

Original research

**Explaining the influencing factors of children's choice of attachment style based on parents' dismissive insecure attachment and ambivalent styles**

Fatemeh Babanoori,<sup>1</sup> Reza Rostami\*,<sup>2</sup> Mehdi Reza Sarfaraz<sup>3</sup>

**Abstract**

**Introduction:** Parents' attachment styles have many effects on children's attachment styles. The present study was conducted with the aim of explaining the role of the inhibitory and facilitating factors in parents' insecure, avoidant and ambivalent attachment styles on the choice of children's attachment style.

**Research Methods:** This study was a qualitative research with a theoretical approach. The statistical population of the research included all people aged 25 to 40 who referred to the Atiyeh Clinic in Tehran in 2021, from which 60 people were selected, and then 25 people who had the conditions to enter the research were purposefully selected as a sample. The data were collected simultaneously and analyzed using grounded theory coding method (open, axial and selective).

**Findings:** The results showed that the influencing factors including 38 primary classes, 4 main classes and one central class were extracted in the process of explaining the attachment styles of parents in determining the attachment style of children. The 4 main floors included the sliding bed of security, striving for the integration of body and soul from the path of power, the maze of the path, and the umbrella of support.

**Conclusion:** In order to pay attention to the choice of children's attachment style in a family with two insecure parents, attention should be paid to the components of the sliding bed of security, striving for the integration of body and mind from the path of strength, the twists and turns of the path, and the umbrella of support.

**Keywords:** avoidant and ambivalent attachment style, children, insecure, parents

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<sup>1</sup> - PhD Student in Psychology, Department of Psychology, Science and Research Branch, Islamic Azad University, Tehran, Iran, [fatemehbabanoori402@gmail.com](mailto:fatemehbabanoori402@gmail.com)

<sup>2</sup> - PhD in Psychology, Department of Psychology, Faculty of Psychology and Educational Sciences, University of Tehran, Tehran, Iran, Tell: 09132837643, [rostamir@ut.ac.ir](mailto:rostamir@ut.ac.ir)

<sup>3</sup> - PhD in Psychology, Department of Psychology, Faculty of Psychology and Educational Sciences, Shiraz University, Shiraz, Iran, [sarfarazmr@ut.ac.ir](mailto:sarfarazmr@ut.ac.ir)



## Introduction:

Attachment theory refers to the internal tendency to establish emotional relationships with certain people, a tendency that is a basic and important component of human nature. This tendency already exists in babies and continues throughout adulthood until old age (1). From Balbi's point of view, attachment is an emotional relationship that is formed in childhood, but its influence is not limited to this initial period of development, but it casts a shadow on all subsequent stages of life. In other words, emotional attachment creates a foundation that lasts until old age (2). Attachment can be defined as an emotional bond between a child and his parents, which the child uses as a safe place and a source of comfort and is very effective on his interpersonal relationships in the future (3).

Undoubtedly, early childhood experiences affect different aspects of his future life. Mother and child are wonderfully connected in their lives, and this connection is so close that it can be the origin of two completely opposite influences on the formation of a person's personality. On the one hand, if the relationship between the mother and the child is destroyed, it can cause the child to suffer from various mental disorders and then cause all kinds of mental suffering for himself and others, and on the other hand, it can turn the child into a developed, complete, and normal human being (4). Attachment is the basic element of human natural evolution (5), and it refers to the instinctive ability of humans to create a strong and emotionally meaningful connection with the people around them and their caregivers (6). In general, it can be said that each group of parents treats their children in a different way than others, according to the type of personality and psychological characteristics they have, and such diversity in the educational and behavioral methods of parents causes the formation of three attachment styles, which are: a. Safe b. avoidable unsafe and c. Ambivalent insecure. The secure attachment style is the majority of children who consider the caregiver as a safe base for searching in the environment, do not have separation anxiety in his absence, or calm down quickly when he returns. The parents of these children are responsive, available and sensitive to the child's needs (7).

Research shows that people with an insecure attachment style tend to see the relationship through the lenses of fear and anxiety, while people with a secure attachment style tend to understand the relationship with more trust (8). The avoidant insecure attachment class has the least physical and intimate interactions with their parents and caregivers, they are indifferent after the caregiver's separation and avoid him when they meet him again. The parents of these children are often withdrawn, introverted and rejecting and do not feel comfortable interacting with the child (7, 9). As a result, the uncoordinated performance of parents with each other and with the child causes the ambivalent insecure attachment style. Failure to respond on time and sometimes inappropriate response creates doubt in the child towards the caregiver and in the future makes him a hysterical character who runs away from intimacy, is capricious and while depending on others, she tries to stay away from close ties with them (9). Researchers in the field of attachment make great efforts to identify predictor variables of child attachment styles and how these styles are formed and transmitted. In a research, it was found that in at least 75% (10), or even more than 80% (11) of the cases, the attachment style of the mothers of 12-month-old children, which was assessed by the adult attachment interview, predicted how their children responded in unfamiliar situation.

However, evidence on the intergenerational transmission of attachment suggests that transmission of attachment style from mother to infant is more likely in secure than insecure attachment styles. According to this theory, children transfer the behavioral patterns they experienced with their parents during their childhood to their relationship with their children through identification with their parents, and their children in turn transfer the same pattern to the next generation. In this way, healthy and unhealthy interactive patterns are transmitted from one generation to another through family subcultures, so that there is a correlation between the attachment of safe class mothers and the attachment of safe children (12).

According to Balbi, the primary characteristics of the mother have an important effect on the attachment relationship (2). Failure of parents to create a warm, sensitive and responsive relationship in the first year of life causes persistent behavioral problems in the child (13). Based on Muller et al., 76% of children who have been exposed to parental misbehavior have revealed one of the insecure attachment styles (14). Balbi believes that in the second and third years of their lives, children will begin to explore the environment and develop internal working models in order to predict the behavior of caregivers or other significant people in their lives (2). Based on their experiences with caregivers, working models help children assess interpersonal situations and plan to respond to them. Working models of self and attachment figures lead to generalized perceptions of self-respect and self-competence as well as caring behaviors. When these models are unsafe, they play an important role in children's anger, lack of trust, anxiety and fear. In general, it can be said that mothers of safe children have a better understanding of their children and their relationship with their children, these mothers are more extroverted than mothers of insecure children (15, 16). Through some of the mother's personality characteristics, such as the mother's socialization and empathy, having more positive emotions, which itself leads to less conflict with the child in problem-solving situations, the mother's development and the complexity of her thinking, the mother's interpersonal emotions, the mother's "I" power, safety can be predicted the child's attachment (17). How to transfer the attachment of parents to the child and the factors that prevent and facilitate it and how the psychological characteristics of parents affect the quality of attachment of children is one of the basic questions. Cassidy et al., proved the existence of a non-genetic mechanism for the transfer of attachment and emphasize the influence of the personality characteristics of parents, especially mothers, on the child's attachment through constant communication (18). Balbi also believes that there is a connection between a person's childhood experiences of his parents and his subsequent parental behavior. In other words, the mother's pattern of relationship with her mother affects her ability to pay attention and deal with her child's symptoms and therefore her ability to respond to him in a sensitive and coordinated way (19).

The results of Hautamäki et al. (2010) showed the continuity and continuity of secure attachment in three generations and revealed a kind of alternation or reverse pattern in avoidant and ambivalent attachment: child and grandmother, with avoidant attachment, mother with ambivalent attachment or the attached child and grandmother were ambivalent and the attached mother was avoidant (20). A meta-analysis conducted on 661 mother-child couples showed that the secure attachment style matched their children in 75% of mothers; That is, with 75% accuracy, children's secure

attachment style can be predicted based on mothers' attachment style (10, 11). Attachment theory provides an important developmental framework for understanding the impact of primary relationships with caregivers on processes that are effective in the occurrence of psychological trauma in people, such as cognitive behavioral expectations, emotional behavioral regulation capacity, and stress coping strategies. Secure attachment organization is a protective factor against psychological damage and causes normal transformational path, and in contrast to the insecurity of personality organization, it is considered as a risk factor and increases the probability of mental disorders (21). Research findings also show that attachment injuries affect the phenomenon of anxiety symptoms through the occurrence of interpersonal problems (22).

So far, the importance of the role of the mother or the primary caregiver and the individual's mental representations of the caregiver and its role in the formation of internal working models and attachment styles as well as the intergenerational transmission of attachment styles have been mentioned. It was also decided according to the stability of mental representations over time from childhood to adulthood. In this research, through clinical interviews focusing on the intergenerational transmission of attachment, with people who were faced with two different work models in the path of transformation, the question of how different work models from mother and father contribute to the development of a preferred attachment strategy for their children. In other words, the underlying mechanisms in the intergenerational transmission of attachment styles were explained and identified. Understanding these transmission mechanisms helps to develop intervention programs so that specialists in this field can strengthen positive characteristics and prevent the transmission of harmful characteristics in the relationship between parents and children. Also, by developing educational and therapeutic programs, it helps families to be aware of the possibility of intergenerational transmission of positive and negative characteristics in their relationship with their children and to facilitate the transmission of healthy characteristics. Considering the research gap and the importance of the subject, the present study was conducted with the aim of explaining the effective, contextual, inhibiting and facilitating factors in the insecure, avoidant and ambivalent attachment styles of parents on the choice of children's attachment style.

### **Research Methods:**

This research is a qualitative grounded theory study. The research tool included unstructured and semi-structured in-depth interviews in the form of open and in-depth questions with the aim of investigating the inhibiting and facilitating factors in insecure, avoidant and ambivalent attachment styles of parents on the choice of children's attachment style, which was conducted in 2021. The participants were among women and men aged 25 to 40 who referred to the Atiyeh Clinic in Tehran in a targeted way, including 25 people (who have an avoidant or ambivalent attachment style, and one parent has an avoidant style and the other parent has an ambivalent attachment style), that participated in an in-depth interview focusing on the basic question of the research. The sampling process was terminated when the new samples did not add any data to the previous data. The criteria for entering the study was at least 25 years old and at most 40 years old, also these people must have an avoidant or ambivalent attachment style and have one parent with an avoidant style

and another parent with an ambivalent attachment style. People who did not meet these conditions were excluded from the study.

The semi-structured adult attachment interview (AAI) was used to measure the attachment style of the participants and their parents. After interviewing 60 participants, 25 people were finally selected as samples. Most of the interviews were conducted at the psychology clinic and some interviews were conducted at the participants' homes. The main method of data collection in this research was unstructured in-depth interview and semi-structured interview. Other methods such as observation, taking notes in the field, writing memos and reading memories in blogs were used in order to gain confidence and strengthen the findings. The initial interviews were completely open and unstructured, and gradually the researcher reached concepts as a result of the data analysis that was done at the same time as the data collection. Afterwards, the interviews gradually became a bit more structured and questions to ask the participants were formed in the researcher's mind.

Data analysis was done by Strauss and Corbin method (23) and simultaneously with data collection. The point of analysis in this method included coding, constant comparison, theory sampling, concept development and the connection of concepts with each other and finally the emergence of theory. Strauss et al. (1998) define coding as extracting concepts from raw data and developing them in terms of characteristics and dimensions, and consider it to include three stages of open, central, and selective coding, or the integration of layers; following them, these steps were carried out by the researcher. After the interviews were recorded, they were listened to several times by the researcher, and after being implemented word by word and typed, they were ready to be coded. Coding is breaking down the data and describing the concepts that represent the raw data (23). In the open coding stage, which started after the end of the first interview, the text of each interview was reviewed word by word and line by line and the data was broken into meaningful parts. At this stage, the main phrases were extracted and we assigned a code to each phrase according to the concepts of that phrase. These codes were either derived from the participants' own words or the result of the researcher's reasoning from the concepts hidden in the data (24). These codes were written in the word software program as suggestions in the margin of the interview text. Then the researcher compared the codes and similar codes were placed together based on characteristics and dimensions. In this way, the initial classification of the codes was done and a number of key concepts and classes were identified that reflected and recounted certain aspects of people's experiences in facing dreams with two attachment style strategies from childhood to adulthood. At this stage, a large number of initial raw codes were obtained, but due to overlapping with other codes, these numbers decreased and again, as a result of continuous reduction and trimming of codes, more mastery was achieved and the ability to choose more suitable concepts, again the initial concepts were reduced. During coding, the researcher paid attention to the questions of who or what, when, where and how, in order to achieve a concept and specify its characteristics and dimensions, if a question came to his mind, he wrote it in the list of reminders and the path of the interview and determined the next questions in this way. While open coding crushes coherent data and information and breaks them into concepts and classes, axial

coding places data in main classes and sub-classes with new formatting. Of course, it should be mentioned that Corbin et al. (2008) integrated open and axial coding, considered them together, and considered axial coding to communicate and connect concepts to each other. The third stage was selective coding. In this stage, the researcher discovered the main concern of the participants by comparing the data and using techniques such as writing descriptive stories, using diagrams and conceptual models. Then, by re-exploring the data, their main strategy in response to this concern emerged, that is, the same main class. At this stage, to build the underlying theory, the categories were related to each other and by linking the classes and the central class, the final theory of the research was processed around the center class and based on the hidden story in the data. When the analysis and the resulting theory are about to be completed and completed, the researcher went through the existing articles and texts to familiarize himself with the published works in the field of the subject under study and helped to expand his theory. In line with the emergence of concepts in cases that were a challenge in the development of his theory, the researcher collected additional data to identify more properties of the concepts. Theoretical sampling also helped in obtaining the information needed to complete the theory. Theoretical sampling helped to demarcate the theory and when theoretical saturation was reached, data collection was stopped. This action was taken when there was no new information about the categories from different sources, all the dimensions of the categories were described, the relationship between the categories was established, and the central variable and the theory were fully formed.

In line with data robustness, which aims to ensure that the study accurately represents the experiences of research participants. Schwandt et al. (2007) mentioned the four criteria of validity, reliability, confirmability and transferability as criteria of accuracy and robustness in qualitative research (25). In this study, these four criteria were applied.

In line with ethical considerations, this project was approved by the research committee of the Faculty of Human Sciences of Azad University of Science and Research. At the beginning, the researcher, while introducing himself, clearly explained the research and the purpose of conducting it to each of the participants. The purpose of recording the interview and how to use their conversations was explained. The participants were assured about the confidentiality of the interviews and their informed consent for participation was obtained. It was explained to the participants that at any stage of the research, if they did not want to continue, they could withdraw from the study. The time and place of the interview was determined with the consent of the participants and they were assured that if they wish, the results of the research will be provided to them and their information will remain completely confidential.

### **Findings:**

The results of data review and analysis are listed in Table 1. In this study, by examining and comparing categories, the main classes formed are as described in Table 1.

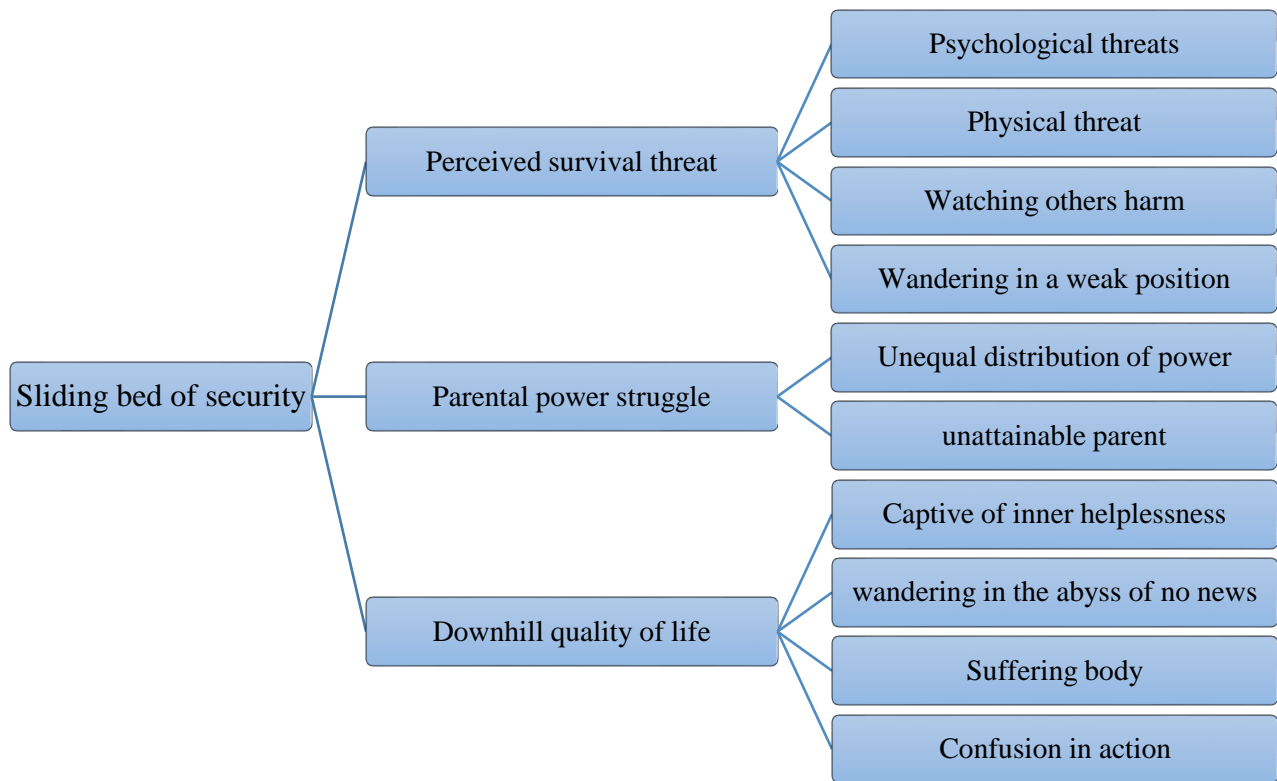


**Table 1.** Showing the main classes resulting from the data analysis

Central floor	Axial floor	Primary classes	Under classes
Struggle for the integration of body and mind through the path of power	Sliding bed of security	Perceived survival threat	Psychological threats, Physical threat, Watching others harm, Wandering in a weak position
		Parental power struggle	Unequal distribution of power, unattainable parent
		Downhill quality of life	Captive of inner helplessness, wandering in the abyss of no news, Suffering body, Confusion in Action
	Support umbrella	The appropriate social status of parent	The right job position, the right educational position, the right financial position, the right family position
		A quality relationship	High sensitivity to the child's emotions, demands, response to the child's needs, stable and predictable behavior of parent
		Long-term contact time	Few children, stay-at-home parents
		Favorable support	Adequate financial support, high emotional support, desirable physical support, required verbal support
	Twist and turn of path	Improper social status of parent	Improper job position, improper academic position, improper financial position, improper family position
		Lack of support	Lack or lack of financial support, lack or lack of emotional support, lack or lack of physical support, lack or lack of verbal support
		Deficiency in the quality of relationship with parents	Low sensitivity to emotions, child's wishes, lack of response to the child's needs, unstable behavior of parent
		Low communication time	Long working hours, second wife, parental illness

According to the results of Table 1, the central floor of the struggle for the integration of body and soul is from the path of power, which includes two or three axial floors of the sliding bed of security, support umbrella and the maze of the path. Based on the data analysis, the slippery slope of security also includes the perceived threat of survival, parental power struggle, and declining quality of life. Threats in the mental realm, threats in the physical realm, witnessing another's harm, and wandering in a position of weakness are considered under the category of perceived threat to survival. Unequal distribution of power and unattainable parent under the category of parental

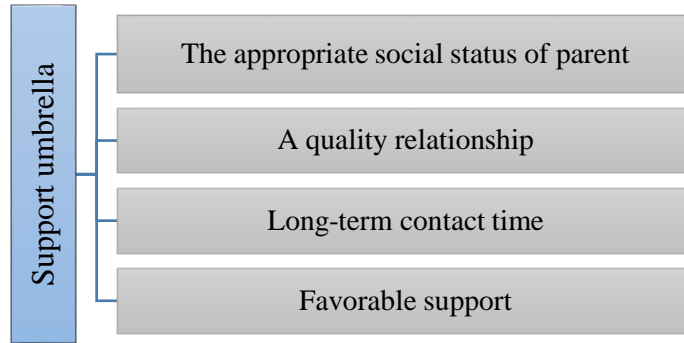
power struggle and captive of inner helplessness, wandering in the abyss of ignorance, suffering body and confusion in practice is also considered under the downhill category of quality of life.



**Figure 1.** Sub-components of the sliding bed of security

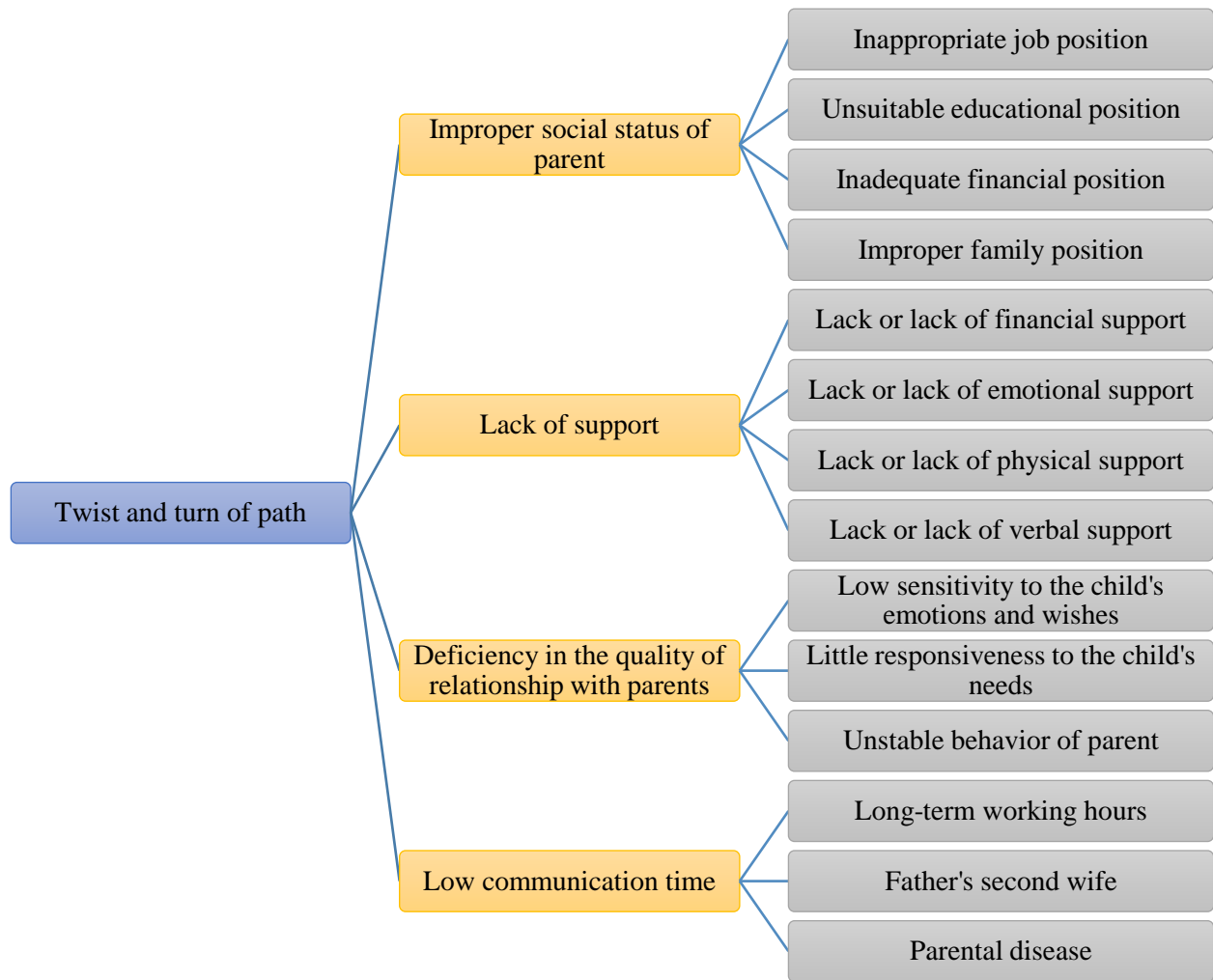
Among the other central classes that influence the attachment style of children, we can mention the protective umbrella. Based on Figure 2 and Table 1, the support umbrella has been formed in the form of appropriate social status, high quality of relationship, time spent, and desired support. The superior social position is based on the right job position, the right educational position, the right financial position and the right family position. A quality relationship includes high sensitivity to the child's emotions, demands, responsiveness to the child's needs, and stable and predictable behavior of the parent. The number of children and stay-at-home parents are also considered as long-term relationships. According to Table 1, appropriate financial support, high emotional support, desirable physical support, and needed verbal support are also under the category of desirable support.





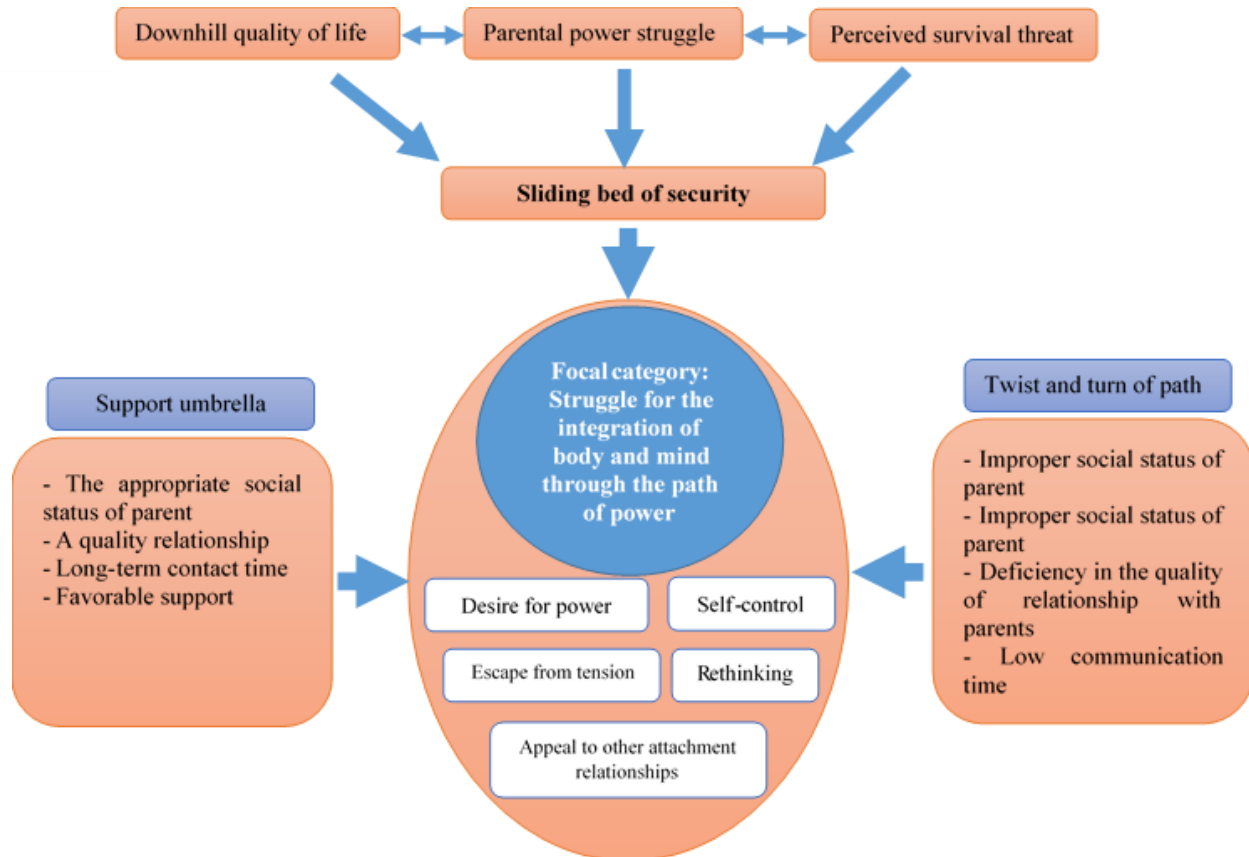
**Figure 2.** Sub-components of the support umbrella

According to Table 1 and Figure 3, the parent's inappropriate social status, incomplete support, failure in the quality of communication with parents, and low communication time formed the initial stage of the maze of the path. Inappropriate job status, inappropriate educational status, inappropriate financial status, and inappropriate family status were the four subcategories that formed the initial class of the parent's inappropriate social status. Absence or lack of financial support, lack or lack of emotional support, lack or lack of physical support, lack or lack of verbal support were the four subcategories of incomplete support. Low sensitivity to emotions, child's demands, little response to the child's needs, unstable behavior of the parent were the three categories that formed the failure in the quality of communication with parents. Long working hours, parent's illness, father's second wife were under the category of low communication time.



**Figure 3.** Sub-components of the twist and turn of path

Based on the obtained data and comparing the classes and creating concepts between them, the general model of the research can be designed as follows.



**Figure 4.** Effect model of research variables on child's attachment style

According to the research model, a child with parents of insecure, avoidant and ambivalent attachment styles, in order to choose his own attachment style, will have problems in the direction of the integration of body and mind, which was extracted from the path of power under the title of striving for integration of body and mind. This focal variable and category is under the influence of the central variable of the sliding bed of security as effective background factors on the one hand, and the protective umbrella and the maze of the path as intervention variables on the other hand. Perceived threat of survival, parents' power struggle and the decline of the quality of life by creating a slippery platform of security are effective on the child's effort to integrate the body and mind through the path of power. Suitable social status, high quality of relationship, duration of time spent with parents and optimal support from each of the parents under the umbrella of support components were extracted as one of the effective intervention factors on the child's physical and mental integrity. Also, the inappropriate social position of the parent, incomplete support, failure in the quality of communication with parents, low communication time formed the first stage of the maze of the path.

## Discussion

The present research was conducted qualitatively using the theoretical approach based on Strauss and Corbin (1998). The sample of the current research included 25 people (25 to 40 years old) with the aim of discovering their experiences about the influencing factors of children's choice of

attachment style based on parents' insecure, avoidant and ambivalent attachment styles, with whom an in-depth interview was conducted focusing on the main question of the research. Then the analysis method of Strauss and Corbin (1998) was used to extract the findings.

The results of the research showed that children's attachment style can be predicted based on parents' attachment styles, and according to the participants, children's attachment style will be influenced by parents' attachment style. The research results are in line with the findings of Basharat, Jabari, and Saadati (26). In their research, they showed that there is a significant relationship between the attachment indices of parents and children, and the attachment indices of parents can predict the attachment indices of children. Also, attachment styles are transmitted from parents to children intergenerationally. In this study, all three mother's attachment styles (secure, avoidant, ambivalent) were able to predict the child's attachment styles (secure, avoidant, ambivalent). Shah et al. (27) showed that some psychological characteristics are transferred from parents to children in the process of intergenerational transmission. The quality of a person's attachment is dependent on the state of mind or attachment strategies in attachment pictures, caregivers or those who play with the child, and the quality of attachment is transmitted from parents to children (28-30). In line with the explanation of the findings of the current research and similar researches, it can be said that the characteristics of attachment can be transferred from one generation to another. Intergenerational transmission refers to the transmission of behavior, characteristics and tendencies of one generation to the next generation. According to the theory of intergenerational transmission, parents of each generation tend to show some characteristics that they have seen from their own parents (31). Therefore, it can be said that attachment styles are passed from parents to children and have great effects on the choice of children's attachment style. Based on the model and findings of the research, children with parents with insecure, avoidant and ambivalent attachment styles suffer from coldness and incoherence of body and mind in choosing their attachment style, which is called the focal category of will in this research. Based on the focal category of the research, the main problem of these children is that they get confused in establishing a relationship with their parents. Because the style learned to communicate with one parent is not possible for the other parent, in such a situation, the child experiences a kind of physical-psychological incoherence. In fact, the main concern of these children is to achieve the harmony of body and mind, which is affected by many factors. Influencing factors are usually those events that affect phenomena (23, 24).

In response to the main question of the research about the factors influencing the choice of children's attachment style based on parents' insecure, avoidant and ambivalent attachment styles, from the perspective of the participants, the results showed that two groups of factors including background factors and intervention factors are effective in this process. Background factors are a set of factors that come together in a specific place and time to create a set of situations or issues that people respond to through their interactions (23). In the theoretical model of this research, the influential background factors that cause disruption of the physical and psychological cohesion of these children were obtained in the form of one main floor and three sub-floors: the main floor included the sliding bed of security. The slippery slope of self-security was in the form of three

subcategories, including perceived threat to survival, parental power struggle, and declining quality of life. In explaining this finding, it can be said that a child needs to communicate with his parents to maintain his survival and meet his needs. These children with parents with insecure ambivalent or avoidant attachment find themselves in a slippery bed of security, which leads to unpleasant experiences for them. In this study, the perceived threat of survival, parental power conflict, and the decline in the quality of life were the conditions that affected the consequences of being in a family with two different attachment styles and the process of adapting to these conditions. Such a child with an ambivalent or avoidant parent due to violence, rejection, loneliness, humiliation, worthlessness, beating or similar factors, sometimes finds himself exposed to imminent death or psychological disintegration. Therefore, such a child experiences an unsafe environment. Usually, in these families, the power is not divided equally in the house and one person takes the power. A person who should be feared or listened to in the children's home, his words should be the first priority in the house, even the other parent acts under his supervision and opinion to some extent. In the interview with the participants, it was found that one of the factors that lead to the choice of their preferred attachment style is imitating a parent who has gained power. At the stage where children see themselves in a position of weakness compared to their parents, they face perceived threats in the mental and physical spheres for themselves and other family members. It makes them strengthen their desire to be like the powerful parent in the unequal power struggle between their parents so that they can maintain their physical and mental survival and integrity. In such a situation, the person experiences a decline in the quality of life in various fields such as physical-psychological and social health, and their educational, working and communication status is affected. Balbi believed that the caregiver's availability and continuous responsiveness to the child's efforts to reach peace and security determines the quality and style of the child's attachment (2).

Intervening factors also include general and extensive factors that affect the processes and strategies. They facilitate or limit strategies within a specific context (23). The protective umbrella and the maze of the path were also among the intervention factors in the choice of children's attachment style. Appropriate social status, high quality of relationship, time spent with parents and favorable support from each parent are considered as subclasses of the umbrella of support. From the point of view of the participants, the support umbrella is considered a positive intervention factor on the individual's effort towards the integration of body and mind. The participants believe that the support umbrella through the mentioned sub-classes causes them to choose one of the attachment styles and achieve some kind of internal coherence. In this regard, in order to maintain the survival and integrity of his body and mind, the child looks for a way to experience less harm and suffering. One of the things that creates this strong feeling in the child is the parents who have a high position in the society. The child imagines himself in that position by imitating and being similar to him. This position can include the educational position, the family position, the job position and the financial position for each of the parents. The participants' experiences showed their need for family support. All of them emphasized the importance of the key role of parental support in the form of physical, emotional, verbal and welfare support. The

high quality of communication includes seeing the needs and positive or negative emotions of the child, being sensitive to the child's pain and suffering, and responding to the child's need for unconditional love and attention from the parent's side, and stability in the parent's behavior with the child. Another component that encouraged the participants to model their parents' attachment style was the length of time they were in contact with their parents. The longer this time was along with other components, the higher the probability that the child would choose the attachment style of the parent who spends the most time with him. All these things together prepare the child to choose a parent's attachment style in order to adapt to the psychological disturbances and threatened survival (32). Such a person is placed in the struggle for the integration of body and soul through the path of power. He takes different paths for his mental integrity and physical health. In this way, sometimes through the path of self-control and rethinking, sometimes by resorting to other attachment-oriented relationships, he tries to escape from the existing tensions and satisfy his innate desire to maintain survival through the path of becoming powerful, which makes this power able to calm down his disturbed psyche.

The maze of the path is considered to be another interfering factor in the integration of children's body and mind. The conditions that prevent people from trying to properly deal with the conditions that arise in the family, were presented as the twists and turns of the path. These barriers are factors that, by adding to psychological problems and threats to a person's cohesion, prevent the choice of one parent's attachment style and the tendency to choose the other parent's attachment style (33). The twists and turns of the path consist of the subclasses of inappropriate social status of the parent, low quality of the relationship, short communication time, lack of support from the parent. One of the factors that prevents the child from choosing the parent's attachment style is the inappropriate position of the parent in terms of finances, family, education and work in society. The more inappropriate the parent's position is from a social point of view, the more unconsciously the child tends to avoid choosing that parent's attachment style. The low quality of parent-child communication was another twist and turns in the path of choosing a parent's attachment style. The low quality of the relationship means the lack or absence of real presence of the parent, attention, love, caressing, affection, empathy, conversation with the child. The lack of support from the family caused a lot of damage to the children and caused the child to not have the desire to create a relationship between himself and the parent. The last obstacle in choosing a parent's attachment style is the duration of the meeting and the lack of communication between the child and the parent. Parents who are present at work for long hours, families with a large number of children, parents who are ill, and also those who have taken a second wife, usually the quantity of their relationship with their children is not enough.

This research had some limitations, including the lack of cooperation of some parents to participate in the research. Also, this research was limited to a certain population, including those who referred to Atiyeh Clinic in Tehran, so the generalization of the results should be done carefully. In order to increase the power of generalization, it is suggested that this research be done in different places and with samples from different ethnicities and different cultural contexts. The model of the present research was to understand more the influencing factors of children's choice of attachment



style based on parents' insecure, avoidant and ambivalent attachment styles. It is suggested that the results of this research be compared with the results of other similar researches. In order to apply the results of this research, counselors, psychologists and university lecturers can pay attention to these results in order to treat disorders. It is recommended to the therapists to pay attention to the attachment styles of the parents in order to pay attention to the attachment style of the children.

### **Discussion and conclusion**

The data of the present research shows six hypotheses based on the theoretical diagram that is the result of the focal category, background factors and intervening factors: 1- Children's attachment style can be predicted based on parents' attachment styles. 2- Based on the findings of the model, children with parents with insecure, avoidant and ambivalent attachment styles suffer from coldness and incoherence of body and mind in choosing their attachment style. 3- Background factors of influence that cause disruption of the physical and mental cohesion of these children. It includes the main layer of the sliding bed of security, which has three sub-layers including perceived survival threat, parental power struggle, and quality of life slope. 4- Intervening factors include support umbrella and path maze. 5- Suitable social status, high quality of relationship, time spent with parents and favorable support from each parent are considered as sub-classes of the umbrella of support. 6- The maze of the path is one of the other interfering factors in the integration of children's body and mind, and it consists of the subclasses of inappropriate social status of the parent, low quality of relationship, short time of communication, lack of parental support. Therefore, in order to pay attention to the choice of children's attachment style in a family with two insecure parents, attention should be paid to the components of striving for the integration of the body and mind, the sliding bed of security, the umbrella of support, and the twists and turns of the path.

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