

# **Childhood adverse events and attachment style as inadequate predictors of ADHD pathology in adult psychiatry**

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## **Objectives:**

Childhood adverse experiences is a term used to refer to certain potentially traumatic exposures that an individual between the ages of 0 and 18 may experience, which may negatively influence internal work patterns because of early interactions with primary caregivers. establish the style of attachment. The feeling of inadequacy consists of five primary factors subordinate to self-esteem: self-respect, social confidence, academic skills, physical abilities and physical appearance. The present research aimed to study the extent to which childhood adverse events (ACE) and attachment style predict the feeling of inadequacy and to analyze the moderation relationship between ACE and the feeling of inadequacy by the insecure attachment style.

## **Materials and methods:**

The study involved 103 subjects, of which 77 female and 26 males, diagnosed with ADHD in childhood, currently aged between 24 and 32 years. Adverse Childhood Experiences were used to measure the ACE variable, Relationship Style Questionnaire was used to identify attachment style, and Janis – Field Feelings of Inadequacy scale were used to measure the feeling of inadequacy. The study was non-experimental, correlational.

## **Results and conclusions:**

The results showed that the regression model with three predictors (ACE, avoidant attachment, anxious attachment) is statistically significant in terms of ex-children and ADHD and their functioning in adulthood and explains 30% of the feeling of inadequacy, the most important predictor. being the anxious attachment. Regarding the moderation analysis, the avoidant attachment proved to be the only significant moderator. Conclusions: Although anxious attachment has a significant effect on the feeling of inadequacy, it fails to moderate the relationship between predictor and criterion. Attachment style mediates the relationship between abuse and depressive symptoms.

## **Conflicts of interest:**

The authors have declared that no competing interests exist.

All authors of this communication declare and certify that the work presented has no connection with the pharmaceutical, tobacco, alcohol, electronic cigarettes and gaming companies.

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