

## THE RELATIONSHIP BETWEEN LIFE SATISFACTION AND ATTACHMENT STYLES WITH PSYCHOLOGICAL WELL-BEING OF CHILDREN COVERED BY BEHZISTEY IN TEHRAN

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### ABSTRACT

Methods this study investigated the relationship between attachment styles and psychological well-being, life satisfaction and well-being of children covered in Tehran. The study population included all children are covered in Tehran Welfare Organization, The sample included 384 who were selected randomly. In this study, the data collected through questionnaires life satisfaction MSLSS (Houiner, 2001), Adult Attachment Scale questionnaire (Collins and Reid, 1990) and psychological well-being (Zanjani, 1383) questionnaires were collected. For analysis, data were analyzed using multivariate regression analysis and Pearson's correlation coefficient Results showed that attachment styles between life satisfaction and psychological well-being of children covered in Tehran, there is a significant ( $r=0.05$ ) relationship.

**Keywords:** *Life Satisfaction, Attachment Style, Psychological Well-being*

### INTRODUCTION

Family is a basic and vital social institution which guaranties both the individual health and survival of society. Every child spends the childhood era with particular circumstances with family. The initial experiences which a person has learned in family never leave the human and they create most of the ideas, beliefs and ideas. Hartman and Bettelheim (1999) believe that the relationship between the child and mother not only fully affects his personality structure, but also his future life and marital relations. The optimism and welfare are among the issues which are important in children's lives and are now more taken into account.

The optimism refers to the tendency towards adopting the hopeful view as well as the emotional and cognitive readiness under which the good things are more important than the bad things in life. The sense of well-being includes the sense of cohesion in life as well as the emotional balance and overall satisfaction with life. The cultural and social issues in the field of life satisfaction and attachment styles with psychological well-being of under-protection children some of whom are neglected due to some reasons are among the most important components in the field of under-protection children by welfare organization. Undoubtedly, the welfare organization is the main governmental body for organizing the vulnerable class of society.

The welfare organization has several duties and responsibilities for the under-protection children. On the one hand, this organization has the responsibility of providing the welfare for a large number of vulnerable children, and on the other hand, it is responsible for organizing the status of numerous deprived women and children (Azizi, 2010). The life satisfaction is among the major issues which are initially taken into account by the social sciences thinkers by comprehensive development of technology and the industrialization of Western countries, and thus the life satisfaction is studied in various aspects. The life satisfaction is a cognitive issue, while the negative and positive feeling is considered as the emotional feeling (Sadeghi, 2010). Therefore, this research is seeking to investigate the relationship between the satisfaction and the attachment styles with the psychological styles in children under the protection of welfare organization in Tehran.

### Research Hypotheses

1- There is a relationship between the life satisfaction and attachment styles with psychological well-being in children under the protection of welfare organization in Tehran.

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- 2- There is a relationship between the life satisfaction and the psychological well-being in children under the protection of welfare organization in Tehran.
- 3- There is a relationship between the attachment styles and psychological well-being in children under the protection of welfare organization in Tehran.
- 4- There is a relationship between the components of life satisfaction with attachment styles in children under the protection of welfare organization in Tehran.

### **MATERIALS AND METHODS**

According to the research indices and objectives, this study has a descriptive and correlative type with the aim at investigating the relationship between the satisfaction and attachment styles with psychological well-being in children under protection of welfare organization in Tehran. The statistical population in this research consists of all 22000 children under the protection of welfare organization in Tehran. According to the type of study, which is correlative, the sampling has stratified type. Since the total number of children under the protection of welfare organization in Tehran is 22000, the statistical sample size is considered equal to 384 according to Morgan Table. Furthermore, with regard to the subject drop, the sample size is considered equal to 450 subjects because in the case that we are faced with the sample drop, the sample size will not be too different from the real sample. The statistical samples are first selected from five departments of welfare organizations in the North, South, East, West and Centre Tehran Province, and then several under-protection children are selected from each department based on the stratified random sampling and the questionnaire are implemented on them. Since Tehran City as the metropolis with a population of several million people has different areas of welfare organization, the northeast, northwest, southeast, and southwest areas in Tehran are selected according to the cluster sampling method. For better research, the numbers of samples are classified into four equal parts. Given the researcher's previous experiences, Tehran City is classified into four regions from where a district and from each district an office wherein the numbers of under-protection children are selected. The sample size is done proportional to the statistical population and the questionnaires are randomly distributed among the children in relevant district and then responded. The research tools utilized in this study are as follows: Huebner's life satisfaction questionnaire (MSLSS) (2001), Collins and Read adult attachment scale (Rass), and the psychological well-being questionnaire. The descriptive and inferential statistics are utilized for data analysis and the collected data is initially summarized using the indices of descriptive statistics such as the mean, median, variance, standard deviation, etc and the Table of frequency in order to describe the findings of study and then this obtained data is shown by diagrams. Furthermore, the measures of central tendency and dispersion such as the mean and standard deviation are calculated, and the multiple regression analysis in SPSS software is utilized according to the type of research for inferential statistics.

#### **Research Reliability and Validity**

Attachment Scale (Collins and Read): It is introduced by Collins and Read in 1990 and then reviewed in 1996. The attachment theory is the theoretical basis of this test. This scale is made by Hazen and Shaver (1987). The factor analysis of Hazen and Shaver questionnaire (1987) by Collins and Read (1990) led to the exploration of three main factors of secure, avoidant, and ambivalent attachment which are interpreted by researchers as the capacity to join the intimate and close relationships. Hazen and Shaver obtained the retest-test reliability of the whole questionnaire equal to 0.81 and Cronbach's alpha reliability equal to 0.78. Collins and Read also obtained the high reliability of 0.79 by Cronbach's alpha. Hazen and Shaver (1987) reported the good face and content validity and also desirable construct validity.

Psychological well-being questionnaire: This questionnaire is developed by Zanjani Tabasi (2004) to measure the psychological well-being. The psychological well-being measure has 77 questions (items) developed based on the psychometric principles. This test consists of 6 subscales: The life satisfaction subscale consisting of 19 items; the spirituality subscale with 13 items; the joy and optimism subscale with 19 items; the individual development and growth subscale with 8 items; the positive relationship with others with 8 items; and Finally the self-compliance subscale with 10. The psychological well being

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is measured according to both retest test and internal consistency methods. The Cronbach's alpha method is utilized for estimating the internal consistency scale and the coefficient of reliability for the whole scale is equal to 0.94. This coefficient is obtained from 0.90 to 0.62 in sub-tests. The developed psychological well-being scale is implemented on a unit group of subjects for two times at an interval of two weeks. The obtained correlation coefficient is equal to 0.76 for the whole scale and 0.67 to 0.73 for the sub-tests all of which are significant at the level of  $\alpha < 0.01$ .

**Table 1: Reliability coefficients of questionnaires based on the constituents on a sample of 384 under-protection children**

Component	Alpha coefficient
Satisfaction	0.82
Attachment style	0.86
Psychological well being	0.87

## RESULTS AND DISCUSSION

### Results

A- Results of descriptive statistics for the conducted study indicate that 50 percent of (120 subjects) of respondents are female and 50 percent (120 subjects) of respondents male. In terms of educational level, the maximum percentage of respondents (52.10%) belongs to the fourth grade, the minimum percentage (4.6%) to seventh grade, the highest percentage of respondents (8.034%) belong to the first child and the minimum percentage (2.015%) to the third child in the family. In terms of protection period, 81 children (25.7%) are under two years old, 89 children (35.1%) 2 to 3 years, 70 children (12.2%) from 4 to 5 years, 76 children (17.6%) from 6 to 7 years, and 67 (9.5%) under 8 years of age.

### B - Data Analysis

#### Main Hypothesis

There is a significant relationship between the life satisfaction and attachment styles with psychological wellbeing in children under the protection of welfare organization in Tehran.

The results indicate that there is a significant positive correlation between the overall scales of research (life satisfaction, attachment styles and psychological well-being) ( $P < 0.05$ ). The positive correlation between the components of life satisfaction and attachment styles indicate the increase in these two variables results in the increase in the psychological well-being.

**Table 2: Correlation matrix of the overall components of research**

Variables	Life satisfaction	Attachment Styles	Psychological well-being
Life satisfaction		0.82	0.93
Attachment styles	0.82		0.89
Psychological well-being	0.93	0.89	

\* Correlation is significant at the level of 0.05.

**First hypothesis:** There is a significant correlation between the life satisfaction and psychological well-being in children under the protection of welfare organization in Tehran. The obtained results in Table 3 indicate that there is a significant correlation between the life satisfaction and psychological well-being in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The coefficient of correlation between the life satisfaction and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.93. The coefficient of determination for this equation indicates that these two variables predict 0.86% of variance in each other.

**Second hypothesis:** There is a significant correlation between the attachment style and psychological well-being in children under the protection of welfare organization in Tehran. The obtained results indicate that there is a significant relationship between the attachment style and psychological well-being

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in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the attachment style and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.89. The coefficient of determination obtained from this equation indicates that these two variables predict 0.79% of variance in each other.

**Third hypothesis:** There is a significant correlation between the life satisfaction and psychological well-being in children under the protection of welfare organization in Tehran. The obtained results indicate that there is a significant relationship between the life satisfaction and psychological well-being in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the family satisfaction and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.89. The coefficient of determination obtained from this equation indicates that these two variables predict 0.79% of variance in each other.

\* There is a significant correlation between the friend satisfaction and psychological well-being in children under the protection of welfare organization in Tehran. The obtained results indicate that there is a significant relationship between the friend satisfaction and psychological well-being in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the friend satisfaction and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.90. The coefficient of determination obtained from this equation indicates that these two variables predict 0.81% of variance in each other.

\* There is a significant correlation between the school satisfaction and psychological well-being in children under the protection of welfare organization in Tehran. The obtained results indicate that there is a significant relationship between the school satisfaction and psychological well-being in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the school satisfaction and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.89. The coefficient of determination obtained from this equation indicates that these two variables predict 0.79% of variance in each other.

**Table 3: Correlation matrix**

Statistical indices of variables	Correlation coefficient	R <sup>2</sup>	Sig
Satisfaction	0.93	0.86	0.000
Psychological well being			
Attachment style	0.89	0.79	0.000
Psychological well being			
Family satisfaction component	0.89*	0.76	0.000
Psychological well being			
Friend satisfaction component	0.90*	0.81	0.000
Psychological well being			
School satisfaction component	0.89*	0.79	0.000
Psychological well being			
Environment satisfaction component	0.69*	0.47	0.000
Psychological well being			
Self-satisfaction component	0.84*	0.70	0.000
Psychological well being			

\* There is a significant correlation between the environment satisfaction and psychological well-being in children under the protection of welfare organization in Tehran. The obtained results indicate that there is a significant relationship between the environment satisfaction and psychological well-being in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the

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environment satisfaction and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.69. The coefficient of determination obtained from this equation indicates that these two variables predict 0.47% of variance in each other.

\* There is a significant correlation between the self satisfaction and psychological well-being in children under the protection of welfare organization in Tehran. The obtained results indicate that there is a significant relationship between the self satisfaction and psychological well-being in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the self satisfaction and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.84. The coefficient of determination obtained from this equation indicates that these two variables predict 0.70% of variance in each other.

**Fourth hypothesis:** There is a significant correlation between the attachment styles of life with psychological well-being in children under the protection of welfare organization in Tehran. The obtained results indicate that there is a significant correlation between the secure component of attachment style and psychological well-being in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the secure component of attachment style and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.89. The coefficient of determination in this correlation indicates that these two variables predict 0.79% of variance in each other.

\* There is a significant correlation between the avoidant attachment of attachment styles and psychological well-being in children under the protection of welfare organization in Tehran. The obtained results indicate that there is a significant relationship between the avoidant attachment and psychological well-being in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the avoidant attachment and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.69. The coefficient of determination obtained from this equation indicates that these two variables predict 0.47% of variance in each other.

\* There is a significant correlation between the ambivalent/anxiety attachment of attachment styles and psychological well-being in children under the protection of welfare organization in Tehran. The obtained results indicate that there is a significant relationship between the ambivalent/anxiety attachment and psychological well-being in children under the protection of welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the ambivalent/anxiety attachment and psychological well-being in children under the protection of welfare organization in Tehran is equal to 0.80. The coefficient of determination obtained from this equation indicates that these two variables predict 0.64% of variance in each other.

**Table 4: Matrix of correlation between the secure attachment style component and psychological well-being**

Statistical indices of variables	Correlation coefficient	R <sup>2</sup>	Sig
Secure attachment styles	0.89*	0.79	0.000
Psychological well being			
Avoidant attachment	0.69*	0.47	0.000
Psychological well being			
Ambivalent/anxiety attachment	0.80*	0.64	0.000
Psychological well being			



**Table 5: Tolerance of variance index and variance inflation factor**

<b>Indices of multicollinearity</b>		
<b>Predictive variables</b>	<b>Tolerance</b>	<b>VIF</b>
Family satisfaction	0.10	9.6
Friend satisfaction	0.22	4.3
School satisfaction	0.17	5.6
Environment satisfaction	0.28	3.5
Self satisfaction	0.11	8.5
Secure attachment	0.04	24.2
Avoidant attachment	0.05	19.08
Ambivalent attachment	0.38	2.57

As shown, all numbers indicate the existence of intense multicollinearity among the predictive variables.

**Table 6: Regression results of life satisfaction and attachment styles on the psychological well-being**

<b>Model</b>	<b>Sum of squares</b>	<b>Degree of freedom</b>	<b>Mean squares</b>	<b>F</b>	<b>R</b>	<b>R<sup>2</sup></b>	<b>R<sup>2</sup><sub>adj</sub></b>	<b>sig</b>
Regression	96.10	2	48.05	1.3	0.93	0.88	0.87	0.000
Residual	13.11	382	0.03					
Total	109.21	384						

**Table 7: Results of Durbin-Watson**

<b>Durbin-Watson</b>	<b>Standard error of approximation</b>	<b>Adjusted coefficient of determination</b>	<b>Coefficient of determination</b>	<b>Correlation coefficient</b>
0.752	0.30	0.87	0.88	0.93

As shown, the calculated R is equal to 0.93 indicating that the correlation coefficient between the dependent and independent variables is equal to 93%. Furthermore, calculated R<sup>2</sup> value is equal to 0.88 indicating the explanation of dependent variable by the independent variables. In other words, 88% of variance in life satisfaction and attachment style is associated with the psychological well-being.

**Table 8: Standardized and non-standardized coefficients and t-statistic of variables entered in regression equation**

<b>Predictive variable</b>	<b>Regression coefficients</b>		<b>t-statistic</b>	<b>sig</b>	<b>Significance level</b>
	<b>Non-standardized</b>	<b>Standardized</b>			
Family satisfaction	0.26		6.32	0.000	0.05
Friend satisfaction	0.32	0.39	12.08	0.000	0.05
School satisfaction	0.37	0.39	18.04	0.000	0.05
Environment satisfaction	0.32	0.37	14.81	0.000	0.05
Self satisfaction	0.09	0.12	6.40	0.000	0.05
Secure attachment	0.02	0.03	0.511	0.89	0.05
Avoidant attachment	0.01	0.02	0.156	0.79	0.05
Ambivalent/anxiety attachment	0.05	0.06	0.326	0.05	0.05

According to the results, the life satisfaction in components of family, friends and school has a significant impact on the psychological well-being with  $\beta=0.39$ ,  $\beta=0.39$  and  $\beta=0.37$  at the level of 5% and these three coefficients indicate the increase in these factors will lead to the increased psychological well-being.

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### **Discussion**

The results indicate that the life satisfaction and attachment styles have significant relationship with psychological well-being in children under the protection of welfare organization in Tehran. The impact of welfare actions and activities in Tehran for psychological well-being in under-protection children is generally summarized in the field of living, economic, educational, cultural and educational affairs, social protection. Since the identification of talents, abilities and requirements, and fulfilling these requirements is one of the basic principles in psychological well being in under-protection children for making the social and individual environment healthy and also building the healthy and proper life, paying attention to the life needs in under-protection children and families leads to their comfort and affects their mental balance, and vice versa the lack of attention or the inability to provide the necessities of life lead to their mental imbalance and psychological imbalance. Therefore, the welfare organization of Tehran have taken measures using the findings of research conducted by experts in the field of under-protection children's needs for providing the daily life necessities, thus the results of this research is designed and implemented for indicating the under-protection children satisfaction.

**Main hypothesis:** There is a significant positive correlation between the overall scales of research (life satisfaction, attachment styles and psychological well-being) ( $P < 0.05$ ). The positive correlation coefficients between the components of life satisfaction and attachment styles indicate that a one unit increase in these variables will lead to the increased psychological well-being. The research conducted by Sadeghi (2010) is consistent with the results of this study on the relationship between the life satisfaction and attachment styles with psychological well-being in under-protection children.

### **Subsidiary Hypotheses**

**Hypothesis 1:** According to the obtained results, there is a significant correlation between the life satisfaction and psychological well-being in children protected by the welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the life satisfaction and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.93. The coefficient of determination for this correlation indicates that these two variables explain 0.86% of variance of each other. Furthermore, the result of research by Parham (2005) for the third research hypothesis about the correlation between the life satisfaction and psychological well-being in children is consistent with this study.

**Hypothesis 2:** According to the obtained results, there is a significant correlation between the attachment style and psychological well-being in children protected by the welfare organization in Tehran ( $P < 0.05$ ). The correlation coefficient between the attachment style and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.89. The coefficient of determination for this correlation indicates that these two variables explain 0.79% of variance of each other. Furthermore, the result of research by Omidifar (2007) for the second research hypothesis about the correlation between the attachment style and psychological well-being in children is consistent with this study. On the other hand, the results of research conducted by Feeny (1988), in the field of "attachment styles and life satisfaction" indicating that the adults, who have secure attachment styles, will be more satisfied with their lives, are consistent with findings of this research. In investigating the "secure and insecure attachment styles in children's relationship with each other", Simpson (1990) has found that the secure children trust each other more than the insecure ones and also have the high levels of satisfaction in their relationships including the mutual correlation and commitment. The results of his study are consistent with findings of this study. The results of this study are consistent with the research by Feeny (1999) in the field of correlation between the secure attachment and marital satisfaction, as well as the studies on the fact that the secure couples show higher levels of satisfaction, intimacy and commitment in their relationships and on the contrary the avoidant ones show lower levels of these features. Furthermore, it is consistent with the research by Rainer Bans (2000) indicating the significant correlation between the secure attachment and high marital satisfaction, and also the insecure attachment and low marital satisfaction.

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**Hypothesis 3:** According to the obtained results, there is a significant correlation between the family satisfaction and psychological well-being in children protected by the welfare organization in Tehran ( $P<0.05$ ). The correlation coefficient between the family satisfaction and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.89. The coefficient of determination for this correlation indicates that these two variables explain 0.79% of variance of each other. There is a significant correlation between the friend satisfaction and psychological well-being in children protected by the welfare organization in Tehran ( $P<0.05$ ). The correlation coefficient between the friend satisfaction and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.90. The coefficient of determination for this correlation indicates that these two variables explain 0.81% of variance of each other. There is a significant correlation between the school satisfaction and psychological well-being in children protected by the welfare organization in Tehran ( $P<0.05$ ). The correlation coefficient between the school satisfaction and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.89. The coefficient of determination for this correlation indicates that these two variables explain 0.79% of variance of each other. There is a significant correlation between the environment satisfaction and psychological well-being in children protected by the welfare organization in Tehran ( $P<0.05$ ). The correlation coefficient between the environment satisfaction and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.69. The coefficient of determination for this correlation indicates that these two variables explain 0.47% of variance of each other. There is a significant correlation between the self satisfaction and psychological well-being in children protected by the welfare organization in Tehran ( $P<0.05$ ). The correlation coefficient between the self satisfaction and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.84. The coefficient of determination for this correlation indicates that these two variables explain 0.70% of variance of each other. Furthermore, this research is consistent with the study by Ahmadi (2003), Simpson (1990) and Bans (2000) in the field of the third hypothesis.

**Hypothesis 4:** As noted, there is a significant correlation between the attachment styles and psychological well-being in children protected by the welfare organization in Tehran ( $P<0.05$ ). The correlation coefficient between the secure attachment style and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.89. The coefficient of determination for this correlation indicates that these two variables explain 0.79% of variance of each other. There is a significant correlation between the avoidant attachment style and psychological well-being in children protected by the welfare organization in Tehran ( $P<0.05$ ). The correlation coefficient between the avoidant attachment style and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.69. The coefficient of determination for this correlation indicates that these two variables explain 0.47% of variance of each other. There is a significant correlation between the ambivalent attachment style and psychological well-being in children protected by the welfare organization in Tehran ( $P<0.05$ ). The correlation coefficient between the ambivalent attachment style and psychological well-being in children protected by the welfare organization in Tehran is equal to 0.80. The coefficient of determination for this correlation indicates that these two variables explain 0.64% of variance of each other.

Furthermore, the calculated R value is equal to 0.93 indicating that the correlation coefficient between the dependent and independent variables is equal to 93%. Moreover,  $R^2$  is obtained equal to 0.88 indicating the explanation of dependent variable through the independent variables. In other words, it can be concluded that 88% of variance in life satisfaction and attachment style is associated with the psychological well-being. Given the significant model, we should investigate which one of coefficients is not zero, or in other words which variable(s) has the significant impact on model; t test is utilized in this regard. The factors of life satisfaction have the significant impact on the components of family, friends and school satisfaction with  $\beta=0.39$ ,  $\beta=0.39$  and  $\beta=0.37$  at the level of 5% and in fact these positive coefficients indicate that the increase in these factors will lead to the increase at the level of psychological well-being. The results of research by Amiri (2007) are consistent with the fourth hypothesis of research.



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