

Relationship Between Attachment Style, Self-Disclosure and Appearance-Based Rejection Sensitivity Among Young Adults

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ABSTRACT

The research examines the correlation between Attachment Style, Self-Disclosure, and appearance-based rejection sensitivity (A-RS) among young adults. Data from a sample of 150 participants were acquired using a quantitative, cross-sectional survey approach using offline surveys. The study used three standardised psychometric instruments: the Attachment Style Questionnaire-Short Form (ASQ-SF), the Self-Disclosure Index (SDI), and the Appearance-Based Rejection Sensitivity Scale (A-BRS). Data were analysed using Microsoft Excel, with descriptive statistics and Pearson's correlation analysis used for analyzing the correlations between the variables. The finding of the research works shows that Attachment style (avoidant) and self-disclosure (A1 & B: $r = -0.155$, $p = 0.057$), Attachment Style (anxious) and self-disclosure (A2 & B: $r = -0.029$, $p = 0.719$), self-disclosure and A-RS (B & C: $r = -0.120$, $p = 0.143$), as well as A-RS and Attachment Style (avoidant) (A1 & C: $r = 0.1074$, $p = 0.188$) were shown to have no significant correlation. However, a significant correlation was discovered between attachment style (anxious) (A2) and A-RS (C & A2: $r = 0.265$, $p = 0.0008$), showing that those with specific attachment styles may be more at risk of appearance-based rejection. The findings of this study add to the present research, demonstrating how attachment style and rejection sensitivity connected to appearance influence how people interact in social situations.

Keywords: Attachment Style, Self Disclosure, Appearance Based Rejection Sensitivity, Young Adults

Attachment Style
The term "attachment" refers to a person's affectional connection to an attachment figure, typically a guardian. Attachment theory, created by John Bowlby, suggests that early childhood experiences with carers shape our ability to form and navigate intimate relationships as adults. Attachment styles shape our comfort with intimacy, trust, and conflict resolution. This study investigates the relationship between attachment types and relationship happiness, focusing on how our early interactions shape our adult relationships. Attachment style is a person's perception and response to intimacy and closeness in relationships, shaped by early experiences with carers. Bowlby's major work on attachment theory, published in 1958, was the first to describe and examine the notion.

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Bowlby (1958) described attachment style as the "lasting psychological connectedness between human beings" created in infancy through interactions with primary carers, often the mother. Early attachment experiences create mental models of self and others, influencing future expectations, emotions, and behaviours. In 1978, Mary Ainsworth's "Strange Situation" study identified three attachment styles: secure, anxious, and avoidant, building on Bowlby's earlier work.

According to Ainsworth (1978), individuals who are securely attached are likely to have responsive and caring carers, resulting in positive relationship expectancies. Individuals with anxious or avoidant attachment patterns generally experienced inconsistent or unresponsive carers. Bowlby claimed that newborns form attachment types based on caregiver responsiveness and availability.

- **Secure Attachment style:** Infants with secure attachment styles tend to have carers who regularly respond to their needs. Children develop trust in their carers, leading to a sense of security and confidence when exploring their world.
- **Anxious Attachment Style:** Infants with anxious attachment types receive inconsistent care. They may feel uncertain about their carers' attentiveness, causing discomfort and clinginess, but struggle to receive reassurance.
- **Avoidant Attachment Style:** Infants with avoidant attachment styles may have emotionally distant or unresponsive carers. They conceal their connection demands by limiting their need for closeness and presenting as emotionally aloof or independent.

Self Disclosure

Self-disclosure is the act of someone explicitly telling one or more people anything about themselves that they think they are unlikely to find out unless they tell them. This knowledge needs to be "personally private," meaning that the first person wouldn't share it with everyone who might ask about it (Culbert, 1970). Sidney Jourard has written persuasively about the necessity for people to know one another. He has argued that self-disclosure is the foundation of both self-awareness and wholesome interpersonal interactions. Jourard has developed and proven his theory by building on the works of early personality theorists, and as a result, he has become a leading figure in modern counselling theory. A fundamental element of the existential question of what it means to be a "real-self-being" is self-disclosure (Jourard, 1964). According to Horney (1950), "the real self is that central, inner force, common to all human beings, and yet unique in each, which is the deep source of growth the most alive centre of ourselves it engenders the spontaneity of feeling".

According to Maslow (1954), every man has an innate urge to reach his full potential. The "real self is a process that can never be fully known because it is constantly changing," according to Jourard (1968). The term "real self" describes a subjective experience that includes emotion. Horney (1950) defined alienation from the self as the suppression or disregard of the real self. Man has an urge to build relationships with others based on open communication of the self because he desires companionship with others and is open to the world (Friedman, 1960). At first, Jourard referred to disclosing private information as "real-self communication." Later on, he settled on the more neutral term "self-disclosure."

According to Jourard (1964), the definition of disclosure is "to unveil, to make manifest, to show". In other words, self-disclosure refers to allowing people to see and understand you. Disclosure can occur through a variety of means, including speech, gestures, facial expressions, and the omission of certain behaviours. According to Jourard's (1964)

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hypothesis, the purpose of disclosure is "to be perceived as I know myself to be". He believes that a person will come forward in low-risk circumstances where he believes the other person to be reliable and when he believes it is essential that his actual identity be revealed.

Since an individual receives either positive or negative reinforcement based on the other person's response, self-disclosure can be considered to function according to the principles of operant behaviour. (Jourard 1964) He may be viewed differently as a result of this feedback, which could be interpreted as proof that he understands and accepts his disclosure. According to Jourard (1968), there are specific criteria that influence how much a person will disclose about themselves. The most important factors are a person's role, personality, and other people's behaviour.

Generally accepted social norms, an overly rigid conscience, and reliance on others impede complete communication. In his role as a psychotherapist, Jourard (1971) asked his patients to divulge personal information, raising the question of why they would divulge details about their lives that they had long kept hidden from others. He concluded that his clients wanted to share knowledge with him that would enable them to function better in society. He proposed the theory that self-awareness and mental health are related. Jourard started researching the dynamics of self-disclosure because he thought this was true. Jourard explained six subscales in his research-

- Attitudes and Opinions: Attitudes are long-term assessments of persons, objects, or events that incorporate cognitive, emotional, and behavioural elements.
- Tastes and Interests: Aesthetic tastes in music, fashion, and art are influenced by cultural background, personal experiences, and socialisation.
- Work: Work is an essential component of personal and professional development, offering structure, purpose, and opportunity for advancement.
- Money: Money is a means of exchange that promotes economic transactions and contributes significantly to personal and societal well-being.
- Personality: Personality is the collection of persistent patterns of ideas, feelings, and behaviours that influence how people view the world and interact with others.
- Body: Body is both a biological system and a basic part of identity, allowing interaction with the world and self-expression.

Appearance-Based Rejection Sensitivity

Appearance-based Rejection Sensitivity (Appearance-RS) is the tendency to anticipate, perceive, and overreact to rejection due to one's physical attractiveness.

Physical beauty is one of the strongest predictors of interpersonal attraction. Physically attractive persons are more popular, pleasant, and receive higher ratings on a range of qualities than their less handsome counterparts (Dion et al., 1972; Eagly et al., 1991; Walster et al., 1966). Because appearance has a strong influence on first impressions, people may be particularly anxious about how they appear to others during initial social interactions. Indeed, the stereotype "what is beautiful is good" is especially powerful in the early stages of relationship development, when people have limited information to work with (Dion et al., 1972; Snyder et al., 1977).

Individuals who expect to be rejected because of their appearance feel anxious in situations where they may be judged based on their appearances. Appearance-based Rejection

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Sensitivity (Appearance-RS; Park, 2007) refers to the dispositional propensity to anxiously expect, rapidly recognise, and overreact to rejection because of appearance. This personality processing system is distinguished by anxious concern and rejection expectancies that is uniquely influenced by one's physical appearance. The construct is based on Downey and Feldman's (1996) Personal Rejection Sensitivity (Personal-RS), which indicates uncomfortable anticipation of rejection in general rather than rejection based on an individual's distinctive trait.

Appearance-Based -RS has been related to experiences of peer conditional acceptance based on looks and media impact.

REVIEW OF LITERATURE

The review of literature focuses on mainly three variables

- a) Attachment Style
- b) Self-Disclosure
- c) Appearance-based Rejection Sensitivity

ATTACHMENT STYLE

Kouros, Isaksson, Ekselius, et al. (2024) studied a clinical cohort of 150 young individuals with BPD, BD, and/or ADHD (113 women and 37 males, mean age 23.3 ± 2.1). The paper demonstrates that K-means cluster analysis with ASQ-SF dimensions (a) Three attachment clusters were identified: secure, insecure/avoidant-anxious, and insecure/avoidant (b) The temperament profiles and psychiatric diagnoses differed between the clusters (c). The findings may aid in the distinction of BPD, BD, and ADHD and guide treatment planning. Attachment styles may serve as a distinguishing characteristic for various diseases and inform therapeutic approaches.

Pollard, Bucci, & Berry (2023) conducted a systematic review of measures of adult disorganised attachment. The review included 27 eligible papers from 5757 initial search results. COSMIN guidelines, PRISMA framework, and critical evaluation of 18 identified measures. (a) The best accessible measures for disorganised attachment in adulthood include the Childhood Disorganisation and Role Reversal Scale, PTI-Attachment Styles Scale, ASQ-SF, and Adult Attachment Interview. (b) Methodological discrepancies limit the ability to draw definite conclusions. (c) Additional psychometric testing or the development of new instruments is required. Emphasises the need for trustworthy tools to assess disorganised attachment, which are crucial for mental health research and therapy.

Iwanaga et al. (2018) did a study on people with impairments (SCI and traumatic injuries). Construction sample: 108 (sci advocacy organisations); Cross-validation sample size: 140 (rehabilitation hospital). ASQ (long-and short-form), Trait Hope Scale, Sense of Coherence Scale, and Satisfaction With Life Scale (a) There is a strong correlation between the long-and short-form ASQ subscales (secure, anxious, avoidant); (b) The subscales are reliable and have similar psychometric properties to the long-form; (c) Correlations with hope, coherence, and well-being support validity; and (d) Confirmatory factor analysis revealed a three-factor structure. Supports the use of the ASQ-SF in clinical rehabilitation counselling research and practice by providing a quick and psychometrically sound attachment measure.

Axfors, C., Sylvén, S., Skalkidou, A., & Ramklint, M. (2017) studied 1631 pregnant women in Sweden, including 48 test-retest participants. The Attachment Style Questionnaire - Short Form (ASQ-SF) had acceptable internal consistency, with Cronbach's α values

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ranging from 0.54 to 0.89 across subscales. CFA showed better model fit for the ASQ-SF than the full ASQ. Test-retest correlations ranged from 0.65 to 0.84. Further research is needed to optimise the factor structure. Supports the use of ASQ-SF in perinatal health investigations, but proposes factor modification.

Griffin and Bartholomew (1994) and Van Oudenhoven et al. (2001) conducted study on adults in Western and Chinese contexts. Examined the adult attachment internal functioning model (self and others) and validated the Attachment Style Questionnaire (ASQ) in Chinese culture. (a) Confirmatory Factor Analysis (CFA) and Item Response Theory (IRT) were used to condense ASQ into a Short Form. (b) The four attachment styles—secure, avoidant, anxious, and disorganized—were found in Chinese culture. (c) The internal working model of self and other was present in Chinese culture. Supports the universality of attachment models across cultures by verifying a short-form ASQ.

Feeney & Noller's (1990) study on undergraduate students included questionnaires measuring attachment style, relationship views, self-esteem, libido, love addiction, and love styles. (a) Secure attachment was associated with positive early family relationships; (b) Avoidant attachment was associated with childhood maternal separation and mistrust of others; (c) Anxious-ambivalent attachment was associated with a lack of paternal support, dependence, and a desire for deep commitment; and (d) Attachment style was strongly related to self-esteem and various love styles. The findings lend support to attachment theory's function in interpreting adult romantic relationships and love patterns.

SELF DISCLOSURE

In 2016, **Tyler J. Read and Donna Allen** did a study on Northwest Nazarene University in the United States. Young adults (ages 18-25). Using a modified version of Jourard's Self-Disclosure Questionnaire, we examined the link between nonverbal mirroring and reciprocal self-disclosure. The data analysis (t-test) attempted to evaluate differences in self-disclosure between the experimental (mirroring) and control groups. If verified, the findings would strengthen Social Penetration Theory by relating nonverbal behaviours to self-disclosure.

Claire Spanier's (2005) study focused on male college students at the College of Saint Benedict/Saint John's University in the USA. The impact of a single-sex college/university setting on the establishment of intimate male-male friendships was investigated using Berscheid, Snyder, and Omoto's (1989) Relationship Closeness Inventory and Jourard's (1971) Sixty-Item Self-Disclosure Scale. There was no significant link discovered between university sex composition and friendship intimacy. While certain marginal variations were observed (e.g., self-disclosure about one's physique), they had little practical consequence.

Kito (2005) published a study on American and Japanese college students, with a sample size of 145. Self-disclosure levels were examined in four relationship types (passionate love, companionate love, same-sex friendships, and cross-sex friendships) and two cultures (American and Japanese). (a) Japanese students disclosed less than Americans across all relationship types; (b) self-disclosure was higher in same-sex friendships than in cross-sex friendships in both cultures; (c) self-disclosure was higher in romantic relationships than in friendships; however, there was no significant difference in self-disclosure between passionate and companionate love. Emphasises cultural differences in self-disclosure and how they vary across relationship kinds.

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Waring, Jennifer Alexandra (1998) did a study on married individuals with a sample size of 119 (criterion validity sample) and 41 (test-retest reliability sample). It examined the reliability and validity of the Marital Self-Disclosure Questionnaire (MSDQ). MSDQ had good test-retest reliability ($r=.86$, $p<.01$), moderate correlation with the Affective Self-Disclosure Questionnaire for Couples ($r=.53$, $p<.01$), and modest correlation with the Kansas Marital Satisfaction Scale ($r=.23$, $p<.05$). Internal consistency was low for the Imbalance scale ($\alpha.32$) and Total scale ($\alpha.64$), and women disclosed more than men. MSDQ requires further refining due to reliability concerns; findings highlight the relevance of self-disclosure in marital satisfaction, with implications for research, theory, and counselling.

Vera, E. M., and Betz, N. E. (1991) surveyed 200 college students in serious dating relationships. Investigated gender disparities in the links between emotional self-disclosure, self-esteem, and relationship satisfaction. (a) Women revealed emotions more than men, (b) emotional self-disclosure was constructively related to relationship satisfaction for both genders, (c) in women, self-esteem was related to both emotional self-disclosure and relationship satisfaction, whereas in men, self-esteem was not related to these variables. Identifies gender disparities in self-esteem and self-disclosure in romantic partnerships.

APPEARANCE-BASED REJECTION SENSITIVITY

Hadia Imtiaz and Nudra Malik (2024) studied 300 students from Lahore College for Women University, aged 18-30. Investigated the link between social media addiction, appearance-based rejection sensitivity, and disordered eating behaviours. There is a significant positive correlation between social media addiction, appearance-based rejection sensitivity, and disordered eating behaviours. Rejection sensitivity mediated the association between social media and disordered eating. Women were more likely to experience disordered eating than men. Emphasises the psychological consequences of social media addiction, especially its impact on body image and eating disorders. The research suggests measures to promote healthy social media use.

Esfandyari Garkerudi S., Abolghasemi A., & Kafi S. M. (2022) conducted a study at Guilan University in Iran on college students with and without Body Dysmorphic Disorder (BDD). The sample size was 110 students with BDD and 163 students without BDD. The study compared thought control methods, valued living, and Appearance-Based Rejection Sensitivity (Appearance-RS) in students with and without BDD. Students with BDD used considerably more thought control methods (worry, punishment, social control) and Appearance-RS. They used distraction and evaluation less frequently and reported worse living standards. Identifies psychological variations in thought control and self-perception between students with and without BDD, emphasizing the importance of tailored interventions in mental health and self-worth development.

Sen, N., Suri, K., and Jain, S. (2020) researched working and non-working heterosexual young adults (18-30 years old) with a sample size of 200. Gender variations in sexting behaviours were investigated, along with their relationship to rejection sensitivity and social incentive. There is a significant positive link between sexting behaviour and rejection sensitivity; there is no correlation between sexting and social motive; sexting differs by gender but not by relationship status. emphasises the psychological ramifications of sexting and its relationship to rejection sensitivity, with gender playing a role in sexting behaviours.

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CHEN Yunxiang, DENG Yanhe, and LIU Xiangping (2020) surveyed 549 Chinese college students in Beijing, Sichuan, and Anhui provinces of China. Examined the links between college students' loving status, self-rated attractiveness, and appearance-based rejection sensitivity. The significant link exists between loving status, self-rated attractiveness, and appearance-based rejection sensitivity. Loving status correlated favourably with self-rated attractiveness and negatively with appearance-based rejection sensitivity. Self-rated attractiveness completely moderated the association between loving status and appearance-based rejection sensitivity. Shows that being in a romantic relationship can diminish appearance-based rejection sensitivity by increasing self-perceived attractiveness. It emphasises the significance of self-rated attractiveness in psychological well-being.

Deng, Y., Chen, Y., & Liu, X. (2019) research was conducted in Beijing Normal University, China with Chinese undergraduate students with a sample size of 542 students. The association between romantic relationship status (RRS) and appearance-based rejection sensitivity (Appearance-RS) was investigated, with self-rated attractiveness (SRA) serving as a mediator and appearance-contingent self-worth (A-CSW) serving as a moderator. Single persons exhibited higher Appearance-RS due to reduced SRA, A-CSW attenuated this impact, with higher A-CSW enhancing the relationship between SRA and Appearance-RS. Studies show the role of romantic relationships in buffering Appearance-RS and show that self-perceptions of attractiveness and appearance-related self-worth affect this relationship.

Webb, H. J., and Zimmer-Gembeck, M. J. (2016) conducted their research at Griffith University on the Gold Coast, Australia. The participants were adolescents (mean age = 12.0). 178 adolescents and 284 distinct friendship networks. It is a longitudinal study of the effect of peer appearance culture in shaping Appearance-Based Rejection Sensitivity (Appearance-RS), with an emphasis on friendship dynamics and body-related behaviours. Appearance-RS increased over six months when adolescents had best friends who engaged in body change and extreme weight loss behaviours, or who had a higher BMI. Higher increases were observed in peer groups with higher appearance dissatisfaction, while positive appearance self-perceptions among friends mitigated increases in Appearance-RS. It emphasises the impact of peer appearance culture on adolescents' vulnerability to appearance-based rejection and implies that healthy body image among peer groups may serve as a protective factor.

Bowker, J. C., Thomas, K. K., Spencer, S. V., and Park, L. E. (2012) conducted a study at the State University of New York, Buffalo with adolescents (mean age = 13.05 years) with a sample size of 150. Examined the link between Appearance-Based Rejection Sensitivity (Appearance-RS) and psychological adjustment. Evaluated the moderating impacts of other-gender peer experience (friendships, acceptance, romantic relationships). Appearance-RS was connected with social anxiety but not self-esteem; other-gender friendships functioned as a protective factor; nevertheless, high other-gender peer acceptability was a danger factor, particularly for boys. It is critical to distinguish between various forms of other-gender peer experiences to understand the influence of Appearance-RS in adolescence.

Ford, S. (2012) conducted a study of 129 freshmen college students at a private Midwestern university in the United States and investigated the link between appearance-based rejection sensitivity (A-BRS) and sociocultural variables (parents, peers, media) that experimented with gender as a moderator. A-BRS was strongly associated with media influence, and peer conditional acceptance gender modified the connection, with parental and peer influence

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being stronger predictors of A-BRS in females. It emphasises the relevance of sociocultural influences in developing A-BRS, especially among female students. It also suggests the necessity for student wellness initiatives to combat the negative impacts of A-BRS and build positive self-esteem.

Park, L. E., & Pinkus, R. T. (2009) conducted research at the University of Buffalo, State University of New York, USA, with 48 students (24 males and 24 females) with varied levels of Appearance-Based Rejection Sensitivity. Appearance-RS's interpersonal impacts include its influence on social interactions, relationships, and self-perception. High Appearance-RS people are more sensitive to rejection in social interactions, which leads to negative interpersonal outcomes and reduced self-esteem. It emphasizes the interpersonal repercussions of Appearance -RS, implying that people with high Appearance-RS may suffer in social connections due to a fear of rejection based on looks.

Park, L. E., DiRaddo, A. M., and Calogero, R. M. (2009) conducted research in the United States with 220 college students (male and female). The impact of parents, peers, and media on Appearance-RS gender disparities; and internalisation of media ideals. The findings revealed that women scored higher on Appearance-RS than men; peer conditional acceptance predicted Appearance-RS in women; media impact predicted Appearance-RS in both genders, and parental influence had no significant effect. Emphasizes the importance of sociocultural influences, notably peer and media impact, in creating Appearance-RS. To reduce negative self-perceptions, interventions should focus on peer and media-related influences.

Rationale

Attachment style, self-disclosure, and appearance-based rejection sensitivity are all important psychological variables influencing young adults' interpersonal interactions and self-image. Attachment theory says that unique early attachment experiences significantly impact a person's expected ability to form extremely deep relationships and regulate emotions. Persons with secure attachments are more open about themselves; nevertheless, certain persons with insecure attachments (anxious or avoidant) may struggle with self-expression. Self-disclosure is personal thoughts and emotions with others, is a critical component of social interaction. It contributes significantly to relationship satisfaction. It also significantly improves psychological well-being. People who are particularly sensitive to concrete rejection may be afraid to give very personal information for fear of being judged harshly. Appearance-based rejection sensitivity, a largely understudied construct, assesses how nervously people anticipate and react to rejection based on their physical characteristics. This sensitivity may lead to low self-esteem and social anxiety. It can also make it more challenging to form close connections. In connection with the growing cultural emphasis on physical appearance, particularly among young people, it is also vital to investigate how such psychological factors interact. Understanding the correlation between attachment style, self-disclosure, and appearance-based rejection sensitivity may disclose important information about the complexities of social interactions and mental health. This study aims to fill gaps in previous research by investigating the correlation between attachment style, self-disclosure, and appearance-based rejection sensitivity, with implications for counselling, esteem therapies, and social skills training programs.

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METHOD OF STUDY

Objective

To examine the correlation between Attachment style, Self-disclosure, and Appearance-based Rejection Sensitivity among young adults.

Hypothesis

- **H1:** There is a significant correlation between Attachment style and Self-Disclosure
- **H2:** There is a significant correlation between Self-Disclosure and A-BRS
- **H3:** There is a significant correlation between Attachment Style and A-BRS

Variables:

There are three variables –

- a) Attachment Style defines how people emotionally bond with others, categorizing them as secure or insecure (anxious, avoidant, or scared) based on early relationships.
- b) Self-disclosure is a desire to share personal ideas, emotions, and knowledge with others, which influences social ties and intimacy.
- c) Appearance-based rejection sensitivity is the tendency to anticipate and react negatively to rejection based on one's physical appearance, which harms one's self-esteem and social connections.

Tools:

Attachment Style-

The attachment style Questionnaire- short form (ASQ-SF) is a 29- item self-report measure that calculates Adult attachment patterns in both clinical and non-clinical population (Alexander et al., 2001; Karantzas et al., 2010).

Bowlby (1988), the ASQ-SF calculates how individuals form and maintain relationships throughout their lifespan, concentrating on attachment-related anxiety and avoidance (Mikulincer & Shaver, 2016).

The scale assesses two key aspects of adult attachment:

- Anxious Attachment is characterized by a hyperactivating strategy, a fear of abandonment, and an obsessive desire for approval.
- Avoidant Attachment is defined by deactivation techniques, tenderness with closeness, and defensive self-reliance.

These dimensions are further divided into five subscales:

1. Discomfort with closeness- Resistance to emotional connection.
2. Relationships as secondary- Relationships are given low priority.
3. Preoccupation with relationships- An excessive interest in the dynamics of relationships.
4. Need for Approval- rely on external evaluation.
5. Confidence in Interpersonal Interactions- means experiencing secure and comfortable in relationships.

It has strong internal consistency, with Cronbach's alpha values ranging from 0.70 to 0.85, indicating that the subscales measure attachment-related qualities reliably.

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Self – Disclosure

Sidney M. Jourard and Paul Lasakow developed the Jourard Sixty-Item Self-Disclosure Questionnaire in 1958 as a measure to examine the extent to which individuals participate in self-disclosure across several personal areas. The questionnaire contains 60 items divided into six categories:

1. Attitude and opinions.
2. Taste and interests.
3. Work (or study).
4. Money.
5. Personality.
6. Body

It has strong internal consistency, with Cronbach's alpha values ranging from 0.70 to 0.90, and test-retest reliability between 0.65 and 0.85, showing that responses remain consistent over time.

Participants are instructed to rate how much they have shared each thing with certain people, such as their mother, father, male friend, female friend, or spouse. The answer scale is from 0 (no disclosure) to 2 (full disclosure). An 'X' indicates that the subject lied or misrepresented themselves, and the responses count as zeros in the scoring.

Response Scale: The response possibilities for each item vary between 0 and 2:

- 0: No disclosure means the participant has never shared the information with the person in question.
- 1: Partial disclosure occurs when a participant shares some but not all of the information.
- 2: Full disclosure - The participant fully disclosed the knowledge to the individual.
- X: lied or misrepresented- The participant has lied or misinterpreted any of the information.

Appearance- Based Rejection Sensitivity

Park (2007) proposed and developed appearance-based rejection sensitivity (Appearance-RS). Park's study aimed to understand how people who are more sensitive to rejection based on their physical appearance respond to social circumstances, particularly those involving evaluations of their appearance. Reliability of Appearance-RS Scale, Park (2007) found significant internal consistency for the Appearance-RS scale. Cronbach's alpha scores varied from 0.85 to 0.90, showing that the scale's items accurately assess appearance-based rejection sensitivity. Park showed excellent consistency in appearance-RS scores over a two-week period, indicating test-retest reliability. The test-retest correlation was found to be around 0.83, indicating consistent scores over time. Validation of the Appearance-RS Scale, Park proved that the Appearance-RS scale has strong construct validity by establishing correlations with relevant psychological constructs: General rejection sensitivity (RSQ), dissatisfaction with body image, and Social anxiety. These results confirm that the scale assesses sensitivity to rejection based on appearance rather than broad rejection or unrelated concepts. The scale demonstrated discriminant validity, which means it separates appearance-based rejection sensitivity from general rejection sensitivity and other personality factors such as self-esteem. Park (2007) found that Appearance-RS scores may predict people's emotional and behavioural responses to social encounters involving appearance-based assessments. Higher Appearance- RS scores led to increased social disengagement.,

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Increased body shame and increased worry about appearance in social settings. The scoring for A-RS is The Appearance-RS Scale is rated using two factors: anxious expectations of rejection and perceived likelihood of rejection. Each item has two sub-questions in which participants rate their fear of rejection and the likelihood of being rejected in appearance-related social situations.

Sample

The study included 150 young adults from Amity University. Participants were chosen using convenience sampling.

Research Design

The research is conducted using a quantitative approach. Data is collected from participants at a single moment in time using standardised self-report questionnaires.

Procedure

The study used a quantitative survey approach to study the correlation between attachment style, self-disclosure, and appearance-based rejection sensitivity among young adults. Data were collected offline using printed survey forms containing standardized items such as the Attachment Style Questionnaire-Short Form (ASQ-SF), the Self-Disclosure Index (SDI), and the Appearance-Based Rejection Sensitivity Scale (A-RS). Participants were chosen using convenience sampling, and responses were manually recorded. Following data collection, responses were organized and analyzed using Microsoft Excel. To examine the relationships between the variables, descriptive statistics (mean, SD) and correlational analysis were used. The statistical significance of the correlation was determined using p-values.

RESULT

In this chapter, the analysis has been undertaken to verify the hypothesis about which it has been mentioned in the previous chapter in the section Hypothesis.

The variables here are A1- Attachment Style (Avoidant Style), A2- Attachment Style (Anxious Style), B- Self-Disclosure, and C - Appearance Based Rejection Sensitivity.

Table 1 shows the Descriptive data for the variables

Variable	Mean	Standard Deviation	Sample Size
Attachment Style	38.7	9.45	150
Self Disclosure	10.72	4.3243	150
A-BRS	75.5	43.45	150

Table1 shows the descriptive statistics for the variable Attachment Style, Self Disclosure and Appearance Based Rejection Sensitivity. The sample size taken was 150. The mean and SD for Attachment Style are 38.7 and 9.45. The mean and SD for Self Disclosure are 10.72 and 4.3242. The mean and D for Appearance Based Rejection Sensitivity are 75.5, the median is 3.5 and 43.445 respectively.

Table 2 shows the correlation between Attachment Style and Self Disclosure

Variable	r	p-value	Sample Size
A1 &B	-0.15	0.057	150
A2 &B	-0.029	0.719	150

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Table 2 shows the correlation coefficient between Attachment Style (avoidant) and Self Disclosure is -0.15. The negative number represents an inverse relationship, which means that while one variable increases, the other decreases significantly. However, the correlation is weak. If the p-value is more than 0.05, the correlation is not statistically significant, indicating that this connection may be due to chance. Since the P-value is $0.057 > 0.05$, the correlation is not significant. This means there is insufficient evidence to support a significant correlation between the two variables. The correlation coefficient for Attachment style (anxious) and Self Disclosure is -0.029. This value is extremely near zero, indicating that there is no meaningful link between the variables. Even if this association were statistically significant, the impact size would be small, indicating that both variables had little influence on one another. Since the p-value is $0.719 > 0.05$. which means that there is no significant relation between the correlated variables.

Table 3 shows the correlation between Self – Disclosure and A-BRS

variable	r	p-value	Sample size
B&C	-0.1205	0.143	150

Table 3 shows the correlation coefficient between Self Disclosure and Appearance based rejection sensitivity is -0.1205. This weak negative correlation indicates that if one variable increases, the other somewhat drops, but the link is negligible. If the p-value is greater than 0.05, the correlation is insignificant, signifying that the link is most likely caused by random changes. Since the p-value is $0.143 > 0.05$, that means that the correlation is not statistically significant.

Table 4 shows the correlation between A-BRS and Attachment Style

variable	r	p-value	Sample size
C&A1	0.1074	0.188	150
C&A2	0.2649	0.0008	150

Table 4 shows that the correlation coefficient between Appearance-based rejection sensitivity and Attachment Style (avoidant) is 0.1074. This indicates a very weak correlation between the two variables. If the p-value exceeds 0.05, the correlation is not statistically significant, which means there is insufficient evidence to indicate a meaningful relationship. Since the p-value is $0.188 > 0.05$, the correlation between the variables is insignificant. The correlation coefficient between Appearance-based rejection sensitivity and Attachment Style (anxious) is 0.2659. This indicates a weak, but positive, link between the two variables. The p-value (0.0008) is less than 0.05, indicating a significant correlation. This suggests there is evidence that both variables are related, however, the association is still weak. Since the p-value is $0.0008 < 0.05$, that means that the correlation is significant.

To conclude the correlation between variables A1 & B, A2 & B, B& C, and C & A1 is rejected, but C & A2 are significantly correlated. The null hypothesis was accepted for the correlation between Attachment Style and Self-Disclosure, Self-Disclosure and Appearance-Based Rejection Sensitivity, and attachment style (avoidant style) and Appearance-Based Rejection Sensitivity. However, the null hypothesis was rejected in the link between Attachment Style (Anxious Style) and Appearance-Based Rejection Sensitivity, showing a significant positive correlation.

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DISCUSSION

The research study examined the correlation between attachment style, self-disclosure, and appearance-based rejection sensitivity (A-BRS) among young adults. The findings emphasise the correlations between these psychological variables, adding to the current research on interpersonal interactions and self-image.

The Pearson correlation analysis indicated a weak negative relationship between Attachment Style (avoidant) and Self-Disclosure ($r = -0.155$, $p = 0.057$) that was not statistically significant, indicating that avoidantly attached individuals in this sample did not show a clear pattern of reduced self-disclosure. Given that avoidant attachment (Range: -5 to 75) is characterised by discomfort with proximity, relationships as secondary, and reduced confidence in emotional connections, it is expected that those with a higher avoidance score would disclose less. The Self-Disclosure Index (SDI) assesses individuals' willingness to divulge personal information in six categories: Attitude and opinions, tastes and interests, work/study, money, personality, and body-related disclosures. The weak correlation suggests that, while avoidantly attached people may fear intimacy and distrust close relationships, their self-disclosure behaviours may be affected by specific and individual variations, such as personality traits (e.g., extraversion, openness), situational factors (e.g., online vs. face-to-face communication), or even the specific topic of disclosure. A prior study (Mikulincer & Shaver, 2016) has demonstrated that securely connected people are more open and honest about themselves, whereas avoidantly attached people may suppress personal information or disclose it selectively in non-intimate circumstances. The fact that the association in this study was weak and non-significant suggests that attachment style alone may not be the main cause of self-disclosure, but that environmental conditions, social norms, and personal comfort levels with various disclosure issues all play an important role.

Similarly, no significant link was found between Attachment Style (anxious) and Self-Disclosure ($r = -0.029$, $p = 0.719$), indicating that anxiously attached people in this sample did not show a clear pattern of increased or decreased self-disclosure. Anxious attachment (range: -18 to 57) is distinguished by a preoccupation with relationships, a need for approval, and a confidence in emotional security. Individuals with higher anxious attachment scores often show a fear of rejection and an obsessive want for reassurance, which should lead to increased self-disclosure as a technique for gaining closeness and validation. The Self-Disclosure Index (SDI) assesses disclosure in six domains, which means that anxious people may selectively disclose in areas where they seek validation while remaining reserved in others. The insignificant correlation in this study demonstrates that self-disclosure is a complex behavior influenced by a variety of psychological and social factors, and attachment style alone may not be a reliable prediction.

The correlation between Self-Disclosure (B) and Appearance-Based Rejection Sensitivity (C) was found to be weakly negative ($r = -0.120$, $p = 0.143$), but it was not statistically significant. This shows that people who are more sensitive to rejection based on their appearance do not always disclose less about themselves. While prior research has shown that people with high rejection sensitivity are less likely to disclose personal information for fear of being judged negatively (Park, 2017), the current findings suggest that this effect may not be as strong with the current sample size.

There is no significant correlation ($r = 0.107$, $p = 0.188$) between Appearance-Based Rejection Sensitivity (C) and Attachment Style (avoidant)(A1), which indicates that

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attachment style may not directly influence rejection sensitivity related to appearance. This finding contradicts previous research that has linked insecure attachment styles, particularly anxious attachment, with increased sensitivity to appearance-based rejection (Rogers et al., 2019).

However, there was a significant positive relationship established between Appearance-Based Rejection Sensitivity (C) and Attachment Style (anxious)(A2) ($r = 0.266$, $p = 0.0008$). This shows that those with specific attachment styles (such as anxiety) may be more prone to worries regarding appearance-based rejection. The strong correlation is consistent with previous research that has identified insecure attachment as a risk factor for increased insecurity and fear of rejection based on physical appearance (Lee & Hankin, 2016). This research emphasizes the significance of attachment style in understanding how people perceive and respond to social rejection cues. Anxiously attached people want validation and are afraid of being abandoned, thus, they are extremely sensitive to external indications of rejection, especially those connected to their physical appearance. Given that anxious attachment is characterized by a strong need for approval and reassurance, these people may be more likely to interpret confusing or even unbiased social cues as signs of rejection, particularly in appearance-based contexts where societal beauty standards and peer validation are important. In addition, the way of calculating anxious attachment (by adding Preoccupation with Relationships and Need for Approval and removing Confidence scores) explains why people with higher anxious attachment scores may be more prone to appearance-related concerns. Their preoccupation with connections and approval-seeking habits makes them more emotionally sensitive to perceived rejection, especially in social situations when physical appearance is important. The result has significant implications for understanding the psychological risks linked to anxious attachment. It shows that persons with a high anxious attachment may benefit from therapy interventions focused on reducing rejection sensitivity, such as cognitive restructuring or self-esteem enhancement.

To conclude, the research on the correlation between attachment, self-disclosure, and appearance-based rejection sensitivity raises critical challenges for future research. These findings imply that attachment style alone may not fully indicate self-disclosure, highlighting the need to investigate psychological and social aspects. The strong link between Attachment style (anxious style) and Appearance-Based Rejection Sensitivity emphasises the need to implement self-esteem and body image therapies into treatment. Future studies should concentrate on digital self-disclosure, cultural effects, personality traits, and relationship situations to gain a more comprehensive knowledge of these psychological variables. The consequences go beyond academic research and include practical applications in therapy, relationship counselling, workplace communication, and digital well-being.

CONCLUSION

To conclude, the statistical analysis, H1 (There is a significant correlation between Attachment Style and Self-Disclosure) and H2 (There is a significant correlation between Self-Disclosure and A-BRS) did not support since the p-values above the 0.05 significance level. However, H3 (There is a significant correlation between Attachment Style and A-BRS) was only partially supported because the correlation between A2 and C was significant. Finally, this study offers a deeper understanding of the correlations between attachment style, self-disclosure, and appearance-based rejection sensitivity. While the majority of correlations were not significant, the significant correlation between A2 and C shows the importance of attachment for triggering anxiety about appearance-based rejection. More research is needed

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to explain these correlations and look into other moderating factors that may influence self-disclosure and Appearance-based rejection sensitivity in young adults.

Limitations

The study has some significant limitations-

- First, the sample of 150 young adults may not be typical of the overall population, limiting generalisability.
- Second, relying on self-report measures might lead to bias, since individuals may answer in socially desirable ways.
- Third, the cross-sectional design prohibits causal conclusions; a longitudinal study would provide more information about how these variables interact over time. Furthermore, characteristics such as self-esteem, social anxiety, and cultural influences were not considered, which could affect self-disclosure and rejection sensitivity.
- The study also did not classify secure attachment as a separate category, which limited comparisons.
- Since the correlations were not statistically significant, the impact sizes were small, implying that other factors influence these relationships.

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Conflict of Interest

The author(s) declared no conflict of interest.

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