

Attachment Styles and Post-Traumatic Stress Disorder among Trauma-Exposed Older Adults: Evidence from a Non-Western Context

Nermien Nedal Alshraifin¹ Nedal Kamal Alshraifin²
Hadwa Mohammad Alsharari³

¹Irbid National University

²Yarmouk University

³Taif University

The relationship between attachment styles and post-traumatic stress disorder (PTSD) has been extensively studied in younger and Western populations. However, older adults in non-Western contexts remain significantly underrepresented in trauma research, despite their higher cumulative exposure to loss, illness, and social transitions. Attachment theory (Mikulincer & Shaver, 2023) posits that insecure attachment patterns increase vulnerability to trauma-related psychopathology, yet this framework remains largely untested among Arab elderly populations. This study aimed to examine the relationship between PTSD (American Psychiatric Association, 2013) and attachment styles among trauma-exposed older adults in Jordan, and to explore differences across gender and age groups within this culturally distinct context. A descriptive–correlational cross-sectional design was employed. A stratified random sample of 534 older adults (aged 60 years and above) was drawn from elderly care associations in Irbid Governorate, Jordan. Data were collected using validated measures of PTSD (Dessouki, 2022) and attachment styles (Bani Irsheid & Jaradat, 2014). Multivariate analysis of variance (MANOVA) and Pearson correlation coefficients were used for data analysis.

PTSD symptoms were reported at a moderate level. Anxious attachment was the most prevalent style (57.3%), followed by avoidant (24.7%) and secure (18%). Secure attachment was negatively correlated with PTSD ($r = -0.601$), whereas anxious ($r = 0.489$) and avoidant ($r = 0.546$) attachments were positively correlated. Selected PTSD and attachment dimensions differed significantly by gender and age, consistent with prior findings in Arab contexts (Sabah, 2019; Shuwaikh, 2023).

Access to Full Text

The full text of this article is available through institutional subscriptions via major academic databases and aggregators, including **EBSCO**, **ProQuest**, and **Cengage**. The *North American Journal of Psychology* is indexed in **Scopus** and **APA PsycINFO**, and access to full articles is typically available through university and research library systems.

*Author info: Correspondence should be sent to: Nedal Alshraifin, Ph.D.
Email: shraifin@yu.edu.jo*

North American Journal of Psychology, 2026, Vol. 28, No. 4, 2204-2219
© NAJP <https://doi.org/10.65696/001c.171158>