



## **Investigating The Relationship Between Parents' Attachment Styles, Quality of Life, And Severity of Autism Spectrum Disorder Symptoms in Children**

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### **Abstract**

The aim of the present study was to investigate the relationship between the parents' attachment styles, quality of life, and severity of autism spectrum disorder symptoms in children. This study was conducted with a descriptive-correlational design and survey approach on 133 parents of children with autism who referred to Tehran welfare centers in the first three months of 2025. Sampling was done by convenience method with a sample size of 150 people (133 analyzable questionnaire). The research tools included the World Health Organization Quality of Life Questionnaire (WHOQOL-BREF), the Social Responsiveness Scale (SRS-2) to measure the severity of autism symptoms, and the Collins and Reed Attachment Questionnaire. The data were analyzed using SPSS-20 software and Pearson correlation and stepwise regression statistical methods. The results showed that there was a significant negative correlation between attachment styles ( $r = -0.263$ ,  $p < 0.01$ ) and quality of life ( $r = -0.379$ ,  $p < 0.01$ ) with the severity of autism symptoms. Quality of life explained 37% of the variance in symptom severity. ( $R^2 = 0.144$ ,  $B = -0.379$ ,  $p < 0.01$ ) These findings emphasize the importance of strengthening secure attachment and improving parents' quality of life in reducing the severity of autism symptoms. It is suggested that psychological interventions focusing on attachment and quality of life are designed for parents.

**Keywords:** Autism spectrum disorder, attachment styles, quality of life, symptom severity, parents, correlation, regression