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Dear Colleague:

Thank you for your request for information concerning the research that we have conducted on adolescents' perceived attachment to peers and parents. First, we have enclosed a copy of our article in the Journal of Youth and Adolescence in 1987 that introduced the Inventory of Parent and Peer Attachment. We have also enclosed a manual providing information on our factor analyses of the scales, information on reliability of the scales, and a scoring key.

Since the study reported in the 1987 paper was carried out, we have revised the IPPA. In her dissertation, Gay Armsden modified the IPPA so as to separately assess perceived quality of attachment to mothers and fathers (instead of parents together). We have enclosed a copy of this unpublished measure, The IPPA (Mother, Father, Peer Version), and a page of scoring information. In her study of over 400 college students, Gay has found that most of the same items fall on the same factors for mothers and father separately that we found in the factor analysis of parents together on the IPPA. However, there were enough differences in loadings that we judged it best to discourage the use of subscales in the revised version of the IPPA until further research could be done. Recommended scoring for this version thus involves total scores for Mother, Father, and Peer, but no subscale scores. However, while scoring subscales is not advised, we have included instructions for doing so, since many researchers have requested this information.

If you have further questions, please feel free to call (814 863-0112) or e-mail Gay Armsden at (g.armsden@gmail.com), or write. If you decide to use our measures in data collection, please let us know. We would also appreciate a copy of papers that utilize the measure(s).

Sincerely,

Mark T. Greenberg, Ph.D.
Professor

Gay Armsden, Ph.D.
Research Consultant

INVENTORY OF PARENT AND PEER ATTACHMENT (IPPA)

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Variables Measured:

Parent and Peer Attachment (original version)
Mother, Father, and Peer Attachment (revised version)

Instrument Description:

The IPPA was developed in order to assess adolescents' perceptions of the positive and negative affective/cognitive dimension of relationships with their parents and close friends -- particularly how well these figures serve as sources of psychological security. The theoretical framework is attachment theory, originally formulated by Bowlby and recently expanded by others. Three broad dimensions are assessed: degree of mutual trust; quality of communication; and extent of anger and alienation. The development samples were 16 to 20 years of age; however the IPPA has been used successfully in several studies with adolescents as young as 12. The instrument is a self-report questionnaire with a five point likert-scale response format. The original version consists of 28 parent and 25 peer items, yielding two attachment scores. The revised version (Mother, Father, Peer Version) is comprised of 25 items in each of the mother, father, and peer sections, yielding three attachment scores. The IPPA is scored by reverse-scoring the negatively worded items and then summing the response values in each section.

RELIABILITY:

Three week test-retest reliabilities for a sample of 27 18- to 20-year-olds were .93 for parent attachment and .86 for peer attachment.

For the revised version, internal reliabilities (Cronbach's alpha) are: Mother attachment, .87; Father attachment, .89; Peer attachment, .92.

VALIDITY:

Among late adolescents, parental attachment scores are moderately to highly related to Family and Social Self scores from the Tennessee Self Concept Scale and to most subscales on the Family Environmental Scale (Armsden & Greenberg, 1987). Parent attachment scores of 12- to 18-year-olds are also moderately correlated with scores on the FACES, and with the degree of positive family coping (communication among family members and relatives concerning problems) (Lewis, Woods, & Ellison, 1987). In a sample of 10- to 16-year-old psychiatric patients, less secure parent attachment was related to clinical diagnosis of depression, parent rating of the adolescent's depressive symptoms, and to patient's self-reported level of depression (Armsden, McCauley, Greenberg, Burke, & Mitchell, 1991). Attachment to parents has been found to discriminate delinquents from non-delinquents among 12- to 17-year-olds (Redondo, Martin, Fernandez, & Lopez, 1986). Late adolescents experiencing more secure mother and father attachment report less conflict between their parents and experience less loneliness (Armsden, 1986).

Peer attachment is positively related to social self concept as assessed by the Tennessee Self Concept Scale and family expressiveness on the Family Environment Scale, and is strongly negatively correlated with loneliness. Peer attachment is modestly correlated with parent attachment as assessed by the IPPA as well as measures of general family functioning and self concept as family member (Armsden & Greenberg, 1987; Armsden, 1986; Lewis et al., 1987).

Scores on the IPPA have also been found to be associated with a number of personality variables. Among late adolescents, parent and peer attachment are correlated with positiveness and stability of self-esteem, life-satisfaction, and affective status (depression, anxiety, resentment/alienation, covert anger, and loneliness) (Armsden & Greenberg, 1987; Armsden, 1986). The relationship of attachment and affective status holds even when degree of negative life-change is controlled (Armsden & Greenberg, 1987). Quality of attachment to parents and to a lesser extent, peers, is associated with self-reported tendencies toward the use of more problem-solving coping strategies relative to emotion-managing efforts in stressful situations (Armsden, 1986). Among early to middle adolescents, parent attachment, and to a lesser extent, peer attachment, were found to be

associated with lesser hopelessness and less externally oriented locus of control and with greater self-management (coping) skills (Armsden et al., 1987; Lewis et al., 1987).

Scores on the IPPA were not found to be significantly related to socio-economic status among a sample of 400 18- to 20-year-olds. In the same study, negligible but significant positive correlations were obtained between attachment and parents' education levels (Armsden, 1986).

SUGGESTIONS IN USAGE:

- (1) The revised version of the IPPA (Mother, Father, Peer version) separately assesses mother and father attachment; the authors recommend its use over the original version whenever possible.

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****ORIGINAL VERSION******INVENTORY OF PARENT AND PEER ATTACHMENT (IPPA)
(Parent and Peer Version)****SCORING INSTRUCTIONS****Calculation of Total Parent and Peer Attachment Scores**

Separate Parent Attachment and Peer Attachment summary scores are obtained by reverse-scoring items as listed below. It is necessary to also reverse score all Alienation subscale items.

Subscale Scoring (see Table below)

The original IPPA has three Parent and Peer subscales. Subscale scores are computed by summing the item responses. Responses to negatively worded items must be reverse-scored before calculations.

<u>Parent Subscales</u>	Directly-scored Items	Reverse-scored Items
Trust (10 items)	1 2 4 13 14 21 23 24	3 10
Communication (10 items)	6 8 16 17 20 26 28	5 7 15
Alienation (8 items)	9 11 12 18 19 22 25 27	-----
<u>Peer Subscales</u>		
Trust (10 items)	6 8 12 13 14 15 19 20 21	5
Communication (8 items)	1 2 3 7 16 17 24 25	-----
Alienation (7 items)	4 9 10 11 18 22 23	-----

INVENTORY OF PARENT AND PEER ATTACHMENT (IPPA):
(Parent and Peer Version)
ITEM-TOTAL CORRELATIONS*

PARENT ATTACHMENT SCALES

<u>COMMUNICATION</u>		<u>TRUST</u>	
Item Number	Item-total correlation	Item Number	Item-total
5	.53	1	.76
6	.67	2	.69
7	.59	3	.61
8	.61	4	.75
15	.63	10	.55
16	.75	13	.73
17	.80	14	.73
20	.75	21	.72
26	.77	23	.74
28	.68	24	.64

<u>ALIENATION</u>	
Item Number	Item-total Correlation
9	.59
11	.60
12	.59
18	.58
19	.57
22	.57
25	.74
27	.65

PEER ATTACHMENT SCALES

<u>TRUST</u>		<u>COMMUNICATION</u>	
Item Number	Item-total	Item Number	Item-total
5	.56	1	.57
6	.60	2	.63
8	.62	3	.59
12	.70	7	.66
13	.75	16	.57
14	.68	17	.63
15	.73	24	.72
19	.71	25	.72
20	.68		
21	.75		

<u>ALIENATION</u>	
Item Number	Item-total correlation
4	.45
9	.27
10	.51
11	.46
18	.40
22	.44

* Correlation between item scores and the total score (excluding that item)

**INVENTORY OF PARENT AND PEER ATTACHMENT:
(MOTHER, FATHER AND PEER VERSION)**

SCORING INSTRUCTIONS

Mother, Father, and Peer Attachment scores are calculated by
 (1) reverse-scoring the items whose numbers are listed below and
 (2) summing all 25 items for each scale.

<u>Attachment Scale</u>	<u>Items to be reverse-scored</u>
Mother	3 6 8 9 10 11 14 17 18 23
Father	3 6 8 9 10 11 14 17 18 23
Peer	4 5 9 10 11 18 22 23

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**INVENTORY OF PARENT AND PEER ATTACHMENT:
(MOTHER, FATHER, PEER VERSION)**

**How to Score the Revised Version in Order to
Use the Original IPPA Subscales**

<u>SUBSCALE</u>	<u>ITEM NUMBER ON REVISED VERSION</u>	
	Direct-scored items	Reverse-scored items
Parent Trust	1 2 4 12 13 20 21 22	3 9
Parent Communication	5 7 15 16 19 24 25	6 14
Parent Alienation	8 10 11 17 18 23	
Peer Trust	6 8 12 13 14 15 19 20 21	5
Peer Communication	1 2 3 7 16 17 24 25	
Peer Alienation	4 9 10 11 18 22 23	

*Some of these subscales are highly correlated on the original version of the instrument, making their independence questionable. Initial investigation of the dimensional structure of the revised version suggests a similar structure, but some differences exist between Mother and Father Attachment in item-content of the dimensions. Further investigation is warranted.

INVENTORY OF PARENT AND PEER ATTACHMENT (IPPA)

Authors:

© Gay Armsden, Ph.D. and Mark T. Greenberg, Ph.D. ¹

This questionnaire asks about your relationships with important people in your life; your mother, your father, and your close friends. Please read the directions to each part carefully.

Part I

Some of the following statements asks about your feelings about your mother or the person who has acted as your mother. If you have more than one person acting as your mother (e.g. a natural mother and a step-mother) answer the questions for the one you feel has most influenced you.

Please read each statement and circle the ONE number that tells how true the statement is for you now.

	Almost Never or Never True	Not Very Often True	Some- times True	Often True	Almost Always or Always True
1. My mother respects my feeling.	1	2	3	4	5
2. I feel my mother does a good job as my mother.	1	2	3	4	5
3. I wish I had a different mother.	1	2	3	4	5
4. My mother accepts me as I am.	1	2	3	4	5
5. I like to get my mother's point of view on things I'm concerned about.	1	2	3	4	5
6. I feel it's no use letting my feelings show around my mother.	1	2	3	4	5
7. My mother can tell when I'm upset about something.	1	2	3	4	5

	Almost Never or Never True	Not Very Often True	Some- times True	Often True	Almost Always or Always True
8. Talking over my problems with my mother makes me feel ashamed or foolish.	1	2	3	4	5
9. My mother expects too much from me.	1	2	3	4	5
10. I get upset easily around my mother.	1	2	3	4	5
11. I get upset a lot more than my mother knows about.	1	2	3	4	5
12. When we discuss things, my mother cares about my point of view.	1	2	3	4	5
13. My mother trusts my judgment.	1	2	3	4	5
14. My mother has her own problems, so I don't bother her with mine.	1	2	3	4	5
15. My mother helps me to understand myself better.	1	2	3	4	5
16. I tell my mother about my problems and troubles.	1	2	3	4	5
17. I feel angry with my mother.	1	2	3	4	5
18. I don't get much attention from my mother.	1	2	3	4	5
19. My mother helps me to talk about my difficulties.	1	2	3	4	5
20. My mother understands me.	1	2	3	4	5
21. When I am angry about something, my mother tries to be understanding.	1	2	3	4	5
22. I trust my mother.	1	2	3	4	5
23. My mother doesn't understand what I'm going through these days.	1	2	3	4	5
24. I can count on my mother when I need to get something off my chest.	1	2	3	4	5
25. If my mother knows something is bothering me, she asks me about it.	1	2	3	4	5

¹ Address for Dr. Greenberg: Dept. of Human Development, Penn State University, State College, PA 16802.

Part II

This part asks about your feelings about your father, or the man who has acted as your father. If you have more than one person acting as your father (e.g. natural and step-father) answer the question for the one you feel has most influenced you.

	Almost Never or Never True	Not Very Often True	Some- times True	Often True	Almost Always or Always True		Almost Never or Never True	Not Very Often True	Some- times True	Often True	Almost Always or Always True
1. My father respects my feelings.	1	2	3	4	5	16. I tell my father about my problems and troubles	1	2	3	4	5
2. I feel my father does a good job as my father.	1	2	3	4	5	17. I feel angry with my father	1	2	3	4	5
3. I wish I had a different father.	1	2	3	4	5	18. I don't get much attention from my father.	1	2	3	4	5
4. My father accepts me as I am.	1	2	3	4	5	19. My father helps me to talk about my difficulties.	1	2	3	4	5
5. I like to get my father's point of view on things I'm concerned about.	1	2	3	4	5	20. My father understands me.	1	2	3	4	5
6. I feel it's no use letting my feelings show around my father.	1	2	3	4	5	21. When I am angry about something, my father tries to be understanding.	1	2	3	4	5
7. My father can tell when I'm upset about something.	1	2	3	4	5	22. I trust my father.	1	2	3	4	5
8. Talking over my problems with my father makes me feel ashamed or foolish.	1	2	3	4	5	23. My father doesn't understand what I'm going through these days.	1	2	3	4	5
9. My father expects too much from me.	1	2	3	4	5	24. I can count on my father when I need to get something off my chest.	1	2	3	4	5
10. I get upset easily around my father.	1	2	3	4	5	25. If my father knows something is bothering me, he asks me about it.	1	2	3	4	5
11. I get upset a lot more than my father knows about.	1	2	3	4	5						
12. When we discuss things, my father cares about my point of view.	1	2	3	4	5						
13. My father trusts my judgment.	1	2	3	4	5						
14. My father has his own problems, so I don't bother him with mine.	1	2	3	4	5						
15. My father helps me to understand myself better.	1	2	3	4	5						

Part III

This part asks about your feelings about your relationships with your close friends.
Please read each statement and circle the ONE number that tells how true the statement is for you now.

	Almost Never or Never True	Not Very Often True	Some- times True	Often True	Almost Always or Always True		Almost Never or Never True	Not Very Often True	Some- times True	Often True	Almost Always or Always True
1. I like to get my friend's point of view on things I'm concerned about.	1	2	3	4	5	18. I feel angry with my friends.	1	2	3	4	5
2. My friends can tell when I'm upset about something.	1	2	3	4	5	19. I can count on my friends when I need to get something off my chest.	1	2	3	4	5
3. When we discuss things, my friends care about my point of view.	1	2	3	4	5	20. I trust my friends.	1	2	3	4	5
4. Talking over my problems with friends makes me feel ashamed or foolish.	1	2	3	4	5	21. My friends respect my feelings.	1	2	3	4	5
5. I wish I had different friends.	1	2	3	4	5	22. I get upset a lot more than my friends know about.	1	2	3	4	5
6. My friends understand me.	1	2	3	4	5	23. It seems as if my friends are irritated with me for no reason.	1	2	3	4	5
7. My friends encourage me to talk about my difficulties.	1	2	3	4	5	24. I can tell my friends about my problems and troubles.	1	2	3	4	5
8. My friends accept me as I am.	1	2	3	4	5	25. If my friends know something is bothering me, they ask me about it.	1	2	3	4	5
9. I feel the need to be in touch with my friends more often.	1	2	3	4	5						
10. My friends don't understand what I'm going through these days.	1	2	3	4	5						
11. I feel alone or apart when I am with my friends.	1	2	3	4	5						
12. My friends listen to what I have to say.	1	2	3	4	5						
13. I feel my friends are good friends.	1	2	3	4	5						
14. My friends are fairly easy to talk to.	1	2	3	4	5						
15. When I am angry about something, my friends try to be understanding.	1	2	3	4	5						
16. My friends help me to understand myself better.	1	2	3	4	5						
17. My friends care about how I am feeling.	1	2	3	4	5						