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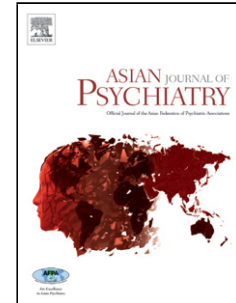
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## **The relationship between attachment styles and alexithymia: Mediating role of defense mechanisms<sup>1</sup>**

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### **Abstract**

This study examined mediating role of ego defense mechanisms on the relationship between attachment styles and alexithymia. Four hundred and forty-three Iranian high school students (213 boys, 230 girls) participated in this study. Participants completed Defense Styles Questionnaire (DSQ), Adult Attachment Inventory (AAI), and Farsi version of the Toronto Alexithymia Scale (FTAS-20). Results showed a significant negative correlation between secure attachment style and alexithymia, while avoidant and ambivalent attachment styles showed significant positive associations with alexithymia. Regression analysis indicated that defense mechanisms have a mediating role between attachment styles and alexithymia. It can be concluded that mediation role of ego defense mechanisms on the relationship between attachment styles and alexithymia was partial.

**Keywords:** attachment, personality, emotion

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