

## Abstract

The present study aimed to examine the relationship between attachment patterns, basic psychological needs (autonomy, relatedness and competence) and emotion regulation of adolescents. The study also focused on differences related to gender, age and education and the role of basic psychological need satisfaction as a moderator between insecure attachment and maladaptive emotion regulation. 302 adolescents from age 12 to 19 were recruited as participants for the study from educational institutes of Lahore through purposive and snowball sampling. The measuring instruments included the Inventory of Parent and Peer Attachment, Basic Psychological Need Satisfaction and Frustration Scale – Child Version) and Cognitive Emotion Regulation Questionnaire (CERQ). The results revealed significant relationship between attachment patterns, basic psychological need satisfaction and emotion regulation strategies. Secure attachment, basic psychological need satisfaction, trust and communication among attachment dimensions positively predicted adaptive emotion regulation whereas insecure attachment, basic psychological need frustration positively predicted maladaptive emotion regulation. Alienation predicted all emotion regulation strategies but most significantly predicted maladaptive emotion regulation strategies. Also, basic psychological need satisfaction played a significant role as moderator between insecure attachment and self-blame. The study found no gender differences but differences were found across age and education. The present study implicates the need for provision of counseling services to adolescents as well as parents in order to prevent mental health problems