

**The Role of Adult Attachment and Big Five Personality Traits in Predicting
Emotional Well-Being in Emerging Adults**

Anglia Ruskin University, MSc in Clinical Child Psychology

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9 May 2025

ANGLIA RUSKIN UNIVERSITY

Dissertation Declaration

Title of Award:

MSc in Clinical Child Psychology

Date:

9 May, 2025

Name of Supervisor:

Sarah Gradidge

Title of Dissertation:

The Role of Adult Attachment and Big Five Personality Traits in Predicting
Emotional Well-Being in Emerging Adults

DECLARATION: I declare that the above work is my own and that the material contained herein has not been substantially used in any other submission for an academic award.

Date: 9 May, 2025

Keywords: Adult attachment, personality traits, emotional well-being, emerging adulthood, secure attachment, big five.

Abstract

This study examined the predictive role of adult attachment styles and personality traits on emotional well-being in emerging adults aged 18 to 25 living in the United Kingdom. The study also investigated whether personality traits moderated the relationship between secure attachment and well-being. A total of 51 participants completed an online questionnaire including the State Adult Attachment Measure (SAAM), the Big Five Inventory–2 Extra Short Form (BFI-2-XS), and the Positive and Negative Affect Schedule (PANAS). Emotional well-being was operationalised as the difference between positive and negative affect.

Hierarchical regression analyses revealed that secure attachment significantly predicted higher emotional well-being, while anxious and avoidant attachment styles did not. Additionally, extraversion positively predicted positive affect, and negative emotionality positively predicted negative affect. However, no significant moderation effects were found between secure attachment and personality traits.

Although some personality subscales demonstrated low reliability, the findings provide partial support for the proposed model and highlight the importance of secure attachment and specific personality traits in emotional functioning during emerging adulthood. Limitations related to sample size and measurement reliability are discussed. Implications for future research and potential applications in mental health and developmental support are considered.

