rejected)
 1. a. How old were you when you first felt this way, and what did you do?
 2. b. Why do you think your parent did those things-do you think he/she realized he/she was rejecting you?
 3. c. Did you ever feel pushed away or ignored?
 4. d. Were you ever frightened or worried as a child?
8. 8. Were your parents ever threatening with you in any way- maybe for discipline or jokingly?
 1. a. For example, some have said that their parents would threaten to leave them or send them away from home
 1. i. If yes, ask specifically about only one form of punishment (like silent treatment)
 2. b. Some people have memories of threats or some kind of behavior that was abusive.
 1. i. Did anything like this ever happen to you, or in your family?
 1. 1. How old were you at the time? Did it happen frequently?
 2. 2. Do you feel this experience affects you now as an adult?
 3. 3. Does it influence you approach to your own child?
 4. ii. Did you have any suck experiences involving people outside you family?
 1. 1. Use same probes as previous question.

9. **9. In general, how do you think your overall experiences with your parents have affected your adult personality?**
 1. **a. Are there any aspects of your early experiences that you feel were a setback in your development? A negative effect on the way you turned out?**
10. **10. Why do you think your parents behaved the way they did during your childhood?**
11. **11. Were there any other adults with whom you were close, like parents, as a child?**
 1. **a. Or just any other adults you were close to?**
12. **12. Did you experience the loss of a parent or other close loved one while you were a young child- for example, a sibling, or a close family member?**
 1. **a. Could you tell me about the circumstances, and how old you were at the time?**
 2. **b. How did you respond at the time?**
 3. **c. Was this death sudden or was it expected?**
 4. **d. Can you recall your feelings at the time?**
 5. **e. Have your feelings regarding this death changed much over time?**
 6. **f. Did you attend the funeral and what was this like for you?**
 7. **g. If it was a parent or sibling- What would you say was the effect on your (other parent) and on your household, and how did this change over the years?**
 8. **h. Would you say this loss has had an effect on your adult personality? (if applicable, on your approach to your own child?)**
13. **13. Did you lose any other important persons during your childhood?**
 1. **a. Have you lost other close persons, in adult years? (Go through same queries as above)**
14. **14. Other than any difficult experiences you've already described, have you had any other experiences which you would regard as potentially traumatic? (anything which was overwhelmingly and immediately terrifying)**
15. **15. Now I'd like to ask you a few more questions about your relationship with your parents. Were there many changes in your relationship with your parents (or remaining parent) after childhood? We will get to the present in a moment, but right now I mean changes occurring roughly between your childhood and your adulthood?**
16. **16. Now I'd like to ask you, what is your relationship with your parents like for your now?**
 1. **a. Do you have much contact with your parents at present?**
 2. **b. What would you say the relationship with your parents is like currently?**
 3. **c. Could you tell me about any (or any other) sources of dissatisfaction in your current relationship with your parents? Any special sources of sources of satisfaction?**
17. **17. I'd like to move now to a different sort of question-it's not about your relationship with your parents, instead it's about an aspect of your current relationship with (current children)? How do you respond now, in terms of feelings, when you separate from your child/children? Do you ever feel worried about your child?**

