

**Are emotional competencies mediators between attachment and relationship satisfaction in young couples?** (pp. 427-445)

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The aim of this paper is to study the relationship between attachment and satisfaction with the partner relationship, considering the mediating role of emotional competences, and taking into account the influence of gender, age, and duration of the relationship. 265 Spanish youths (59.2% women) between 18 and 36 years of age with a current partner participated in the study. The most relevant results indicate that subjects with a dismissive avoidant style show less relationship satisfaction. Along with the fearful style, they are the ones with the poorest emotional skills. Attachment anxiety and avoidance are negatively related to relationship satisfaction, being mediated by emotional regulation. The importance of developing emotional education programs in youths as a way of mitigating the effect an insecure attachment style is discussed.