
Abstract

Factors for continued sobriety from self-help group participation and attachment style

YAEGASHI, Yoko

Gunma Prefecture School Counselor

ANDO, Satoko

University of Tsukuba

Participation in self-help groups is effective for continuing sobriety. We hypothesized that a change in the internal working model allows people to view themselves and others in a positive manner. In this study, we focused on a sense of *ibasho* (belonging) in self-help groups, self-acceptance, and humiliation as they related to views of the self and others and examined their relationship to attachment styles and continued sobriety. A covariance structure analysis that investigated continued sobriety showed that a “sense of *ibasho*” alleviated “avoidance of intimacy” and prompted “self-acceptance” which then alleviated “humiliation” and “anxiety.” When “humiliation” decreased, “anxiety” and “avoidance of intimacy” were further alleviated. The results also showed that reductions in “anxiety” and “avoidance of intimacy” were associated with continued sobriety. In addition, the results of a cross-lagged panel analysis, examining the effects over time, showed that increased “anxiety” was associated with decreased “self-acceptance” and increased “humiliation concerns.” Therefore, continuing sobriety in self-help groups can support and maintain the transformation to a secure attachment style related to a sense of *ibasho*, self-acceptance, and humiliation.

Keywords: alcohol dependence, attachment style, sense of *ibasho*, self-acceptance, humiliation
