

English language summary of doctoral thesis entitled "The Attachment Style, the Quality of the Relationship with the Spouse and Coping With the Loss After Their Death" written by mgr Karolina Ludwikowska-Świeboda at the The Department of Psychology of Emotions and Personality, under the supervision of prof. dr hab. Barbara Gawda

The aim of the presented study was to verify the relationship between the global attachment style (dimensions of avoidance and anxiety), the quality of marital relationship, deliberate and intrusive ruminations, and adaptation to the death of a spouse. The indicators of adaptation were: severity of complicated grief, posttraumatic stress disorder, somatic symptoms and posttraumatic growth.

A total of 167 widowed people who had experienced the loss of a spouse were included in the study. The results from people whose spouse had died at least six months before the study (152 observations in total) were qualified for further analysis. In order to verify the research hypotheses, the following questionnaire methods were used: Experiences in Close Relationships - Revised (ECR-R), Dyadic Adjustment Scale (DAS), The Event Related Rumination Inventory (ERRI), Inventory of Complicated Grief (ICG), Impact of Event Scale - Revised (IES-R), the scale of somatic symptoms of the General Health Questionnaire (GHQ-28), Posttraumatic Growth Inventory (PTGI), demographic data questionnaire.

It was found that attachment anxiety is a significant predictor of the severity of complicated grief, posttraumatic stress disorder, and somatic symptoms, and the mediator of these relationships are intrusive ruminations. The research did not confirm the relationship between the dimension of attachment avoidance and the intensity of intrusive ruminations, posttraumatic stress disorder and somatic symptoms. However, there is a direct relationship between attachment avoidance and complicated grief, which is moderated by the quality of marital relationship. In the situation of a low assessment of the quality of marital relationship, the correlation between attachment avoidance and complicated grief is positive. Detailed analyzes in the group of people who assessed the quality of marital relationship as low showed that considerably more people with a high level of avoidance experience significant difficulties in accepting their spouse's death, loneliness, difficulties in trusting other people and distance from them from the moment of the loss, compared to people with a low level of avoidance who evaluate marital relationship similarly. The research also showed a negative relationship between attachment avoidance and posttraumatic growth mediated by deliberate ruminations.

The results of this research can be used in the area of diagnosis, psychological and psychotherapeutic assistance, and in support programs for widowed people.

Keywords: grief, coping with loss, widowhood, attachment style

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