

Is my attachment style showing? Perceptions of a date's attachment anxiety and avoidance and dating interest during a speed-dating event.

Tu et al. (2022)

Can people accurately perceive their date's insecure attachment? How would this affect their interest?

Methods

We analyzed 164 individuals in their 20s from 8 mixed-gendered speed dating events that took place at an annual Anime convention in Toronto.

Each event had thirteen 3-minute dates. Women sat while men rotated.

Before the event everyone was assessed for their attachment style, and following each date, participants reported their romantic and sexual interest and estimates of their date's attachment in romantic relationships.

Results showed that...

Individuals were generally accurate in their perceptions of anxious attachments (e.g., fears of intimacy) but men who had greater anxious attachment had a tendency to perceive woman as anxious.

People showed little accuracy in perceiving avoidant attachment (e.g., fear of abandonment). For instance, dates' who were more anxious were more likely to be perceived as being avoidant as well.

And That...

Perceiving greater insecure attachment (i.e., anxious or avoidant) in dates was associated with less dating (i.e., sexual and romantic) and contact (i.e., desire to contact after) interest.

In Summary...

People are better at perceiving anxious attachment in their dating partner than avoidant attachment. If you yourself are anxiously attached, as a man you would be more likely to perceive a woman as anxious. But, in general, people often perceive anxiously attached people to also be avoidant.

And if you do perceive someone as insecurely attached, you would generally be less interested in dating them and less likely to contact them after your date!