

Self-compassion as a moderating variable between attachment, emotional dependence, stress, anxiety, and depression in Spanish adolescents (pp. 269-288)

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Attachment is a critical element of the origin of emotional dependence, and one of the most studied consequences of emotional dependence is its role in the development of anxious-depressive symptomatology. Self-compassion has been shown to be a protective factor against anxiety and depression, but no studies have been found that relate it to emotional dependence. Therefore, the three objectives of the present study were to analyse the relationship between these variables; to study whether sociodemographic variables influence these variables; to test whether emotional dependence mediates the relationship between attachment and dysfunctional psychological symptomatology; and to determine whether these relationships are moderated by self-compassion. The sample consisted of 940 adolescents (55.7% female and 44.3% male) from Spain. Emotional dependence was found to mediate the relationship between attachment and dysfunctional psychological symptomatology, and these relationships were moderated by self-compassion. Self-compassion is recognised as having a protective effect on levels of emotional dependence, stress, anxiety and depression.

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