

# Reflective function and secure attachment as resilient strategies in impaired adolescents

Ballespí S<sup>1</sup>, Pérez-Domingo A<sup>2</sup>, Doval E<sup>1</sup>, López J<sup>1</sup>, Mitjavila M<sup>1</sup>, Barrantes-Vidal N<sup>1,2,3,4</sup>

<sup>1</sup> Universitat Autònoma de Barcelona, <sup>2</sup> Sant Pere Claver – Fundació Sanitaria, <sup>3</sup> Instituto de Salud Carlos III, CIBERSAM, <sup>4</sup> University of North Carolina at Greensboro

The aim of this study was to analyze to what extent attachment style and reflective function (mentalization) moderate resiliency in a sample of adolescents from the general population. We hypothesized that 1) good mentalization capacity and secure attachment style protect adolescents from impairment, and 2) that fearful-avoidant attachment style moderates resiliency along with mentalization capacity. A sample of 276 adolescents aged 12 to 18 years old were assessed in the First Phase of a study about Social Anxiety (SA). In the Second Phase, 80 adolescents with high and low levels of SA were selected. In the whole sample, SA was predicted by low resiliency ( $\beta=-.31$ ) and mentalization problems ( $\beta=.49$ ). In the subsample, mentalization moderated the effect of resiliency on SA ( $\beta=-.49$ ), general anxiety ( $\beta=.37$ ), somatization ( $\beta=.28$ ), depression ( $\beta=.37$ ) and low self-esteem ( $\beta=-.37$ ). Results mostly support the moderating effect of attachment style and mentalization on resiliency in adolescence, which points out the interest in paying attention to this psychological construct to understand future risk and resilience trajectories.