Presentation and review of Adult Attachment Interview

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We briefly review the theory of attachment and delineate for the first time in Greek the structure, contents and psychometric characteristics of the Adult Attachment Interview (AAI). The AAI was originally developed as a semistructured interview in the context of Bowlby’s theory of attachment, to dissociate between individuals with different types of attachment organization. A practical use of AAI as a clinical tool is to look into the representations of mind that adults have with respect to attachment, as those are manifested in language during discourse of childhood experiences. The AAI aims to offer a comprehensive rationale for psychiatric and psychological assessment and to provide links to treatment and research for specialists who work in mental health.

Key words: Adult Attachment Interview, attachment figure, working models, current mental organisation, classification system of attachment types.

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