



This is a repository copy of *The effects of attachment style on coping with visible skin conditions and responsiveness to a compassion based self-help intervention*.

White Rose Research Online URL for this paper:
<http://eprints.whiterose.ac.uk/106116/>

Version: Accepted Version

Proceedings Paper:

Thompson, A.R. orcid.org/0000-0001-6788-7222, Krasuska, M., Millings, A. orcid.org/0000-0002-7849-6048 et al. (1 more author) (2016) The effects of attachment style on coping with visible skin conditions and responsiveness to a compassion based self-help intervention. In: British Journal of Dermatology. 20th Anniversary Conference of the British-Skin-Foundation on Skin Deep, 13th October 2016, Royal College of Physicians, London, U.K.. Wiley , pp. 63-64.

<https://doi.org/10.1111/bjd.14911>

Reuse

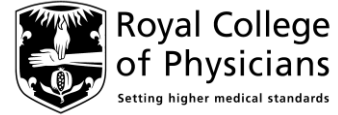
Unless indicated otherwise, fulltext items are protected by copyright with all rights reserved. The copyright exception in section 29 of the Copyright, Designs and Patents Act 1988 allows the making of a single copy solely for the purpose of non-commercial research or private study within the limits of fair dealing. The publisher or other rights-holder may allow further reproduction and re-use of this version - refer to the White Rose Research Online record for this item. Where records identify the publisher as the copyright holder, users can verify any specific terms of use on the publisher's website.

Takedown

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing eprints@whiterose.ac.uk including the URL of the record and the reason for the withdrawal request.



eprints@whiterose.ac.uk
<https://eprints.whiterose.ac.uk/>



Skin Deep – 20 Years of Research

British Skin Foundation Research Conference – Thursday 13th October 2016

Royal College of Physicians, London

ABSTRACT FORM

Title:

The effects of attachment style on coping with visible skin conditions and responsiveness to a compassion based self-help intervention.

Abstract: (Your abstract must use Normal Style and must fit into the box. Please use the font: Arial 10)

It has been identified that attachment orientation is associated with adjustment in several long term health conditions. However, there has been little research looking at the role of attachment in adjustment to skin conditions. This project involved two related studies which aimed to: i) explore the relationship between attachment style and psychological coping; and ii) assess the usability, acceptability, and initial effectiveness of compassion-focused self-help with people who might be at higher risk as a result of having insecure attachments.

In study 1 attachment orientation, coping, and appearance concern, were assessed in an online survey with 207 adults with a variety of skin conditions. Defeatism coping was found to partially mediate the link between attachment orientation and appearance concern. Higher attachment avoidance and higher attachment anxiety were associated with use of defeatism coping which in turn was associated with greater appearance concern. Additionally, higher attachment avoidance was directly associated with higher appearance related concern. Therefore it would appear that an insecure attachment orientation is linked to adjustment and that the relationship might be partially explained by the use of defeatist coping strategies. Consequently interventions to improve adjustment should focus on the needs of people with insecure attachment.

In study 2 self-help materials were emailed to nine participants drawn from study 1 who were identified as having an insecure attachment orientation. Shame, self-criticism, and appearance distress were assessed at baseline and at six weeks follow-up. A feedback form assessing experience of use, perceived benefits, and suggestions for improvement was completed. Content analysis was used to examine participants' feedback on usability and acceptability. The Reliable Change Index was used to examine individual effectiveness. Five participants completed the measures of effectiveness of which three also returned the feedback form. Participants reported benefitting from the self-help. However, some aspects of self-help were reported as being difficult to engage with. Suggested improvements included: inclusion of more varied exercises, providing evidence for the compassion-focused approaches, and providing additional assistance to facilitate practise. Self-criticism reliably decreased in two participants. Shame decreased in two, but also increased in two participants. Appearance related distress decreased in one participant.

Our findings suggest that compassion-focused self-help for people at risk of developing distress associated with their skin condition has the potential to be effective, however further investigation is clearly needed to confirm this. Future studies should also examine the potential risks posed by self-help for individuals with high levels of psychological distress.

The word limit is 450 words



Royal College
of Physicians
Setting higher medical standards

Skin Deep – 20 Years of Research

British Skin Foundation Research Conference – Thursday 13th October 2016
Royal College of Physicians, London

ABSTRACT FORM GUIDELINES

1. Submitting an abstract

A. Important Information

1. Abstracts are required for all papers and posters.
2. Each abstract must not exceed 450 words. References, financial disclosure and the title will not be included in the 450 word limit.
3. Images are not permitted with the abstract.
4. Please email the abstract to admin@britishskinfoundation.org.uk by **Friday 6th May 2016**

B. Preparation of Your Abstract

1. Abstracts which do not conform to these instructions will not be considered.
2. All selected abstracts will be published in a Supplement of the *British Journal of Dermatology*.
3. Do not use subheadings. Start each paragraph with an indentation of three spaces, but do not leave a line space between paragraphs. Uncommon abbreviations should not be used without first being expressed in full. Essential references (not more than two) must be cited in the Vancouver style, as used in the *British Journal of Dermatology* and should be included in the body of the abstract.

2. Amending or withdrawing a submission

You may wish to change your answers to some of the questions on the submission form, or even to change the abstract file itself.

If you want to withdraw an abstract please contact the British Skin Foundation via the email: admin@britishskinfoundation.org.uk