Attachment Styles and Close Relationships as Correlates of Relationship Satisfaction and Psychological Well-Being Across Sexual Orientations

Oleksandr Konev
«KROK» University, Kyiv, Ukraine

Background. Emotional adversities and social context may influence romantic relationships and psychological well-being, especially within the LGBTQ+ community. However, the present study does not directly measure stigmatization.

Aim. The study aimed to evaluate the interplay between attachment styles, relationship satisfaction, and psychological well-being, while considering the distinctions between LGBTQ+ individuals and their heterosexual counterparts.

Methods. A cross-sectional correlational study was conducted with 100 participants (40 LGBTQ+ individuals and 60 heterosexual individuals; 60 men and 40 women), aged 18–45 years (M = 28.4 ± 7.3 for LGBTQ+; M = 29.6 ± 7.8 for heterosexuals). Data were collected between September 2023 and March 2024. Standardized instruments were utilized to assess attachment styles, relationship satisfaction, and psychological well-being (ECR-S, RSI, PWB). Statistical processing included descriptive statistics, chi-square tests, and Pearson correlations.

Results. No statistically significant differences were found in the distribution of attachment profiles between groups ($\chi^2(3) = 3.205$; p = .361). Descriptively, the LGBTQ+ group showed a higher percentage of anxious attachment (35% vs. 23%). Secure attachment was positively correlated with both relationship satisfaction (r = .70 in the LGBTQ+ group and r = .73 in the heterosexual group) and well-being (r = .63 in the LGBTQ+ group and r = .66 in the heterosexual group), whereas avoidant and anxious-avoidant styles were negatively associated with these indicators.

Discussion. The obtained results underscore the critical importance of secure attachment in fostering emotional stability and harmony within relationships.

Conclusion. The study emphasizes the significance of cultivating a secure attachment style by ensuring emotional safety and adaptive strategies in relationships. The findings contribute to the enhancement of psychological

Author info: Correspondence should be sent to: Oleksandr Konev,
Email: econ.biss22@gmail.com

North American Journal of Psychology, 2026, Vol. 28, No. 4, 2534-2552
© NAJP https://doi.org/10.65696/001c.173376

support programs aimed at enhancing relationship quality and well-being across diverse social groups.

Keywords: attachment styles, relationship satisfaction, psychological well-being, sexual orientation, LGBTQ+, heterosexuals, minority stress.

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.