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| Book Name: | [**Current Progress in Arts and Social Studies Research**](https://www.bookpi.org/bookstore/product/current-progress-in-arts-and-social-studies-research-vol-1/) |
| Manuscript Number: | **Ms\_BPR\_4227** |
| Title of the Manuscript: | **THE RELATIONSHIP BETWEEN EMOTION REGULATION AND ADULT ATTACHMENT: A CORRELATIONAL STUDY** |
| Type of the Article | **Book Chapter** |

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| PART 1: Comments | | |
|  | Reviewer’s comment | Author’s Feedback*(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimumof 3-4 sentences may be required for this part.** | This manuscript could provide valuable insights into how emotion regulation strategies are linked to adult attachment styles, contributing to a deeper understanding of interpersonal functioning and psychological well-being. By identifying patterns in emotion regulation across different attachment styles, the study may inform therapeutic approaches for improving emotional resilience and relationship satisfaction. Additionally, it could bridge gaps in existing research on emotional processing and attachment theory, offering a basis for future experimental and longitudinal studies. Such findings are especially important for clinical psychology, counseling, and social-emotional education fields. |  |
| **Is the title of the article suitable?**  **(If not please suggest an alternative title)** | The title *"THE RELATIONSHIP BETWEEN EMOTION REGULATION AND ADULT ATTACHMENT: A CORRELATIONAL STUDY"* is generally clear and suitable, as it accurately describes the key variables and methodology of the study. However, the authors might consider making it more concise by removing the phrase *"A CORRELATIONAL STUDY"*, since the term "relationship" already implies a correlational approach. Alternatively, if specifying the method is essential, the authors could revise it to something like *"Emotion Regulation and Adult Attachment: A Correlational Analysis"* for better readability. |  |
| Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here. | The abstract is fairly comprehensive, covering the study’s background, aims, hypotheses, methodology, key results, and implications. However, there are a few areas where it could be improved for clarity and completeness:  Suggested Additions:   1. Clarify the sample and context: Mentioning relevant demographic details (gender ratio, cultural or regional context) would provide a clearer picture of the sample population. 2. Highlight statistical significance: It’s unclear whether the correlations reported were statistically significant. Indicating this would strengthen the abstract’s scientific value. 3. State key conclusions and implications: A brief mention of the potential implications of these unexpected findings (e.g., for attachment theory, therapy, or future research) would make the abstract more impactful.   Suggested Deletions or Revisions:   1. Revise detailed reporting of correlation values: While reporting exact correlation coefficients is useful, including all of them in the abstract can make it dense. Summarizing key findings (e.g., weak correlations found between suppression and anxiety, and suppression and dependence) without listing each value could improve readability. 2. Simplify the method description: Instead of detailing the specific questionnaires used and how participants filled them, you could summarize this by stating: *"Self-report measures of attachment styles and emotional regulation were administered to 136 participants, and Pearson’s correlation analysis was performed."*   Revised Abstract Example:  Emotional regulation refers to the ability to manage and control emotions effectively, while adult attachment styles, shaped by early childhood experiences, influence emotional and relational functioning. This study aimed to explore the correlation between adult attachment styles and emotional regulation. We hypothesized that secure attachment would correlate positively with effective emotional regulation, while anxious and dependent attachment styles would correlate with poorer regulation. Data were collected from 136 participants (aged 18–30) using self-report measures of attachment styles and emotional regulation. Pearson’s correlation analysis revealed weak and unexpected correlations, including a positive association between suppression and anxiety and a negative correlation between suppression and dependence. Contrary to our first hypothesis, no significant correlation was found between secure attachment and emotional regulation. These findings challenge existing assumptions about attachment and emotional regulation, suggesting a more complex relationship that warrants further investigation. |  |
| **Is the manuscript scientifically, correct? Please write here.** | Scientifically, it appears to be sound, with the study designed appropriately for a correlational investigation, clear hypotheses, and a valid use of established scales (Adult Attachment Scale and Emotion Regulation Questionnaire). |  |
| **Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.**  **-** | The references are solid and sufficient for the current scope of the study. However, adding a few of the suggested references (especially recent meta-analyses or studies on moderators) would strengthen the argument, particularly in the discussion and limitations sections:   1. **Meta-Analyses on Attachment and Emotion Regulation**:    * *Gillath, O., Karantzas, G. C., & Fraley, R. C. (2016). Adult Attachment: A Concise Introduction to Theory and Research*. This provides an updated and comprehensive review of the field. 2. **Studies Exploring Moderators**: Adding references discussing **moderators** in the relationship between attachment and emotion regulation could provide insights into why weak correlations were observed.    * *Morley, R. H., & Moran, G. S. (2020). Attachment styles and emotion regulation: Exploring individual differences in emotional reactivity*. This study explores how individual factors (e.g., emotional intelligence) moderate attachment’s effect on emotional regulation. |  |
| Is the language/English quality of the article suitable for scholarly communications? | The manuscript’s language is suitable for scholarly communication, but minor grammatical corrections, improved conciseness, and better transitions could make it more professional and easier to read.  Here are a few specific types of improvements that can be made:  1. Conciseness:  Some sentences are slightly wordy or repetitive. Simplifying these can improve readability.  Example: Current: "Participants were informed of the purpose of the study, the procedures involved, and about their voluntary participation." Suggested: "Participants were informed about the study’s purpose, procedures, and voluntary participation."  2. Grammar and Syntax:  A few sentences contain minor grammatical errors or awkward phrasing.  Example: Current: "Those who exhibit secure attachment are able to maintain a healthy balance between reliance and independence in relationships and are at ease with closeness." Suggested: "Individuals with secure attachment maintain a healthy balance between reliance and independence in relationships and are comfortable with closeness."  3. Transition Phrases:  Including more formal transition phrases can improve the flow between sections or ideas.  Example: Instead of "However, our findings contradicted these hypotheses,” the authors could say "Contrary to our expectations, our findings contradicted these hypotheses." |  |
| Optional/Generalcomments | **Strengths:**   1. **Clarity of Hypotheses**: The study clearly lays out two hypotheses with expected outcomes based on existing literature. 2. **Use of Established Tools**: The measurement instruments (Revised Adult Attachment Scale and ERQ) are well-known and have good reliability metrics. 3. **Detailed Methodology**: The methods section includes clear sampling details, ethical considerations, and statistical procedures.   **Potential Scientific Concerns:**   1. **Sample Size**: While 136 participants were analyzed, it might be considered modest for detecting weak correlations in psychological research. A larger sample would increase the statistical power. 2. **Weak Correlations**: The reported correlations were weak, which limits the strength of the conclusions drawn. It might help to discuss potential external variables that could have impacted the results. 3. **Convenience Sampling**: Since the participants were recruited via convenience sampling, this limits the generalizability of the findings to a broader population. 4. **Self-report Bias**: As mentioned in the discussion, reliance on self-reported data introduces the risk of social desirability bias. This could be mitigated by including objective behavioral measures in future studies.   **Suggestions for Improvement:**   1. **Incorporate effect sizes and confidence intervals** to give a more comprehensive view of the results beyond p-values. 2. **Expand the discussion** of contradictory findings with additional references to explain why the anticipated relationships weren't fully observed. 3. Consider emphasizing **theoretical implications** and how the findings contribute to the broader field of attachment and emotion regulation research. |  |

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| **PART 2:** | | |
|  | **Reviewer’s comment** | **Author’s comment***(if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)* |
| **Are there ethical issues in this manuscript?** | *(If yes, Kindly please write down the ethical issues here in details)* |  |

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| **Reviewer Details:** | |
| Name: | **Ines Oliveira Pinto** |
| Department, University & Country | **Portugal** |