

Abstract

The present study investigated attachment styles, psychological manipulation and mental health of married and divorced spouses. Sample of married and divorced spouses (N=200) was taken from four groups, married males (n=50), married females (n=50), divorced males (n=50) and divorced females (n=50). Revised Adult Attachment Scale (Collins, 1996), tactics of Manipulation Scale (Buss 1987) and Mental Health Inventory (Veit & Ware, 1983) were used. Translated version of Revised Adult Attachment Scale (Sitwat & Kausar, 2014) and Mental Health Inventory (Naz & Bashir, 2013) in Urdu were administered on participants. Tactics of Manipulation Scale was translated into Urdu. Data was statistically analyzed through Pearson Moment Product Correlation, Multiple Hierarchical Regression, Multiple Analysis of Variance (MANOVA) and Moderation analysis. Significant relationship was found between adult attachment styles, manipulation tactics and mental health of spouses. Moreover, close attachment style positively while anxious attachment style negatively predicted the psychological wellbeing, psychological distress and overall mental health. Likewise, gender, marital status and perceived relationship with spouse were significant negative predictor of overall mental health. Additionally, difference in different attachment styles, manipulation tactics and mental health was explored across gender and marital status. There was no significant difference among males and females on manipulation tactics whereas mental health differs significantly across gender. There was significant difference among married and divorced participants on manipulation tactics and overall mental health. Married males and females had greater close attachment style whereas divorced males and females showed more anxious attachment style. Manipulation tactics

significantly moderate relationship between attachment styles and mental health. Charm, regression, coercion and debasement manipulation tactics moderates the relationship between anxious attachment style and overall mental health. Findings may be implicated to formulate marital counseling, educational and public awareness programs.

Keywords: Adult Attachment Styles, Manipulation Tactics, Mental Health, Marriage, Divorce