

ABSTRACT

THESIS: The Associations between Young Adulthood Attachment to Fathers and Mental Health

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PAGES: 43

This study presents an overview of the potential role young adulthood attachment to fathers has in young adults' mental health symptomology. Participants were asked questions relating to their *current* adulthood attachment to their fathers, alongside questions relating to their current mental health (e.g., depressive and anxiety symptoms, interpersonal communication skills, and risk-taking behaviors) and temperament. The evidence suggests that young adulthood attachment to fathers alongside temperament dimensions may play a role in young adults' depressive and anxiety symptoms, interpersonal communication skills, and the risk-taking behaviors. The results demonstrated that gender also played a key role in the differing amounts of mental health symptomology young adults report and the associations between attachment and mental health outcomes. In contrast, only temperament dimensions were found to be consistent primarily for women. Fathers were found to play a role in the mental health symptomology their young adult children reported.