

Suicidality and self-compassion in patients with major depressive disorder: The mediating role of the avoidant attachment type

Suicidality, self-compassion, and avoidant attachment

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Appendix 1

Calculation of Cronbach's α for each questionnaire and sub-scale

Table 1. Cronbach's Alpha for the study's questionnaires and sub-scales.

Questionnaire and sub-scale	No. items	Cronbach's Alpha
ECRS	36	0.933
ECRS_anxiety	18	0.926
ECRS_avoidance	18	0.930
SCS	26	0.904
SCS_plus	13	0.885
SCS_minus	13	0.856
BDI	21	0.906
SBQR	4	0.786

Appendix 2

Exploratory factor analysis for ECRS and SCS questionnaires

Table 1. Kaiser-Meyer-Olkin (KMO) measure and Bartlett's test of sphericity for ECRS and SCS.

Metrics	ECRS	SCS
KMO	0.92	0.89
Bartlett's test statistic	5605.03**	2722.15**

**p value<0.001

Table 2. Factor loadings for ECRS questionnaire.

Question	Factor Loading	
	Avoidance	Anxiety
1. I prefer not to show a partner how I feel deep down.	0.552	-0.009
2. I'm afraid that I will lose my partner's love.	0.115	0.679
3. I feel comfortable sharing my private thoughts and feelings with my partner. ^a	0.704	0.023
4. I often worry that my partner will not want to stay with me.	0.090	0.753
5. I find it difficult to allow myself to depend on romantic partners.	0.354	0.233
6. I often worry that my partner doesn't really love me.	0.217	0.753
7. I am very comfortable being close to romantic partners. ^a	0.618	0.097
8. I worry that romantic partners won't care about me as much as I care about them.	0.052	0.714
9. I don't feel comfortable opening up to romantic partners.	0.555	0.157
10. I often wish that my partner's feelings for me were as strong as my feelings for him/her.	-0.077	0.612
11. I prefer not to be too close to romantic partners.	0.708	0.109
12. I worry a lot about relationships.	0.084	0.706

13. I get uncomfortable when a romantic partner wants to get very close.	0.634	-0.065
14. When my partner is out of sight, I worry that he or she might become interested in someone else.	0.041	0.634
15. I find it relatively easy to get close to my partner. ^a	0.643	0.200
16. When I show my feelings for romantic partners, I'm afraid they won't feel the same way about me.	0.168	0.739
17. It's not difficult for me to get close to my partner. ^a	0.557	0.143
18. I rarely worry about my partner leaving me. ^a	0.110	0.582
19. I usually discuss my problems and concerns with my partner. ^a	0.736	0.188
20. My romantic partner makes me doubt myself.	0.274	0.592
21. It helps to turn to my romantic partner in times of need. ^a	0.701	0.178
22. I do not often worry about being abandoned. ^a	0.013	0.631
23. I tell my partner just about everything. ^a	0.823	0.094
24. I find that my partner(s) don't want to get as close as I would like.	0.092	0.653
25. I talk things over with my partner. ^a	0.811	0.157
26. Sometimes romantic partners change their feelings about me for no apparent reason.	0.110	0.625
27. I am nervous when partners get too close to me.	0.628	0.120
28. My desire to be very close sometimes scares people away.	-0.104	0.612
29. I feel comfortable depending on romantic partners. ^a	0.756	0.158
30. I'm afraid that once a romantic partner gets to know me, he or she won't like who I really am.	0.274	0.630
31. I find it easy to depend on romantic partners. ^a	0.677	0.072
32. It makes me mad that I don't get the affection and support I need from my partner.	0.117	0.578
33. It's easy for me to be affectionate with my partner. ^a	0.650	-0.012
34. I worry that I won't measure up to other people.	0.142	0.445
35. My partner really understands me and my needs. ^a	0.440	0.421
36. My partner only seems to notice when I'm angry.	0.275	0.434

^a Item is reverse scored.

Table 3. Factor loadings for SCS questionnaire.

Question	Factor Loading	
	Positive	Negative
1. I'm disapproving and judgmental about my own flaws and inadequacies. ^a	0.103	0.544
2. When I'm feeling down, I tend to obsess and fixate on everything that's wrong. ^a	0.156	0.479
3. When things are going badly for me, I see the difficulties as part of life that everyone goes through.	0.581	0.080
4. When I think about my inadequacies, it tends to make me feel more separate and cut off from the rest of the world. ^a	0.205	0.571
5. I try to be loving toward myself when I'm feeling emotional pain.	0.589	0.230
6. When I fail at something important to me, I become consumed by feelings of inadequacy. ^a	0.187	0.667
7. When I'm down, I remind myself that there are lots of other people in the world feeling like I am.	0.596	0.020
8. When times are really difficult, I tend to be tough on myself. ^a	0.091	0.565
9. When something upsets me, I try to keep my emotions in balance.	0.517	0.050
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	0.579	0.043
11. I'm intolerant and impatient toward those aspects of my personality I don't like. ^a	0.055	0.672
12. When I'm going through a very hard time, I give myself the caring and tenderness I need.	0.642	0.302
13. When I'm feeling down, I tend to feel like most other people are probably happier than I am. ^a	0.141	0.476
14. When something painful happens, I try to take a balanced view of the situation.	0.515	0.231

15. I try to see my failings as part of the human condition.	0.641	0.244
16. When I see aspects of myself that I don't like, I get down on myself. ^a	0.260	0.638
17. When I fail at something important to me, I try to keep things in perspective.	0.601	0.160
18. When I'm really struggling, I tend to feel like other people must be having an easier time of it. ^a	0.039	0.515
19. I'm kind to myself when I'm experiencing suffering	0.558	0.398
20. When something upsets me, I get carried away with my feelings. ^a	0.238	0.376
21. I can be a bit cold-hearted toward myself when I'm experiencing suffering. ^a	0.088	0.444
22. When I'm feeling down, I try to approach my feelings with curiosity and openness.	0.551	0.185
23. I'm tolerant of my own flaws and inadequacies.	0.499	0.409
24. When something painful happens, I tend to blow the incident out of proportion. ^a	0.230	0.417
25. When I fail at something that's important to me, I tend to feel alone in my failure. ^a	0.253	0.623
26. I try to be understanding and patient toward those aspects of my personality I don't like.	0.607	0.319

^a Item is reverse scored.

Appendix 3

Descriptive statistics of the study variables

Table 1. Means, standard deviations, and minimum and maximum values.

Variable	Mean	<i>SD</i>	Min	Max
Suicidality (SBQ-R)	7.77	4.70	3	22
Attachment total (ECRS)	3.65	1.16	1	6.53
Anxious attachment (ECRS_anxiety)	3.67	1.45	1	7
Avoidant attachment (ECRS_avoidance)	3.62	1.40	1	7
Self-compassion total (SCS)	2.61	0.69	1.12	4.35
Negative aspects of self- compassion (SCS_minus)	2.47	0.78	1.00	4.77
Positive aspects of self- compassion (SCS_plus)	2.76	0.81	1.00	4.69
Depression (BDI-II)	25.84	12.37	0	55

Appendix 4

Generalized Linear Model (GLM) and Ordinary Least Square models (OLS)

Table 1. Results of the effect of the independent variable (X), self-compassion, on the dependent variable (Y), suicidality.

	Estimate	SE	95% CI		Z	p
			LL	UL		
Intercept	14.4925	1.252	12.039	16.946	11.579	<.001
X	-2.5398	0.461	-3.444	-1.635	-5.505	<.001

Table 2. Results of the effect of the independent variable (X), self-compassion, on the mediator (M), avoidance.

	Estimate	SE	95% CI		Z	p
			LL	UL		
Intercept	4.8961	0.384	4.139	5.653	12.738	<.001
X	-0.4821	0.142	-0.761	-0.203	-3.402	.001

Table 3. Results of the effect of the independent variable (X), self-compassion and the mediator(M), avoidance on the dependent variable (Y), suicidality.

	Estimate	SE	95% CI		Z	p
			LL	UL		
Intercept	11.5927	1.559	8.523	14.662	7.436	<.001
X	-2.2542	0.464	-3.168	-1.340	-4.857	<.001
M	0.5923	0.195	0.209	0.976	3.039	.003