

## Attachment-Caregiving Questionnaire (ACQ)

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Completing the questionnaire generally takes about an hour. If, for any reason, you want or need to interrupt it, you can resume it later using the same browser and link. The system will retain your answers until the last completed page, even after restarting the device (provided you do not remove the cookies, which maintain the compilation state). A bar at the bottom of the page will indicate your progress.

### Personal Data

This questionnaire is anonymous.

We collect the following data for research purposes only.

Your answers will be identified only by a code of your choice, which is meant for you to retrieve your profile once it will be ready.

Please, insert the code (at least 7 characters).

It can be made up of your initials followed by a number or a word, for example.

**Code**

### Attachment-Caregiving Questionnaire (ACQ)

## Sex (as assigned at birth)

- Male
- Female
- Other

## Gender

- Male
- Female
- Fluid

Trans

- Non-binary
- Queer
- Other

## Sexual Orientation

- Heterosexual
- Homosexual
- Bisexual
- Asexual
- Uncertain
- Other

## Ethnicity

- European
- North African
- Central-West African
- Central-East African
- South African
- Middle-Eastern
- Russian Asian
- Chinese

- Indian
- South-East Asian
- North American
- Central American
- South American
- Australian
- Mixed
- Other

### Age

### Weight in Kg

Please, insert your weight in Kg rounding to the nearest ten. For example, insert 65 if your weight is 65,3 Kg or 92 if your weight is 91,7 kg.

### Height in cm

Please, insert your height in cm – for example, 162 cm or 185 cm.

### Education

Please, select your highest achievement. (The indicated ages are merely illustrative)

- 01. I didn't attend any school
- 02. I attended school but didn't get any qualification
- 03. I completed elementary school (age 6-10)
- 04. I completed middle school (age 10-13)
- 05. I have a post middle school professional qualification
- 06. I completed high school (age 13-18)

- 07. I have a post high school professional qualification
- 08. I have a bachelor degree
- 09. I have a post-bachelor professional qualification
- 10. I have a post-bachelor specialization
- 11. I have a master degree
- 12. I have a post-master professional qualification
- 13. I have a post-master specialization
- 14. I have a doctorate (PhD)

### Occupation

- 01. Student
- 02. Professional in the Research/University Area (Researcher, University Professor etc.)
- 03. Professional in the Education Area (School Teacher, etc.)
- 04. Professional in the Health/Social Area (Doctor, Psychologist, Educator, Social Worker, etc.)
- 05. Professional in the Technical/Scientific Area (Engineer, Architect, Chemist, Programmer, etc.)
- 06. Professional in the Legal/Administrative Area (Lawyer, Accountant, Bookkeeper, Secretary, etc.)
- 07. Professional in the Art/Entertainment Area (Musician, Actor, etc.)
- 08. Professional in the Aesthetic/Wellness Area (Beautician, Coach, etc.)
- 09. Professional in the Religious Area (Vicar, Priest, etc.)
- 10. Professional in the Law Enforcement/Military Area (Policeman, Soldier, etc.)
- 11. Manager of Commercial Activity (Goods)
- 12. Employee of Commercial Activity (Goods) (Shop Assistant, etc.)
- 13. Office Manager (Services)
- 14. Office Clerk (Services) (Customer Care Employee, etc.)
- 15. Manual Worker (Construction Worker, Craftsman, etc.)
- 16. Unemployed
- 17. Other

### Nationality

### Native Language

- English
- Other

**Native Language different from English**

**Please, rate your English level**

No  
Knowledge

Perfect  
Knowledge

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**What is your Native Language:**

**Children**

**Have you ever had children?**

- Yes
- No

**How many?**

- [1] 1 Son
- [1] 1 Daughter
- [2] 1 Son and 1 Daughter
- [2] 2 Sons
- [2] 2 Daughters
- [3] 2 Sons and 1 Daughter
- [3] 2 Daughters and 1 Son
- [3] 3 Sons
- [3] 3 Daughters

- [4] 2 Sons and 2 Daughters
- [4] 3 Sons and 1 Daughter
- [4] 3 Daughters and 1 Son
- [4] 4 Sons
- [4] 4 Daughters
- [5] 4 Sons and 1 Daughter
- [5] 4 Daughters and 1 Son
- [5] 3 Sons and 2 Daughters
- [5] 3 Daughters and 2 Sons
- [5] 5 Sons
- [5] 5 Daughters
- [6] Children
- [7] Children
- [8] Children
- [9] Children
- [10] Children
- More than 10 Children

**How old were you when you had your first child?**

**How old were you when you had your last child?**

[ Please, if you only had one child, just select the corresponding item from the list. ]

**Are they all living?**

- Yes
- No

**Siblings**

## Do you have or did you have any siblings?

- Yes
- No

## How many?

- [1] 1 Brother
- [1] 1 Sister
- [2] 1 Brother and 1 Sister
- [2] 2 Brothers
- [2] 2 Sisters
- [3] 2 Brothers and 1 Sister
- [3] 2 Sisters and 1 Brother
- [3] 3 Brothers
- [3] 3 Sisters
- [4] 2 Brothers and 2 Sisters
- [4] 3 Brothers and 1 Sister
- [4] 3 Sisters and 1 Brother
- [4] 4 Brothers
- [4] 4 Sisters
- [5] 4 Brothers and 1 Sister
- [5] 4 Sisters and 1 Brother
- [5] 3 Brothers and 2 Sisters
- [5] 3 Sisters and 2 Brothers
- [5] 5 Brothers
- [5] 5 Sisters
- [6] Siblings
- [7] Siblings
- [8] Siblings
- [9] Siblings
- [10] Siblings
- More than 10 Siblings

**Of your siblings, how old is (or was) the youngest compared to you?**

**Of your siblings, how old is (or was) the oldest compared to you?**

[ Please, if you only have (or had) one sibling, just select the corresponding item from the list. ]

**Are they all living?**

- Yes  
 No

**Block003-T017-Q041 - General Condition**

## **Attachment-Caregiving Questionnaire (ACQ)**

**General condition**

**Psychological Well-being**

**Do you think you currently suffer from any form of psychological discomfort?**

- Yes  
 No

**Can you select one of the items on this list, if any, that can describe – at least partially – the core of your discomfort?**

- (1) General existential distress  
 (2) Understanding myself better

- (3) Understanding myself and my relationships with others better
- (4) Difficulty reaching my goals
- (5) Self-esteem
- (6) Understanding my own and others' emotions better
- (7) Managing my serious illness
- (8) Managing a serious illness of a loved one
- (9) Managing a loss
- (10) Managing an abuse
- (11) Managing a traumatic event
- (12) Difficulty in dealing with my mother
- (13) Difficulty in dealing with my father
- (14) Difficulty in dealing with both my parents
- (15) Difficulty in dealing with my partner
- (16) Difficulty in dealing with my children
- (17) Difficulty in dealing with several of my family members
- (18) Difficulty in dealing with my friends
- (19) Difficulty in dealing with my colleagues
- (20) Difficulty in my work/study
- (21) Difficulty in some particular social situations
- (22) Difficulty in many social situations, with people in general
- (23) Feeling generally dependent on one or some people
- (24) Feeling driven to behave differently from other people
- (25) Feeling driven to have antisocial behaviors (not accepted by society)
- (26) Feeling driven to have behaviors that are considered evil
- (27) Feeling generally under stress
- (28) Feeling too much anxiety
- (29) Panic attacks
- (30) Concern for my health
- (31) Feeling depressed
- (32) Problems with controlling my impulses
- (33) Problems with food
- (34) Problems with the use of substances
- (35) Problems with gambling
- (36) Obsession with certain fixed ideas
- (37) Trouble living my sexuality
- (38) Distinguishing reality from fantasy

- (39) No item on this list describes it

### **Have you ever suffered from panic attacks?**

[ A panic attack is an event of acute fear and physiological activation in which one fears for their health or even life. ]

- I am totally sure I have never suffered from it
- I'm pretty sure I have never suffered from it
- I'm not sure, but I think I have never suffered from it
- I don't know
- I'm not sure, but I think I have suffered from it
- I'm pretty sure I have suffered from it
- I am totally sure I have suffered from it

### **Have you ever suffered from depression?**

[ Depression is a period of exceptionally negative mood and thoughts, in which one feels they have no way out, no hope. ]

- I am totally sure I have never suffered from it
- I'm pretty sure I have never suffered from it
- I'm not sure, but I think I have never suffered from it
- I don't know
- I'm not sure, but I think I have suffered from it
- I'm pretty sure I have suffered from it
- I am totally sure I have suffered from it

### **Have you ever suffered from an eating disorder (anorexia, bulimia, and/or obesity)?**

[ Anorexia is voluntarily maintaining an insufficient diet which leads to having an extremely low weight (much lower than the norm expected by gender and age). Bulimia consists of having binges (eating a lot in a short time) and trying to compensate for them with subsequent physical activity, laxatives, vomiting, and/or fasting. Obesity is maintaining an extremely excessive weight (far above the norm expected by gender and age). Here, it is understood that these disorders are not caused by physical problems. ]

- I am totally sure I have never suffered from it
- I'm pretty sure I have never suffered from it
- I'm not sure, but I think I have never suffered from it
- I don't know
- I'm not sure, but I think I have suffered from it
- I'm pretty sure I have suffered from it
- I am totally sure I have suffered from it

**Have you ever suffered from an obsessive-compulsive disorder?**

[ An obsessive-compulsive disorder is characterized by obsessions and compulsions. Obsessions are intrusive (namely, that come involuntarily and unwanted) ideas of very unpleasant and disturbing things. Compulsions are acts (physical or mental) that are performed repeatedly (as rituals) to get rid of the aforementioned intrusive ideas. ]

- I am totally sure I have never suffered from it
- I'm pretty sure I have never suffered from it
- I'm not sure, but I think I have never suffered from it
- I don't know
- I'm not sure, but I think I have suffered from it
- I'm pretty sure I have suffered from it
- I am totally sure I have suffered from it

**Have you ever suffered from a post-traumatic stress disorder?**

[ An event is traumatic for us when we perceive it as seriously health-threatening or even lethal – for us or a loved one – and it makes us feel helpless in that situation. A post-traumatic stress disorder is the disturbing and lasting consequence of a traumatic event that cannot be overcome. ]

- I am totally sure I have never suffered from it
- I'm pretty sure I have never suffered from it
- I'm not sure, but I think I have never suffered from it
- I don't know
- I'm not sure, but I think I have suffered from it
- I'm pretty sure I have suffered from it
- I am totally sure I have suffered from it

**Have you ever received a formal diagnosis from a mental health professional? (if not currently, in the past)**

- Yes
- No

**What (main) diagnosis have you received?**

[ We indicate below a partial and simplified list of disorders often diagnosed. If possible, please indicate the one corresponding to the (main) condition you have been diagnosed with. ]

- [1] Depression
- [2] Generalized Anxiety
- [3] Panic
- [4] Agoraphobia
- [5] Social Anxiety
- [6] Separation Anxiety
- [7] Specific Phobia
- [8] Bipolar Disorder
- [9] Anorexia
- [10] Bulimia
- [11] Binge-Eating
- [12] Somatic Disorder (Somatization)
- [13] Body Dysmorphia
- [14] Obsessive-Compulsive Disorder
- [15] Post-traumatic Stress Disorder
- [16] Acute Stress
- [17] Dissociative Identity Disorder
- [18] Amnesia
- [19] Depersonalization/Derealization
- [20] Alcohol-Related Disorder
- [21] Caffeine-Related Disorder
- [22] Cannabis-Related Disorder
- [23] Hallucinogen-Related Disorder
- [24] Opioid-Related Disorder
- [25] Sedative- or Anxiolytic-Related Disorder

- [26] Stimulant-Related Disorder
- [27] Disorder Related to Another Substance
- [28] Gambling-Related Disorder
- [29] Autism
- [30] Asperger Syndrome
- [31] Attention-Deficit/Hyperactivity Disorder (ADHD)
- [32] Specific Learning Disorder
- [33] Motor Disorder (per causa psicologica)
- [34] Psychotic Disorder
- [35] Enuresis
- [36] Encopresis
- [37] Sleep Disorder
- [38] Sexual Dysfunction
- [39] Conduct Disorder
- [40] Impulse-Control Disorder
- [41] Kleptomania
- [42] Paranoid Personality Disorder
- [43] Schizoid Personality Disorder
- [44] Schizotypal Personality Disorder
- [45] Antisocial Personality Disorder (Sociopathy)
- [46] Borderline Personality Disorder
- [47] Histrionic Personality Disorder
- [48] Narcissistic Personality Disorder
- [49] Avoidant Personality Disorder
- [50] Dependent Personality Disorder
- [51] Obsessive-Compulsive Personality Disorder
- [52] Psychopathy
- [53] Pedophilia
- [54] Other Disorder

**Have you been diagnosed with an additional condition besides the main one?**

[ We indicate below a partial and simplified list of disorders often diagnosed. If possible, please indicate the one corresponding to the additional condition you have been diagnosed with – if any. Otherwise, please select 'No Additional Condition'. ]

**Have you ever been helped by (at least) a psychotherapist?**

[ By 'psychotherapist', we mean a mental health professional who supports you – discussing with you – in tackling issues that are problematic for you. ]

- Yes
- No

**Could you please select one of the items on this list, if any, that can describe the principal reason for being helped?**

- (1) General existential distress
- (2) Understanding myself better
- (3) Understanding myself and my relationships with others better
- (4) Difficulty reaching my goals
- (5) Self-esteem
- (6) Understanding my own and others' emotions better
- (7) Managing my serious illness
- (8) Managing a serious illness of a loved one
- (9) Managing a loss
- (10) Managing an abuse
- (11) Managing a traumatic event
- (12) Difficulty in dealing with my mother
- (13) Difficulty in dealing with my father
- (14) Difficulty in dealing with both my parents
- (15) Difficulty in dealing with my partner
- (16) Difficulty in dealing with my children
- (17) Difficulty in dealing with several of my family members
- (18) Difficulty in dealing with my friends
- (19) Difficulty in dealing with my colleagues
- (20) Difficulty in my work/study
- (21) Difficulty in some particular social situations
- (22) Difficulty in many social situations, with people in general
- (23) Feeling generally dependent on one or some people

- (24) Feeling driven to behave differently from other people
- (25) Feeling driven to have antisocial behaviors (not accepted by society)
- (26) Feeling driven to have behaviors that are considered evil
- (27) Feeling generally under stress
- (28) Feeling too much anxiety
- (29) Panic attacks
- (30) Concern for my health
- (31) Feeling depressed
- (32) Problems with controlling my impulses
- (33) Problems with food
- (34) Problems with the use of substances
- (35) Problems with gambling
- (36) Obsession with certain fixed ideas
- (37) Trouble living my sexuality
- (38) Distinguishing reality from fantasy
- (39) No item on this list describes it

**How long have you used psychotherapy altogether?**

- Less than 3 months
- Between 3 and 6 months
- Between 6 months and 1 year
- Between 1 and 2 years
- Between 2 and 3 years
- Between 3 and 4 years
- Between 4 and 5 years
- Between 5 and 6 years
- Between 6 and 7 years
- Between 7 and 8 years
- Between 8 and 9 years
- Between 9 and 10 years
- More than 10 years

**How do you rate the result of this experience?**

- Extremely negative

- Very negative
- Negative
- Neither negative nor positive
- Positive
- Very positive
- Extremely positive

**Has any of these conditions ever been diagnosed to you?**

- (1) Communication Disorder (Language Disorder, Stuttering, etc.)
- (2) Autism/Asperger Syndrome
- (3) Attention-Deficit/Hyperactivity Disorder (ADHD)
- (4) Specific Learning Disorder (SLD) (Dyslexia, Dyscalculia, etc.)
- (5) Tic Disorder
- (6) None of them

**Physical Well-being**

**Do you currently suffer – or think to suffer – from any serious physical-health issue?**

- Yes
- No

**Could you please indicate the main problem?**

[ We indicate below a partial and simplified list of physical issues. If possible, please indicate the one corresponding to your main problem. ]

- Neoplastic Disease: Breast Cancer
- Neoplastic Disease: Prostate Cancer
- Neoplastic Disease: Cancer Different from Previous Ones
- <> Infectious Disease: Hepatitis
- <> Infectious Disease: HIV/AIDS
- <> Infectious Disease: Different from Previous Ones
- Musculoskeletal Disorder: Trauma-Induced Disability

- Musculoskeletal Disorder: Arthritis
- Musculoskeletal Disorder: Different from Previous Ones
- <> Cardiovascular Disorder: Heart Disease
- <> Cardiovascular Disorder: High Blood Pressure
- <> Cardiovascular Disorder: Thrombosis
- <> Cardiovascular Disorder: Different from Previous Ones
- Respiratory Disorder: Asthma
- Respiratory Disorder: Lung Infection
- Respiratory Disorder: Different from Previous Ones
- <> Digestive Disorder: Crohn's Disease
- <> Digestive Disorder: Colitis
- <> Digestive Disorder: Different from Previous Ones
- Genitourinary Disorder: Infertility
- Genitourinary Disorder: Renal Disease
- Genitourinary Disorder: Different from Previous Ones
- <> Endocrine Disorder: Diabetes
- <> Endocrine Disorder: Thyroid Disorder
- <> Endocrine Disorder: Different from Previous Ones
- Skin Disorder: Psoriasis
- Skin Disorder: Hidradenitis Suppurativa
- Skin Disorder: Different from Previous Ones
- <> Hematological Disorder: Chronic Anemia
- <> Hematological Disorder: Sickle Cell Disease
- <> Hematological Disorder: Different from Previous Ones
- Immune System Disorder: Lupus
- Immune System Disorder: Different from Previous One
- <> Sense Organs Disorder: Hearing Loss
- <> Sense Organs Disorder: Vision Loss
- <> Sense Organs Disorder: Different from Previous Ones
- Neurological Disorder: Multiple sclerosis
- Neurological Disorder: Muscular dystrophy
- Neurological Disorder: Chronic Pain
- Neurological Disorder: Cerebral Palsy
- Neurological Disorder: Epilepsy
- Neurological Disorder: Alzheimer's disease
- Neurological Disorder: Parkinson's disease

- Neurological Disorder: Different from Previous Ones
- <> A Problem That Does Not Belong To Any of the Above Categories

## Other Issues

**Is there any other issue – concerning you, other people, or your relationship – that currently seriously worries you?**

- Yes
- No

**Could you please select one of the items on this list, if any, that can describe this issue?**

- Problems in the relationship with my mother
- Problems in the relationship with my father
- Problems in the relationship with both my parents
- Problems in the relationship with my partner
- Problems concerning my partner's loyalty
- Problems concerning my loyalty to my partner
- Problems in the relationship with my children
- Problems within my family
- <> Concern for my mother's situation
- <> Concern for my father's situation
- <> Concern for my parents' situation
- <> Concern for my partner's situation
- <> Concern for the situation of my child
- <> Concern for the situation of my children
- <> Concern for the situation of other people
- Problems for the general conditions in the place where I live
- Problems in my work environment
- <> Unemployment
- <> Fear of losing my job
- <> Immediate financial problem due to job loss
- <> Concern for the course of my business activity
- <> Immediate financial problem due to the failure of my business activity

- <> Problems with family financial management
- Concern for the future of my family
- Concern for the future of my Country
- General insecurity for the future
- <> Problems with justice
- Another problem

### Current level of stress

Overall, in this period, how do you rate your level of stress/concern?

Period of no stress/concerns Period of extreme stress/concerns

0  1  2  3  4  5  6  7  8  9  10

### Block004-T025-Q058 - Specific issues

## Attachment-Caregiving Questionnaire (ACQ)

### Specific issues

### Constrictions

Are you currently limited or constricted by the presence of someone you care about or their needs?

- Yes
- No

Who is this person to you (or who are these people)?

- Mother

- Father
- Mother and Father
- Romantic Partner
- Romantic Partners
- Child
- Children
- Sibling
- Siblings
- Other Family Member
- Other Family Members
- + More than 1 Family Member (from the previous ones)
- Friend
- Friends
- Acquaintance
- Acquaintances
- Colleague
- Colleagues
- Boss
- Bosses
- + More than 1 Non-Family (from the previous ones)
- + More People: Family and Non-Family (among all the previous ones)

## **Losses**

**Have you recently suffered the loss of someone you cared much about, or do you have reason to believe you might lose them in the near future?**

[ By 'loss' we mean passing away or a definitive separation. ]

- Yes
- No

**Who is this person to you (or who are these people)?**

- Mother

- Father
- Mother and Father
- Romantic Partner
- Romantic Partners
- Child
- Children
- Sibling
- Siblings
- Other Family Member
- Other Family Members
- + More than 1 Family Member (from the previous ones)
- Friend
- Friends
- Acquaintance
- Acquaintances
- Colleague
- Colleagues
- Boss
- Bosses
- + More than 1 Non-Family (from the previous ones)
- + More People: Family and Non-Family (among all the previous ones)

## **Expectations**

**Is there 'anyone' who is currently placing important expectations on you?**

[ This 'anyone' can also be more than one person, or a social group, and even the whole of society.  
]

- Yes
- No

**Who is it that makes you feel this pressure?**

- Mother

- Father
- Mother and Father
- Romantic Partner
- Romantic Partners
- Child
- Children
- Sibling
- Siblings
- Other Family Member
- Other Family Members
- + More than 1 Family Member (from the previous ones)
- Friend
- Friends
- Acquaintance
- Acquaintances
- Colleague
- Colleagues
- Boss
- Bosses
- + More than 1 Non-Family (from the previous ones)
- + More People: Family and Non-Family (among all the previous ones)
- My Group of Friends
- Another Social Group
- Both People and Groups (from all previous ones)
- Society in General
- All (People, Groups, Society)

### **Care for loved ones**

**Have you ever – for a period of your life – taken care of a loved one who suffered from a serious or even deadly health condition?**

[ This experience may also have occurred to you more than once – for different periods, with different loved ones. ]

- Yes

No

**Who was this person to you (or who were these people)?**

- Mother
- Father
- Mother and Father
- Romantic Partner
- Romantic Partners
- Child
- Children
- Sibling
- Siblings
- Other Family Member
- Other Family Members
- + More than 1 Family Member (from the previous ones)
- Friend
- Friends
- Acquaintance
- Acquaintances
- Colleague
- Colleagues
- Boss
- Bosses
- + More than 1 Non-Family (from the previous ones)
- + More People: Family and Non-Family (among all the previous ones)

**How long, overall, have you had this experience as a caregiver?**

[ If such an experience is still ongoing, please consider to date. ]

- No more than 1 day
- No more than 3 days
- No more than 1 week
- No more than 2 weeks
- No more than 1 month

- No more than 2 months
- No more than 3 months
- No more than 6 months
- No more than 1 year
- No more than 18 months
- No more than 2 years
- No more than 2 years and a half
- No more than 3 years
- No more than 4 years
- No more than 5 years
- No more than 6 years
- No more than 7 years
- No more than 8 years
- No more than 9 years
- No more than 10 years
- More than 10 years

### **Deep worry for loved ones**

**Have you ever been – for a period of your life – deeply worried for a loved one who had a serious problem that put them in grave danger without being able to help them?**

[ This is an experience out of the norm (or that should be out of the norm) that may have happened to you more than once – for different periods, with different loved ones. ]

- Yes
- No

**Who was this person to you (or who were these people)?**

- Mother
- Father
- Mother and Father
- Romantic Partner
- Romantic Partners

- Child
- Children
- Sibling
- Siblings
- Other Family Member
- Other Family Members
- + More than 1 Family Member (from the previous ones)
- Friend
- Friends
- Acquaintance
- Acquaintances
- Colleague
- Colleagues
- Boss
- Bosses
- + More than 1 Non-Family (from the previous ones)
- + More People: Family and Non-Family (among all the previous ones)

**How long, overall, have you had this experience of deep worry?**

[ If such an experience is still ongoing, please consider to date. ]

- No more than 1 day
- No more than 3 days
- No more than 1 week
- No more than 2 weeks
- No more than 1 month
- No more than 2 months
- No more than 3 months
- No more than 6 months
- No more than 1 year
- No more than 18 months
- No more than 2 years
- No more than 2 years and a half
- No more than 3 years
- No more than 4 years

- No more than 5 years
- No more than 6 years
- No more than 7 years
- No more than 8 years
- No more than 9 years
- No more than 10 years
- More than 10 years

## **Alcohol, Psychiatric Drugs, and Other Drugs**

**Have you ever used psychoactive substances – in particular, alcohol, psychiatric drugs, or other drugs – that have had (or have) a significant effect on your psychological experience or your general functioning as a person?**

[ A substance is psychoactive when it affects mental processes. ]

- Yes
- No

**Could you please indicate the substance you have used (or are using) that has had (or has) the most significant effect on you or your life?**

[ We indicate below a partial and simplified list of substances. If possible, please indicate the corresponding one or its category. ]

- Downer: Alcohol
- Downer: Opioid (e.g. Heroin, Morphine, Methadone, Fentanyl, Percocet)
- Downer: Cannabis
- Downer: Percocet (Painkiller)
- Downer: Other Downer-Substance
- <> Upper: Amphetamine
- <> Upper: Caffeine
- <> Upper: Cocaine
- <> Upper: Nicotine
- <> Upper: Modafinil (Provigil)
- <> Upper: Other Upper-Substance (Stimulant)

- Psychedelic: Psilocybin
- Psychedelic: LSD
- Psychedelic: DMT
- Psychedelic: Mescaline
- Psychedelic: Salvia Divinorum
- Psychedelic: Nitrous Oxide (Laughing Gas)
- Psychedelic: Scopolamine
- Psychedelic: Other Psychedelic Substance
- <> Empathogen: MDMA (Ecstasy)
- <> Empathogen: MDA
- <> Empathogen: AMT
- <> Empathogen: Other Empathogen Substance
- Specific for Psychological Discomfort: Anxiolytic (e.g. Xanax, Valium)
- Specific for Psychological Discomfort: Antidepressant (e.g. Prozac, Zoloft)
- Specific for Psychological Discomfort: Mood Stabilizer (e.g. Lithium, Lamotrigine)
- Specific for Psychological Discomfort: Antipsychotic (e.g. Haldol, Seroquel, Zyprexa)
- <> Substance Not Included in any of the Above Categories

**Do you feel that the effect of this substance is present in the current period?**

- Yes
- No

**Could you please indicate an additional substance you have used (or are using) – if any – that has had (or has) a significant effect on you or your life?**

[ We indicate below a partial and simplified list of substances. If possible, please indicate the corresponding one or its category. Otherwise, please select 'No Additional Substance'. ]

- Downer: Alcohol
- Downer: Opioid (e.g. Heroin, Morphine, Methadone, Fentanyl, Percocet)
- Downer: Cannabis
- Downer: Percocet (Painkiller)
- Downer: Other Downer-Substance
- <> Upper: Amphetamine
- <> Upper: Caffeine

- <> Upper: Cocaine
- <> Upper: Nicotine
- <> Upper: Modafinil (Provigil)
- <> Upper: Other Upper-Substance (Stimulant)
- Psychedelic: Psilocybin
- Psychedelic: LSD
- Psychedelic: DMT
- Psychedelic: Mescaline
- Psychedelic: Salvia Divinorum
- Psychedelic: Nitrous Oxide (Laughing Gas)
- Psychedelic: Scopolamine
- Psychedelic: Other Psychedelic Substance
- <> Empathogen: MDMA (Ecstasy)
- <> Empathogen: MDA
- <> Empathogen: AMT
- <> Empathogen: Other Empathogen Substance
- Specific for Psychological Discomfort: Anxiolytic (e.g. Xanax, Valium)
- Specific for Psychological Discomfort: Antidepressant (e.g. Prozac, Zoloft)
- Specific for Psychological Discomfort: Mood Stabilizer (e.g. Lithium, Lamotrigine)
- Specific for Psychological Discomfort: Antipsychotic (e.g. Haldol, Seroquel, Zyprexa)
- <> Substance Not Included in any of the Above Categories
- No Additional Substance

**Do you feel that the effect of this second substance is present in the current period?**

- Yes
- No

**Block005-T028-Q058 - ACQ-Intro**

**Attachment-Caregiving Questionnaire (ACQ)**

This questionnaire consists of 2 main parts: (1) ACQ-CE about your current experience and (2) ACQ-PE about your past experience as a child. Before you start each part, you will be given a description and instructions on how to complete that part.

NB: The questionnaire is completely anonymous: in order for it to be valid, it is essential that answers are given – not only Accurately but also – Authentically, without trying to offer a certain image of oneself or one's family.

## **Block006-T034-Q186 - ACQ-CE**

### **Attachment-Caregiving Questionnaire (ACQ)**

#### **ACQ-CE [Part 1 - Current Experience]**

This part is about yourself and your current social experience.

Many items concern your affective relationships, especially with a romantic partner.

In this case, you should consider how you currently feel or would feel in a romantic relationship.

You can think of a current or previous partner if – in the given situation – you would feel like you felt with that partner.

If you never had a romantic relationship, think of a partner and a relationship as you imagine they would be.

Please, concentrate on what you think and how you feel in the given situation.

For each answer, no more than 10 seconds should be sufficient.

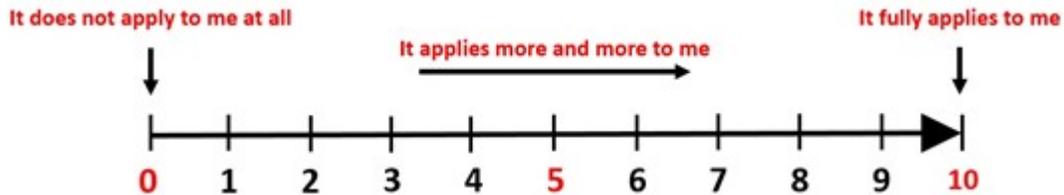
Rate every item according to a scale from 0 to 10 as illustrated.

0: The item does not apply to me at all.

10: The item fully applies to me.

When possible, a more appropriate description is indicated,

such as '0: Absolutely False - 10: Absolutely True' or '0: Not Important At All - 10: Extremely Important'.



**I currently have a romantic relationship**

- Yes
- No

**I have had at least one romantic relationship in my life**

- Yes
- No

**I think I have had at least one romantic relationship that has changed my character (positively or negatively)**

[ By 'character', we mean above all your way of living a romantic or affective relationship in general. ]

- Yes, at least one relationship that changed my character
- No, no relationship that changed my character

## **Attachment-Caregiving Questionnaire (ACQ)**

**What I currently think and feel:**

[ Below, by 'relationship' we mean 'romantic relationship, and we refer to 'my partner' to indicate 'a partner' – who is not necessarily your current partner if you have one ]

**(1) In a relationship, rationality must be the fundamental component**

Absolutely

Absolutely

False

True

0  1  2  3  4  5  6  7  8  9  10

**(2) When one gets emotionally involved, they risk getting trapped in the relationship**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(3) In a relationship, I wonder whether my partner really cares about me**

I Never  
Wonder

I Very Often  
Wonder

0  1  2  3  4  5  6  7  8  9  10

**(4) In dark times there is never anyone to share your pain with – no matter how much you want it**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(5) When it comes to emotions, one needs self-control**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(6) For me, it's important that I am always in a safe place or that I can reach one without obstacles in case of emergency**

Not Important

Extremely

At All

Important

0  1  2  3  4  5  6  7  8  9  10

**(7) In a relationship, if something goes wrong with me, I allow myself to be consoled**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(8) I had a period in which I was overwhelmed by uncontrollable emotions – especially pain and anger – and I felt intolerable sensations**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(9) I feel the weight of others' expectations on me**

No,  
I Don't Feel It  
At All

Yes,  
I Feel It  
Extremely

0  1  2  3  4  5  6  7  8  9  10

**(10) Understanding what others think is essential not to be excluded**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(11) I had a period in which I felt so low that I wanted to take my own life**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(12) Sometimes, I feel strongly driven to check I have done everything right to avoid terrible things**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(13) Food and my weight play an important role in my life**

Slightly  
Important

Absolutely  
Central

0  1  2  3  4  5  6  7  8  9  10

**(14) When you leave home to live on your own, it is essential not to go too far – to be always able to get back in case you need help**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(15) In a relationship, I like when my partner shares with me their intimate and profound feelings**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(16) In periods of great stress, I have felt the world around me as somehow unreal**

It Never  
Happened  
To Me

It Always  
Happened  
To Me

0  1  2  3  4  5  6  7  8  9  10

**(17) Life requires a strong commitment to facing a destiny of loneliness**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(18) It is useless to hope for words of true comfort when you are down - because nobody will give them to you**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(19) How others see me is important to me**

Not Important  
At All

Extremely  
Important

0  1  2  3  4  5  6  7  8  9  10

**(20) In a relationship, it often seems that my partner is with me only if they have nothing better to do**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(21) I had a period in which I couldn't feel anything, no emotions at all – as if I were completely empty, although not really sad**

[ Periods of possible 'emotional exhaustion' (burn out) due to the ongoing relationship with people in difficulty – a typical phenomenon of the helping professions, such as doctors, nurses, social workers, therapists, etc. – are to be excluded. ]

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(22) In a relationship, I have thoughts about my partner's loyalty**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(23) Refraining from taking food can give great satisfaction**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(24) I feel really disgusted by those who don't respect my rules**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(25) Before throwing away certain things, you have to think it over a great deal. Because if you throw them away, you may well be ruined**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(26) Being acknowledged by people who count is important to me**

Not Important  
At All

Extremely  
Important

0  1  2  3  4  5  6  7  8  9  10

**(27) In any situation, it is important to ensure that you can move freely**

Not Important  
At All

Extremely  
Important

0  1  2  3  4  5  6  7  8  9  10

**(28) In some periods of my life, I have felt the anguish of being dirty or contaminated and having to clean up myself**

[ Exceptional periods that involve the entire life context – such as for the spread of a disease – are to be excluded. For example, a period of pandemic (such as that of the corona-virus) is to be excluded. ]

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(29) When I had a period in which I was overwhelmed by uncontrollable emotions – especially pain and anger – and I felt intolerable sensations, I would have done anything to get out of that state, even hurt myself or directly kill myself**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(30) Certain things must be done with the utmost care, my way. Or it bothers me to the point that I feel bad**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(31) At some point, you have to prove to yourself that you can move away from home to explore the world**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(32) A strong person doesn't feel the need to be comforted**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(33) It is important to make sure that you don't get trapped in relationships with people**

Not Important  
At All

Extremely  
Important

0  1  2  3  4  5  6  7  8  9  10

**(34) The slightest doubt that I have done something wrong can make me feel terrible anguish**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(35) In a relationship, if my partner pressurizes me to think as they want, I feel ignored**

It does not apply

It fully applies

to me at all

to me

0  1  2  3  4  5  6  7  8  9  10

**(36) In a relationship, the idea that I can be near my partner makes me feel much more protected**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(37) When I have found myself in trouble, I have realized that no one was there to support me with real affection**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(38) In a relationship, when I'm feeling down, I keep it to myself and move on**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(39) I trust logic much more than emotions**

Absolutely False

Absolutely True

0  1  2  3  4  5  6  7  8  9  10

**(40) You have to be very careful about certain small things. Because, actually, if you make a mistake, you end up getting your life destroyed**

Absolutely

Absolutely

False

True

0  1  2  3  4  5  6  7  8  9  10

**(41) In some places – even if absolutely normal – I feel uncomfortable, like I'm constricted or trapped**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(42) Failing makes me feel terribly lonely**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(43) Doing certain things in front of others makes me (or at least made me) very tense**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(44) In a relationship, I think of what I'd do if my partner left me**

I Never Think So

I Very Often Think So

0  1  2  3  4  5  6  7  8  9  10

**(45) Often, if I don't make sure multiple times that I did everything as I should, then the idea can torment me**

It does not apply

It fully applies

to me at all

to me

0  1  2  3  4  5  6  7  8  9  10

**(46) In a relationship, when I am worried about something, I talk about it with my partner to make myself feel better**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(47) Being disapproved or criticized makes me uncomfortable**

Not Uncomfortable  
At All

Extremely  
Uncomfortable

0  1  2  3  4  5  6  7  8  9  10

**(48) In a relationship, I get angry if I don't get the affection and support I need from my partner**

I Don't  
Get Angry  
At All

I Get  
Extremely  
Angry

0  1  2  3  4  5  6  7  8  9  10

**(49) In a relationship, I suffer if I don't feel the affectionate physical touch of my partner**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(50) In a relationship, I know that sooner or later my partner will make me feel terribly bad**

It does not apply

It fully applies

to me at all

to me

0  1  2  3  4  5  6  7  8  9  10

**(51) Moral issues – what is right or wrong – are at the heart of my thoughts**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(52) I have felt condemned to feel lonely forever**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(53) Being left makes me feel like I lost everything**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(54) Thinking of not living up to the expectations on certain occasions makes me very  
anxious**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(55) Sometimes, thinking of my relationship – irrationally – I felt that I could never leave my  
partner and, at the same time, I wished I would**

It does not apply

It fully applies

to me at all

to me

0  1  2  3  4  5  6  7  8  9  10

**(56) I feel stuck and constricted when people cross the line I draw for them**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(57) For me, it's important to be liked**

Not Important  
At All

Extremely  
Important

0  1  2  3  4  5  6  7  8  9  10

**(58) In periods of great stress, I have felt outside of my body**

It Never  
Happened  
To Me

It Always  
Happened  
To Me

0  1  2  3  4  5  6  7  8  9  10

**(59) Sometimes, I have felt trapped by loved ones who were very close to me, and I have felt the need to feel freer to move**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(60) When I had a period in which I felt so low that I wanted to take my own life, I also had thoughts on how to do it concretely**

It does not apply

It fully applies

to me at all

to me

0  1  2  3  4  5  6  7  8  9  10

**(61) For me, it's important to be able to go in and out freely from a situation**

Not Important  
At All

Extremely  
Important

0  1  2  3  4  5  6  7  8  9  10

**(62) Sometimes, a seemingly small failure makes me feel inexplicably down**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(63) Generally speaking, I like to feel in my body the strong sensations or emotions given by an exciting substance**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(64) There is a higher law in the universe - which everyone should respect - and I am extremely careful to respect it**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(65) Loneliness is the normal condition of life**

It does not apply

It fully applies

to me at all

to me

0  1  2  3  4  5  6  7  8  9  10

**(66) In some periods of my life, thoughts or images of grave things – happening to others or myself – continuously appeared in my mind without me wanting them to**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(67) In a relationship, I never trust to completely put myself in my partner's hands**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(68) Strong people keep their suffering to themselves and think about the real problems**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(69) In a relationship, I desire to discuss my intimate concerns with my partner**

I Never  
Desire It

I Always  
Desire It

0  1  2  3  4  5  6  7  8  9  10

**(70) I carefully monitor the internal activation of my body to keep it under control**

I Never  
Do It

I Always  
Do It

0  1  2  3  4  5  6  7  8  9  10

**(71) Being in a romantic relationship always leaves me with a sense of fear**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(72) There is something wrong with the very essence of myself**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(73) Sensing certain things makes me so disgusted that I feel it on me. And I have to clean myself up as soon as possible**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(74) In periods of great stress, I have felt my body did not really belong to me**

Non Mi È  
Mai Successo

Mi È Successo  
Sempre

0  1  2  3  4  5  6  7  8  9  10

**(75) In a relationship, I'm confident my partner would never leave me**

I am Not  
Confident  
At All

I Am  
Absolutely  
Confident

0  1  2  3  4  5  6  7  8  9  10

**(76) In a relationship, crying on the partner's shoulder is for the weak**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(77) In a relationship, sometimes, I need to get angry to make my partner hear me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(78) Only if you fully commit yourself, someone will maybe really love you**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(79) When I don't have the situation under control, I feel constricted, trapped**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(80) In a relationship, it is important to keep one's partner's attention to oneself alive**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(81) Always doing the right thing is essential**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(82) Generally speaking, I like to feel in my body the strong sensations or emotions given by an exciting activity**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(83) In some periods of my life, I have felt continuously driven to do certain things or have certain thoughts – apparently irrelevant – to avoid terrible consequences**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(84) In important situations, I find it difficult to say no explicitly**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(85) For me, it's important that I can always be easily rescued by a loved one wherever I am**

Not Important  
At All

Extremely  
Important

0  1  2  3  4  5  6  7  8  9  10

**(86) In a relationship, the idea of being left by my partner hardly enters my mind**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(87) The mere memory of those times when I didn't behave as requested makes me relive the embarrassment I felt**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(88) In a relationship, probably the most positive aspect is the sense of protection that your partner can give you**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(89) Who loves you the most is also the greatest danger to you**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(90) In a relationship, it is important to know what your partner does when you are not with them**

Not Important  
At All

Extremely  
Important

0  1  2  3  4  5  6  7  8  9  10

**(91) Not respecting my rules would be unacceptable to me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(92) In a relationship, sometimes, I feel trapped and restricted even if I love my partner**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(93) In a relationship, my partner hardly cares about me as much as I care about them**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(94) In a relationship, I don't need to be comforted**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(95) Rationality is by far more important than emotions**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(96) In a relationship, sometimes, I think that – if they could – my partner would be with**

**someone else**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(97) One needs to be strong and not cry**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(98) In a relationship, not receiving the attention I would like to from my partner makes me angry**

Not Angry At All

Extremely Angry

0  1  2  3  4  5  6  7  8  9  10

**(99) In a relationship, I desire to share my intimate and profound feelings with my partner**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(100) In my life, I always had to get by by myself**

Absolutely False

Absolutely True

0  1  2  3  4  5  6  7  8  9  10

**(101) Finding real love is just a dream**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(102) In a relationship, emotions are only a waste of time**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(103) In a relationship, my partner somehow makes me feel sure of who I am**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(104) Sometimes, the idea that what I did might have terrible consequences becomes an incessant torment that does not give me peace**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(105) Being disapproved or criticized makes me feel embarrassed or inadequate**

Not At All

Extremely

0  1  2  3  4  5  6  7  8  9  10

**(106) I think that really reaching someone intimately is impossible**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(107) In periods of great stress, I have felt like I was another person, not myself**

It Never  
Happened  
To Me

It Always  
Happened  
To Me

0  1  2  3  4  5  6  7  8  9  10

**(108) In some periods of my life, thoughts or images of disgusting things continuously appeared in my mind without me wanting them to**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(109) In a relationship, I desire the emotional – intimate and profound – support of my partner**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(110) In a relationship, I often think that my partner will end up with someone else**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(111) In a relationship, I need a partner who hugs and cuddles me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(112) For me, it's important to feel that others approve of me**

Not Important  
At All

Extremely  
Important

0  1  2  3  4  5  6  7  8  9  10

**(113) Sometimes, I think you need to fight to avoid a destiny of loneliness**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(114) In periods of great stress, I have felt the world around me as somehow separated from me**

It Never  
Happened  
To Me

It Always  
Happened  
To Me

0  1  2  3  4  5  6  7  8  9  10

**(115) In a relationship, I think my partner prefers others' company to mine**

I Never  
Think So

I Very Often  
Think So

0  1  2  3  4  5  6  7  8  9  10

**(116) Not meeting others' expectations makes me feel inadequate**

It does not apply

It fully applies

to me at all

to me

0  1  2  3  4  5  6  7  8  9  10

**(117) When I had a period in which I couldn't feel anything, no emotions at all – as if I were completely empty, although not really sad – I wanted to die**

[ Periods of possible 'emotional exhaustion' (burn out) due to the ongoing relationship with people in difficulty – a typical phenomenon of the helping professions, such as doctors, nurses, social workers, therapists, etc. – are to be excluded. ]

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(118) When I get attached to someone, I immediately think I could lose them**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(119) In some periods of my life, I have had terrible thoughts that – even if I didn't want to – kept coming to mind and forced me to do something to get rid of them**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(120) For me, it's hard to get someone's attention and have some intimate emotional closeness**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(121) In a relationship, if my partner pressurizes me to be just like they want, I feel personally violated**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(122) In periods of great stress, I have felt a familiar place as somehow strange or unknown to me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(123) With some people, I would never want to disagree**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(124) There is an obvious order of things, and I feel extremely uncomfortable when it is not respected**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(125) When I had a period in which I was overwhelmed by uncontrollable emotions – especially pain and anger – and I felt intolerable sensations, I would have done anything to keep who I loved to myself**

It does not apply  
to me at all

It fully applies  
to me

**Block007-T037-Q186 - ACQ-PE-Intro****Attachment-Caregiving Questionnaire (ACQ)****ACQ-PE [Part 2 - Past Experience]**

This part is about your experience in your family of origin as a child.

There will be 3 sections:

- (1) about your family in general;
- (2) about your mother (or maternal figure);
- (3) about your father (or paternal figure).

**Block008-T044-Q204 - ACQ-PE-Family****Attachment-Caregiving Questionnaire (ACQ)****ACQ-PE - Family [1/3]**

(1) This section is about your overall experience in your family of origin as a child.

A family can have multiple configurations, and it is not possible to specifically address each of them here.

Therefore, we will refer to a 'mother' and a 'father' who could be your biological parents or not.

They are intended to be, in general, the 2 principal people - whoever they have been - who took care of you as a child and acted as mother and father. In other words, they could be described as your maternal and paternal figures as a child (regardless of kinship, sex, etc.). The only necessary

requirement - for us - for a person to be considered as a maternal or paternal figure is that they started taking care of you before you were 6 years old.

If you had neither a maternal nor paternal figure, please ignore the related section and proceed.

Please, answer for how you remember your experience was – not for what you imagine it was or should have been.

You can rely on memories in the form of images, thoughts, or feelings that you recall while thinking of the past.

For each answer, no more than 10 seconds should be sufficient.

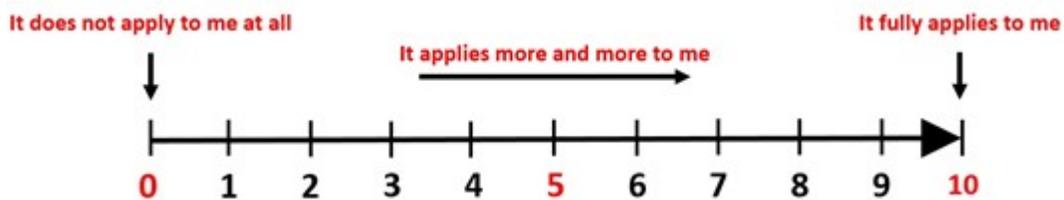
Rate every item according to a scale from 0 to 10 as illustrated.

0: The item does not apply to me at all.

10: The item fully applies to me.

When possible, a more appropriate description is indicated,

such as '0: Absolutely False - 10: Absolutely True' or '0: Not Important At All - 10: Extremely Important'.



Considering the 2 principal people who took care of you as a child as your maternal and paternal figures:

**What percentage of time did my maternal figure take care – in their own way – of me? (0-100% compared to my paternal figure)**

If you answer "N%", we assume that your paternal figure took care of you – in their own way – for a percentage of time "100-N". For example, if your maternal figure took care of you for 75% of time, we assume that your paternal figure took care of you for 25% of time.

## Attachment-Caregiving Questionnaire (ACQ)

When I was a child, how I remember – in images, thoughts, and feelings – my experience in my family:

**(1) I went outside the home to play with other kids or for other activities not supervised by my parents (none of them)**

[ By parents, we mean your maternal and paternal figure. ]

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(2) I felt lonely**

Never

Always

0  1  2  3  4  5  6  7  8  9  10

**(3) I felt I needed help, and nobody helped me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(4) In my family, sharing certain ideas kept us united**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(5) The family climate was relaxed**

No,  
Not Relaxed  
At All

Yes,  
Completely  
Relaxed

0  1  2  3  4  5  6  7  8  9  10

**(6) I had to learn how to get by by myself**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(7) Meeting family expectations made me feel I belonged to the family**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(8) I used to take care of at least one member of my family (mother, father, sibling, or other)**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(9) I felt sad**

Never

Always

0  1  2  3  4  5  6  7  8  9  10

**(10) My parents got along well**

[ By parents, we mean your maternal and paternal figure. If you haven't had one of them, please give any answer – the question will not be considered. ]

No,  
Not Well  
At All

Yes,  
Completely  
Well

0  1  2  3  4  5  6  7  8  9  10

**(11) Initially, leaving home and being left at school made me very nervous and tense: it took me time to stay calmer**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(12) I hated myself**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(13) I felt powerless**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(14) In my family, nobody was expected to have secrets**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(15) I had to spend much more time at home than most other children**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(16) My family was united**

No,  
Not United  
At All

Yes,  
Extremely  
United

0  1  2  3  4  5  6  7  8  9  10

**(17) My parents could fight quite violently - verbally or physically**

[ By parents, we mean your maternal and paternal figure. If you haven't had one of them, please give any answer – the question will not be considered. ]

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**Block009-T050-Q291 - ACQ-PE-Mother**

**Attachment-Caregiving Questionnaire (ACQ)**

ACQ-PE - Mother [2/3]

(2) This section is about your experience with your mother (or maternal figure) as a child. If you did not have a maternal figure who took care of you as a child, please just answer the related question accordingly, ignore this section, and proceed.

Please, answer for how you remember your experience was – not for what you imagine it was or should have been.

You can rely on memories in the form of images, thoughts, or feelings that you recall while thinking of the past.

For each answer, no more than 10 seconds should be sufficient.

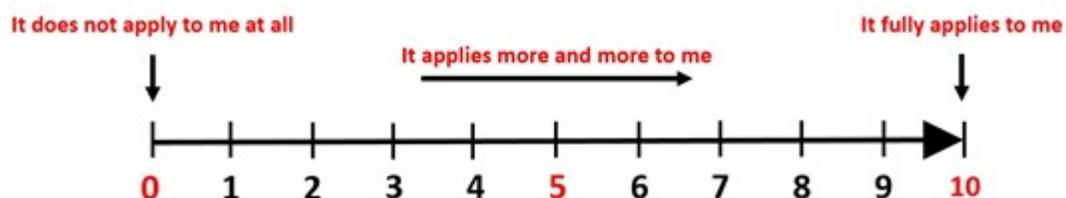
Rate every item according to a scale from 0 to 10 as illustrated.

0: The item does not apply to me at all.

10: The item fully applies to me.

When possible, a more appropriate description is indicated,

such as '0: Absolutely False - 10: Absolutely True' or '0: Not Important At All - 10: Extremely Important'.



**In my childhood, I had a maternal figure**

- Yes
- No

**My maternal figure – referred to as 'mother' below – has been:**

- My biological mother
- My step-mother
- My grandmother
- My aunt
- My sister
- My cousin (female)
- A family friend (female)
- A nanny (female)
- Another female person

- Another male person
- Another person of non-specified sex

**My mother took care of me since I was:**

[ We can consider a person as a maternal figure only if they started taking care of you before you were 6 years old. In case of a noncontinuous period of time, please consider the earliest part of it. For example, if your mother took care of you when you were between 2 and 4 years old and then between 8 and 13, consider 2-4. ]

**My mother took care of me until I was:**

**Attachment-Caregiving Questionnaire (ACQ)**

**When I was a child**, how I remember – in images, thoughts, and feelings – my experience with my mother:

**(1) My mother blamed me for things I experienced as really anguishing**

It does not apply to me at all

It fully applies to me

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**(2) All mothers are concerned about the health and safety of their children: mine was even more so**

No, Not At All

Yes, Much More So

0  1  2  3  4  5  6  7  8  9  10

**(3) I feared that my mother would beat me up**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(4) I feel anger if I consider that my mother could have thought more about me and my needs**

No,  
No Anger

Yes,  
Much Anger

0  1  2  3  4  5  6  7  8  9  10

**(5) My mother always knew what was appropriate for the situation**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(6) Sometimes, I felt anguish for what my mother might do or say**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(7) I felt bad when I wasn't or didn't do as my mother wanted**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(8) My mother could stop talking to me for something I had done**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(9) My mother got mad at me when I did something wrong**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(10) I wished I could spend time with my mother but was rarely able to**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(11) Sometimes, my mother put me under a lot of pressure**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(12) Sometimes, I was worried about what could happen when my mother was with me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(13) In some situations, the presence of my mother made me feel more self-confident**

No,  
Not More  
Self-Confident

Yes,  
Extremely More  
Self-Confident

0  1  2  3  4  5  6  7  8  9  10

**(14) I refrained from asking comfort from my mother**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(15) At some point, I realized that I would never reach my mother's love**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(16) My mother was away from home**

Practically  
Never

Practically  
Always

0  1  2  3  4  5  6  7  8  9  10

**(17) Letting my mother down was a burden for me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(18) I hugged or kissed my mother to show her how much I loved her**

Never

Very

Often

0  1  2  3  4  5  6  7  8  9  10

**(19) I remember that sometimes – unfortunately – my mother wasn't there when I needed her**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(20) Sometimes, my mother made me suffer**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(21) I looked for my mother's closeness but I was never able to have it**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(22) Sometimes, my mother kept me waiting too long for her**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(23) My mother expressed disgust at whoever broke her rules**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(24) I could never really know whether my mother was about to blame me for something**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(25) When I went somewhere, I knew that my mother could always arrive in no time if I needed her**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(26) My mother had a constant and severe health problem – or so I thought**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(27) Sometimes, my mother made a fool of me, and I felt humiliated**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(28) Sometimes, my mother got ferociously angry at me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(29) My relationship with my mother was affectionate**

Not Affectionate  
At All

Very  
Affectionate

0  1  2  3  4  5  6  7  8  9  10

**(30) I loved my mother but – thinking of the circumstances with her – I also feel anger**

No,  
No Anger  
At All

Yes,  
Extreme  
Anger

0  1  2  3  4  5  6  7  8  9  10

**(31) My mother considered many activities that most children used to do as dangerous**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(32) Sometimes, I had to make an effort to get my mother to notice she should take care of me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(33) My mother had strict rules and enforced them harshly**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(34) I have some vivid memories of my mother and I who – while playing games – look into each other’s eyes and have fun together**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(35) Normally, my mother and I thought the same**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(36) Sometimes, I had to have a lot of patience with my mother**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(37) Sometimes, my mother threatened to kick me out of the house, and I was anguished at the thought**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(38) I loved it when my mother hugged and cuddled me**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(39) My mother punished me harshly when I did something wrong**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(40) When my mother saw me sad, she asked me affectionately about what happened and tried to console me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(41) My mother always found I had done something that I shouldn't have done**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(42) My mother and I would both have been in favor if I had been invited to spend 1-2 weeks away from home for an adventurous activity, such as a summer camp, for example**

Not In Favor  
At All

Extremely  
In Favor

0  1  2  3  4  5  6  7  8  9  10

**(43) My mother left home, and I spent the rest of my childhood without her**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(44) When I wasn't sure of something, I asked my mother**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(45) I was curious about my mother's tastes and opinions**

Not Curious  
At All

Extremely  
Curious

0  1  2  3  4  5  6  7  8  9  10

**(46) When my mother was at home, I couldn't relax**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(47) I thought that something terrible might happen to my mother**

No, I Never  
Thought So

Yes, I Very Often  
Thought So

0  1  2  3  4  5  6  7  8  9  10

**(48) Sometimes, how things went between me and my mother was quite irritating**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(49) My mother was in need, and I tried to stay close to her**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(50) For many things, I saw my mother as a point of reference - which I liked, or I would have liked, to follow**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(51) Sometimes, I got irritated because I didn't get the attention I needed from my mother**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(52) My mother caressed and hugged me with affection**

Never

Very Often

0  1  2  3  4  5  6  7  8  9  10

**(53) I could get rather nervous when I had to part with my mother – I remember some of those moments well**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(54) My mother always had some advice to give me**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(55) I remember the warm sound of my mother's voice and her sweet words when she asked me how I was**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(56) My mother had strict rules that I was always afraid I could fail to respect**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(57) My mother used to follow my activities closely – much more than most other kids' mothers did**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(58) When I needed some comfort, I wanted but couldn't go to my mother for it**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(59) My mother paid attention to my behavior and blamed me for misbehaving**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(60) Sometimes, my mother's presence did not allow me to feel as free to move as I would have liked**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(61) Following my mother's rules put me under a lot of pressure**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(62) I used to look up to my mother (at least until a certain age)**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(63) Sometimes, my mother insisted on taking care of me, even though I didn't really feel the need for that – I remember some of those moments well**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(64) I thought of my mother and missed her**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(65) I longed for my mother's affection, but I was never able to have it**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(66) My mother had a serious problem that could make her leave home for good – or so I thought**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(67) Sometimes, I was preoccupied thinking that my mother wouldn't be there when I needed her**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(68) Sometimes, it seemed like my mother held a grudge against me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(69) My mother was a kind of dictator**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(70) I was always worried my mother would take it out on me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(71) My mother rarely showed how much she loved me with tenderness and emotion**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(72) I felt the need for my mother's affection and cuddles**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(73) I hoped my mother would recognize my qualities or worth**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(74) In some situations – which seemed normal to most other children – I wasn't comfortable without my mother's protection**

It does not apply

It fully applies

to me at all

to me

0  1  2  3  4  5  6  7  8  9  10

**(75) Sometimes, my mother seemed to be mentally far away, like in another world**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(76) Sometimes, I got irritated because my mother interrupted me while I was doing something I liked – I remember some of those moments well**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(77) My mother talked about emotions and feelings such as happiness, sadness, and love**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(78) My mother always told or made me understand what was appropriate to do in a situation**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(79) When my mother was at home, she would come and play with me**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(80) Sometimes, I was scared by my mother**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(81) My mother seemed to suffer when I was sad**

No,  
She Didn't  
Seem  
to Suffer

Yes,  
She Seemed  
To Suffer  
Extremely

0  1  2  3  4  5  6  7  8  9  10

**(82) I used to be very close to my mother and maybe I didn't have all the experiences I could have**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(83) Sometimes, my mother wanted to know too much about me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

Block010-T056-Q378 - ACQ-PE-Father

**Attachment-Caregiving Questionnaire (ACQ)**

## ACQ-PE - Father [3/3]

(3) This section is about your experience with your father (or paternal figure) as a child. If you did not have a paternal figure who took care of you as a child, please just answer the related question accordingly, ignore this section, and proceed.

Please, answer for how you remember your experience was – not for what you imagine it was or should have been.

You can rely on memories in the form of images, thoughts, or feelings that you recall while thinking of the past.

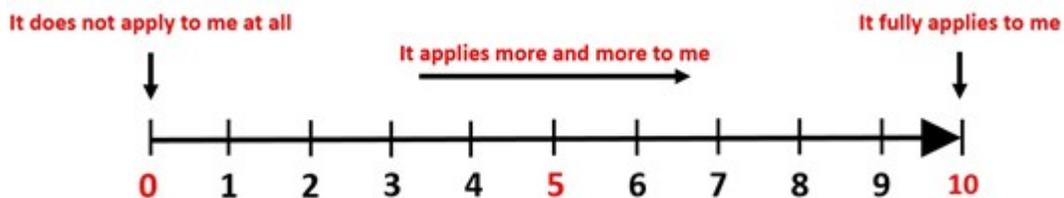
For each answer, no more than 10 seconds should be sufficient.

Rate every item according to a scale from 0 to 10 as illustrated.

0: The item does not apply to me at all.

10: The item fully applies to me.

When possible, a more appropriate description is indicated, such as '0: Absolutely False - 10: Absolutely True' or '0: Not Important At All - 10: Extremely Important'.



**In my childhood, I had a paternal figure**

- Yes
- No

**My paternal figure - referred to as 'father' below - has been:**

- My biological father
- My step-father

- My grandfather
- My uncle
- My brother
- My cousin (male)
- A family friend (male)
- A nanny (male)
- Another male person
- Another female person
- Another person of non-specified sex

**My father took care of me since I was:**

[ We can consider a person as a paternal figure only if they started taking care of you before you were 6 years old. In case of a noncontinuous period of time, please consider the earliest part of it. For example, if your father took care of you when you were between 2 and 4 years old and then between 8 and 13, consider 2-4. ]

**My father took care of me until I was:**

**Attachment-Caregiving Questionnaire (ACQ)**

**When I was a child**, how I remember – in images, thoughts, and feelings – my experience with my father:

**(1) I felt bad when I wasn't or didn't do as my father wanted**

It does not apply to me at all

It fully applies to me

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

**(2) My father expressed disgust at whoever broke his rules**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(3) My father considered many activities that most children used to do as dangerous**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(4) I could get rather nervous when I had to part with my father – I remember some of those moments well**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(5) In some situations, the presence of my father made me feel more self-confident**

No, Not More Self-Confident

Yes, Extremely More Self-Confident

0  1  2  3  4  5  6  7  8  9  10

**(6) My father got mad at me when I did something wrong**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(7) I used to look up to my father (at least until a certain age)**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(8) Sometimes, my father made me suffer**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(9) All fathers are concerned about the health and safety of their children: mine was even more so**

No,  
Not At All

Yes,  
Much More So

0  1  2  3  4  5  6  7  8  9  10

**(10) Following my father's rules put me under a lot of pressure**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(11) My father always had some advice to give me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(12) I loved my father but – thinking of the circumstances with him – I also feel anger**

No,  
No Anger  
At All

Yes,  
Extreme  
Anger

0  1  2  3  4  5  6  7  8  9  10

**(13) When I needed some comfort, I wanted but couldn't go to my father for it**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(14) I refrained from asking comfort from my father**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(15) Sometimes, I got irritated because I didn't get the attention I needed from my father**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(16) I was curious about my father's tastes and opinions**

Not Curious  
At All

Extremely  
Curious

0  1  2  3  4  5  6  7  8  9  10

**(17) In some situations – which seemed normal to most other children – I wasn't comfortable without my father's protection**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(18) My father was a kind of dictator**

Absolutely False

Absolutely True

0  1  2  3  4  5  6  7  8  9  10

**(19) I loved it when my father hugged and cuddled me**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(20) My father paid attention to my behavior and blamed me for misbehaving**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(21) Sometimes, I was scared by my father**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(22) Sometimes, my father kept me waiting too long for him**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(23) My father and I would both have been in favor if I had been invited to spend 1-2 weeks away from home for an adventurous activity, such as a summer camp, for example**

Not In Favor  
At All

Extremely  
In Favor

0  1  2  3  4  5  6  7  8  9  10

**(24) Sometimes, I was preoccupied thinking that my father wouldn't be there when I needed him**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(25) Sometimes, my father got ferociously angry at me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(26) My father rarely showed how much he loved me with tenderness and emotion**

Absolutely  
False

Absolutely  
True

0  1  2  3  4  5  6  7  8  9  10

**(27) My father had a constant and severe health problem – or so I thought**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(28) I wished I could spend time with my father but was rarely able to**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(29) Sometimes, how things went between me and my father was quite irritating**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(30) When I wasn't sure of something, I asked my father**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(31) Sometimes, I had to make an effort to get my father to notice he should take care of me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(32) I thought that something terrible might happen to my father**

No, I Never  
Thought So

Yes, I Very Often  
Thought So

0  1  2  3  4  5  6  7  8  9  10

**(33) When my father saw me sad, he asked me affectionately about what happened and tried to console me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(34) Sometimes, it seemed like my father held a grudge against me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(35) My father had strict rules that I was always afraid I could fail to respect**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(36) Sometimes, my father's presence did not allow me to feel as free to move as I would have liked**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(37) I longed for my father's affection, but I was never able to have it**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(38) My father blamed me for things I experienced as really anguishing**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(39) When my father was at home, I couldn't relax**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(40) Sometimes, my father seemed to be mentally far away, like in another world**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(41) My father always told or made me understand what was appropriate to do in a situation**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(42) Sometimes, I was worried about what could happen when my father was with me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(43) Sometimes, my father insisted on taking care of me, even though I didn't really feel the need for that – I remember some of those moments well**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(44) My father left home, and I spent the rest of my childhood without him**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(45) Sometimes, I felt anguish for what my father might do or say**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(46) My father punished me harshly when I did something wrong**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(47) I looked for my father's closeness but I was never able to have it**

It does not apply

It fully applies

to me at all

to me

0  1  2  3  4  5  6  7  8  9  10

**(48) Sometimes, my father threatened to kick me out of the house, and I was anguished at the thought**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(49) I hoped my father would recognize my qualities or worth**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(50) My father could stop talking to me for something I had done**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(51) My father was in need, and I tried to stay close to him**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(52) I hugged or kissed my father to show him how much I loved him**

Never

Very Often

0  1  2  3  4  5  6  7  8  9  10

**(53) Letting my father down was a burden for me**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(54) For many things, I saw my father as a point of reference - which I liked, or I would have liked, to follow**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(55) My father had strict rules and enforced them harshly**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(56) Sometimes, my father put me under a lot of pressure**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(57) I remember that sometimes – unfortunately – my father wasn't there when I needed him**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(58) I felt the need for my father's affection and cuddles**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(59) I feel anger if I consider that my father could have thought more about me and my needs**

No,  
No Anger

Yes,  
Much Anger

0  1  2  3  4  5  6  7  8  9  10

**(60) I thought of my father and missed him**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(61) My father used to follow my activities closely – much more than most other kids' fathers did**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(62) My father was away from home**

Practically  
Never

Practically  
Always

0  1  2  3  4  5  6  7  8  9  10

**(63) I have some vivid memories of my father and I who – while playing games – look into each other's eyes and have fun together**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(64) My father had a serious problem that could make him leave home for good – or so I thought**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(65) Normally, my father and I thought the same**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(66) My father caressed and hugged me with affection**

Never

Very Often

0  1  2  3  4  5  6  7  8  9  10

**(67) I was always worried my father would take it out on me**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(68) Sometimes, my father made a fool of me, and I felt humiliated**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(69) Sometimes, I had to have a lot of patience with my father**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(70) My relationship with my father was affectionate**

Not Affectionate  
At All

Very  
Affectionate

0  1  2  3  4  5  6  7  8  9  10

**(71) My father talked about emotions and feelings such as happiness, sadness, and love**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(72) I could never really know whether my father was about to blame me for something**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(73) My father always knew what was appropriate for the situation**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(74) Sometimes, I got irritated because my father interrupted me while I was doing something I liked – I remember some of those moments well**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**(75) When my father was at home, he would come and play with me**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(76) I was worried that my father would beat me up**

Never

Very  
Often

0  1  2  3  4  5  6  7  8  9  10

**(77) My father seemed to suffer when I was sad**

No,  
He Didn't  
Seem  
To Suffer

Yes,  
He Seemed  
To Suffer  
Extremely

0  1  2  3  4  5  6  7  8  9  10

**(78) When I went somewhere, I knew that my father could always arrive in no time if I needed him**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(79) I remember the warm sound of my father's voice and his sweet words when he asked me how I was**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(80) My father always found I had done something that I shouldn't have done**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(81) At some point, I realized that I would never reach my father's love**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(82) Sometimes, my father wanted to know too much about me**

It does not apply to me at all

It fully applies to me

0  1  2  3  4  5  6  7  8  9  10

**(83) I used to be very close to my father and maybe I didn't have all the experiences I could have**

It does not apply  
to me at all

It fully applies  
to me

0  1  2  3  4  5  6  7  8  9  10

**Block011-T064-Q392 - Conclusion**

### **Attachment-Caregiving Questionnaire (ACQ)**

#### **ACQ - Conclusion**

We ask you now if you suffered the loss of your mother or father and conclude with some details on your childhood.

##### **My mother passed away**

- Yes
- No

**When my mother died, my age was:**

##### **My father passed away**

- Yes
- No

**When my father died, my age was:**

## Attachment-Caregiving Questionnaire (ACQ)

### Last questions on your childhood

[ Additional caregivers and homes ]

### Additional Caregivers

[ By caregiver, we mean someone who took care of you and was a reference figure for you. ]

**(1) When I was a child/an adolescent, I had an additional caregiver, whom I consider as (or almost as) important as my mother or father**

Yes

No

**(2) This caregiver was:**

**(3) This caregiver took care of me since I was:**

**(4) This caregiver took care of me until I was:**

**(5) Overall, this caregiver took care of me for:**

### Additional Homes

(1) When I was a child/an adolescent, I lived away from home for a long period/long periods

Yes

No

(2) The place where I lived was:

(3) I started living here when I was:

(4) I lived here until I was:

(5) Overall, I lived here for:

**Thank you! You can now submit your answers.**