

DAFTAR PUSTAKA

- Adams, G. C., McWilliams, L. A., Wrath, A. J., Mondal, P., Harder, J. A., Skomro, R., & Fenton, M. E. (2019). An exploration of adult attachment insecurity and psychiatric symptoms in individuals with obstructive sleep apnea. *Journal of Psychosomatic Research*, 123(February), 109731. <https://doi.org/10.1016/j.jpsychores.2019.05.009>
- Andayu, A. A., Rizkyanti, C. A., & Kusumawardhani, S. J. (2019). Peran Insecure Attachment terhadap Kekerasan Psikologis dalam Pacaran pada Perempuan Remaja Akhir. *Psymphatic : Jurnal Ilmiah Psikologi*, 6(2), 181–190. <https://doi.org/10.15575/psy.v6i2.5231>
- Alfina, E. V., & Awalya, A. (2021). Pengaruh Attachment dan Penyesuaian Diri terhadap Self-Esteem Siswa SMP Teuku Umar Semarang Tahun Pelajaran 2019/2020. *Indonesian Journal of Counseling and Development*, 3(1), 11–29. <https://doi.org/10.32939/ijcd.v3i1.602>
- Allen, J. G., & Fonagy, P. (2006). *Handbook of mentalization-based treatment*. England: John Wiley & Sons Ltd
- Asprilia, M. T., & Abidin, Z. (2021). Pola Attachment Dan Kualitas Hubungan Sosial Pada Remaja Yang Tinggal Di Panti Asuhan. *Journal of Psychological Science and Profession*, 5(2), 80. <https://doi.org/10.24198/jpsp.v5i2.28251>
- Amalia, L. (2014). Stain Ponorogo Dengan Pelatihan Pengenalan Diri. *Kodifikasia*, Vol. 8(1), 127–141.
- Amalia, N. A. (2018). Penerapan Prinsip-Prinsip Cognitive Behavior Therapy (BT) untuk Meningkatkan Self-Esteem Pada Remaja Perempuan. *Persona: Jurnal Psikologi Indonesia*, 7(2), 118–134. <https://doi.org/10.30996/persona.v7i2.1832>

Ainsworth, M. D., Blehar, M. C., Waters, E., & Wall, S. (1978). *Patterns of Attachment A Psychological of the Strange Situation*. New York: Psychology Press.

Akbari, E., Poursharifi, H., Fahimi, S., Azimi, Z., Alilou, M. M., Amiri Pichakolaei, A., & Vahidi Madadlou, P. (2016). Effectiveness of emotion focused therapy on sexual victims of romantic relationships: A single case study. *Journal of Fundamentals of Mental Health*, 18(1), 10–21.
<https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=117066900&site=ehost-live>

Bowlby, J. (1982). *Attachment and Loss : Volume 1 Attachment*. New York: Basic Books.

Bateman, A., & Fonagy, P. (2013). Mentalization-based treatment. *Psychoanalytic Inquiry*, 33(6), 595–613. <https://doi.org/10.1080/07351690.2013.835170>

Bunda, N. P. (2018). *Pengaruh Kelekatan Terhadap Stres Pada Mahasiswa Semester Akhir*. Malang: Universitas Muhammadiyah Malang.

Bifulco, A., & Thomas, G. (2013). *Understanding Adult Attachment in Family Relationships. Research, asesment, and intervention*. Routledge.
<https://doi.org/10.4324/9780203094556>

Ciocca, G., Rossi, R., Collazzoni, A., Gorea, F., Vallaj, B., Stratta, P., Longo, L., Limoncin, E., Mollaioli, D., Gibertoni, D., Santarnecchi, E., Pacitti, F., Niolu, C., Siracusano, A., Jannini, E. A., & Di Lorenzo, G. (2020). The impact of attachment styles and defense mechanisms on psychological distress in a non-clinical young adult sample: A path analysis. *Journal of Affective Disorders*, 273(May), 384–390.
<https://doi.org/10.1016/j.jad.2020.05.014>

Crouch, M. (2015). Attachment: What is it and Why is it so Important? *Journal Kairaranga*,

16(2), 18–23.

Crawley, J., & Grant, J. (2005). Crawley and Grant - EFT, attachment theory, couples.

ANZJFT Journal, 26(2), 82–89.

Dalifa, P. A. (2021). Hubungan antara Parent Attachment dengan Self Esteem pada Mahasiswa di Sumatera Barat. *Jurnal Pendidikan Tambusai*, 5(2), 3621–3626.

<https://jptam.org/index.php/jptam/article/view/1436>

Dargan, S., Macdonald, K. B., & Schermer, J. A. (2021). Exploring locus-of-hope:

Relational tendencies, self-esteem, attachment, and gender. *Behavioral Sciences*,

11(9). <https://doi.org/10.3390/bs11090120>

Dewi, A. A., & Valentina, T. D. (2013). Hubungan attachment orangtua-remaja dengan kemandirian pada remaja di smkn 1 denpasar. *Jurnal Psikologi Udayana*, 1(1), 181-

189.

Dewi, R. S., & Yudiarso, A. (2019). Studi Meta-Analisis : Efektivitas Cognitive Behavioural Therapy untuk Meningkatkan Self-Esteem. *Jurnal Diversita*, 7(2), 231–239.

[https://doi.org/DOI: https://doi.org/10.31289/diversita.v7i2.5038](https://doi.org/DOI:https://doi.org/10.31289/diversita.v7i2.5038)

Demircioglu, Z. I., & Kose, A. G. (2020). Mediating effects of self-esteem in the relationship between attachment styles and social media addiction among university students.

Dusunen Adam - The Journal of Psychiatry and Neurological Sciences, 33(1), 8–18.

<https://doi.org/10.14744/DAJPNS.2019.00056>

Dozier, M., & Bernard, K. (2017). Attachment and Attachment and Biobehavioral Catch-Up. In *Handbook of Attachment-Based Interventions* (pp. 27–49). The Guilford Press.

Dozier, M., Roben, C. K. P., Caron, E., Hoye, J., & Bernard, K. (2018). Attachment and Biobehavioral Catch-up: An evidence-based intervention for vulnerable infants and

their families. *Psychotherapy Research*, 28(1), 18–29.

<https://doi.org/10.1080/10503307.2016.1229873>

Egeland, B. (2004). Attachment-Based Intervention and Prevention Programs for Young Children. *Encyclopedia on Early Childhood Development*, December 2004, 1–8.

Erozkan, A. (2011). The attachment styles bases of loneliness and depression. *International Journal of Psychology and Counseling*, 3(9), 187-193.

Evans, L., & Allez, K. (2018). Cognitive behaviour therapy for low self-esteem in a person with a learning disability: a case study. *Advances in Mental Health and Intellectual Disabilities*, 12(2), 67–76. <https://doi.org/10.1108/AMHID-06-2017-0023>

Fennell, M. J. V. (2016). *Overcoming Low Self-Esteem; A self help guide using cognitive behavioral techniques*. Robinson.

Foster, J. D., Kernis, M. H., & Goldman, B. M. (2007). Linking adult attachment to self-esteem stability. *Self and Identity*, 6(1), 64–73. <https://doi.org/10.1080/15298860600832139>

Gibson, N., & O'Connor, H. (2003). A Step-by-Step A Guide to Qualitative Data Analysis. *A Journal of Aboriginal and Indigenous Community Health*, 1(1), 64- 90.

Green, J., Berry, K., Danquah, A., & Pratt, D. (2020). The role of psychological and social factors in the relationship between attachment and suicide: A systematic review. *Clinical Psychology and Psychotherapy*, 27(4), 463–488. <https://doi.org/10.1002/cpp.2445>

Hall, P. L., & Tarrier, N. (2003). The cognitive-behavioural treatment of low self-esteem in psychotic patients: A pilot study. *Behaviour Research and Therapy*, 41(3), 317–332. [https://doi.org/10.1016/S0005-7967\(02\)00013-X](https://doi.org/10.1016/S0005-7967(02)00013-X)

Hasian, B. J., & Ariela, J. (2020). Peran Attachment terhadap Self-Esteem pada Dewasa Muda Diselingkuhi. *Humanitas (Jurnal Psikologi)*, 4(3), 267–282.

<https://doi.org/10.28932/humanitas.v4i3.2837>

Hadori, R., Hastuti, D., & Puspitawati, H. (2020). Adolescents' Self Esteem in Intact and Single-Parent Families: Its Relation with Parent-Adolescent Communication and Attachment. *Jurnal Ilmu Keluarga Dan Konsumen*, 13(1), 49–60.

<https://doi.org/10.24156/jikk.2020.13.1.49>

Akbari, E., Poursharifi, H., Fahimi, S., Azimi, Z., Alilou, M. M., Amiri Pichakolaei, A., & Vahidi Madadlou, P. (2016). Effectiveness of emotion focused therapy on sexual victims of romantic relationships: A single case study. *Journal of Fundamentals of Mental Health*, 18(1), 10–21.

[https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=117066900
&site=ehost-live](https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=117066900&site=ehost-live)

Andayu, A. A., Rizkyanti, C. A., & Kusumawardhani, S. J. (2019). Peran Insecure Attachment terhadap Kekerasan Psikologis dalam Pacaran pada Perempuan Remaja Akhir. *Psymphatic: Jurnal Ilmiah Psikologi*, 6(2), 181–190.

<https://doi.org/10.15575/psy.v6i2.5231>

Asprilia, M. T., & Abidin, Z. (2021). Pola Attachment Dan Kualitas Hubungan Sosial Pada Remaja Yang Tinggal Di Panti Asuhan. *Journal of Psychological Science and Profession*, 5(2), 80. <https://doi.org/10.24198/jpsp.v5i2.28251>

Bergsma, A. (2008). Do self-help books help? *Journal of Happiness Studies*, 9(3), 341–360. <https://doi.org/10.1007/s10902-006-9041-2>

Billings, M. (2021). *Emotionally focused individual therapy for the treatment of*

- trauma- related symptoms of the self. April.* <https://doi.org/10.20381/ruor-26367>
- Crittenden, P. (2017). Raising Parents. In *Raising Parents*. <https://doi.org/10.4324/9781315726069>
- Crouch, M. (2015). Attachment: What is it and Why is it so Important? *Journal Kairaranga*, 16(2), 18–23.
- Dalifa, P. A. (2021). Hubungan antara Parent Attachment dengan Self Esteem pada Mahasiswa di Sumatera Barat. *Jurnal Pendidikan Tambusai*, 5(2), 3621–3626. <https://jptam.org/index.php/jptam/article/view/1436>
- Dargan, S., Macdonald, K. B., & Schermer, J. A. (2021). Exploring locus-of-hope: Relational tendencies, self-esteem, attachment, and gender. *Behavioral Sciences*, 11(9). <https://doi.org/10.3390/bs11090120>
- Demircioglu, Z. I., & Kose, A. G. (2020). Mediating effects of self-esteem in the relationship between attachment styles and social media addiction among university students. *Dusunen Adam - The Journal of Psychiatry and Neurological Sciences*, 33(1), 8–18. <https://doi.org/10.14744/DAJPNS.2019.00056>
- Egeland, B. (2004). Attachment-Based Intervention and Prevention Programs for Young Children. *Encyclopedia on Early Childhood Development*, December 2004, 1–8.
- Fatika Anintia Utami, & Hilma Fitriyani. (2019). Self-Help Book untuk Meningkatkan Regulasi Emosi dengan Menggunakan Treatment Emotion-Focused Therapy Pada Peserta Didik Korban Perundungan Kelas Xi Di Sma Negeri 112 Jakarta. *INSIGHT: Jurnal Bimbingan Konseling*, 8(2), 151–159. <https://doi.org/10.21009/insight.082.05>

- Filsuf Tasaufi, M. N., Naimi Anisa, S., Rahmi, N., & Jasmine Sabrina, A. (2021). Hubungan Kelekatan Ayah dan Kontrol Diri dengan Kesejahteraan Subjektif serta Kesejahteraan Psikologis sebagai Mediator pada Mahasiswa. *Psikologika: Jurnal Pemikiran Dan Penelitian Psikologi*, 26(2), 397–412. <https://doi.org/10.20885/psikologika.vol26.iss2.art11>
- Fitri, S., & Kusumaningtyas, A. (2019). Pengembangan Buku Bantuan Diri untuk Membantu Remaja Memelihara Ikatan Kelekatan (Attachment Bond) yang Orangnya Bercerai SMA Se-DKI Jakarta. *INSIGHT: Jurnal Bimbingan Konseling*, 8(1), 78–91. <https://doi.org/10.21009/insight.081.07>
- Foster, J. D., Kernis, M. H., & Goldman, B. M. (2007). Linking adult attachment to self-esteem stability. *Self and Identity*, 6(1), 64–73. <https://doi.org/10.1080/15298860600832139>
- Green, J., Berry, K., Danquah, A., & Pratt, D. (2020). The role of psychological and social factors in the relationship between attachment and suicide: A systematic review. *Clinical Psychology and Psychotherapy*, 27(4), 463–488. <https://doi.org/10.1002/cpp.2445>
- Greenberg, L. S. (2017). *Emotion Focused Therapy Revised Edition*. American Psychological Association.
- Hasian, B. J., & Ariela, J. (2020). Peran Attachment terhadap Self-Esteem pada Dewasa Muda Diselingkuhi. *Humanitas (Jurnal Psikologi)*, 4(3), 267–282. <https://doi.org/10.28932/humanitas.v4i3.2837>
- Johnson, S. (2019a). Attachment Theory and Emotionally Focused Therapy for Individuals and Couples. In J. H. Obegi & E. Berant (Eds.), *Attachment Theory*

- and Research in Clinical Work With Adult* (pp. 410–433). The Guilford Press.
- Johnson, S. (2019b). *Attachment Theory in Practice: Emotionally Focused Therapy (EFT) with Individuals, Couples, and Families* (Vol. 46). The Guilford Press.
<https://doi.org/10.1080/0092623x.2020.1794183>
- Johnson, S., Bradley, B., Furrow, J., Lee, A., Palmer, G., Tilley, D., & Woolley, S. (2005). *Becoming an Emotionally Focused Couple Therapist*. Routledge Taylor & Francis Group.
- Johnson, S., & Seid, E. L. (2019). *Instructor's Manual for Emotionally Focus Couples Therapy with hosts manual with Sue Johnson*. Psychotherapy.net.
- Koren, R., Woolley, S. R., Danis, I., & Török, S. (2022). Training therapists in emotionally focused therapy: A longitudinal and cross-sectional analysis. *Journal of Marital and Family Therapy*, 48(3), 709–725.
<https://doi.org/10.1111/jmft.12495>
- Mikulincer, M., & Shaver, P. R. (2007). *Attachment in adulthood: Structure, Dynamics, and Change*. The Guilford Press.
- Muarifah, A., Mashar, R., Hashim, I. H. M., Rofiah, N. H., & Oktaviani, F. (2022). Aggression in Adolescents: The Role of Mother-Child Attachment and Self-Esteem. *Behavioral Sciences*, 12(5), 147. <https://doi.org/10.3390/bs12050147>
- Passanisi, A., Gervasi, A. M., Madonia, C., Guzzo, G., & Greco, D. (2015). Attachment, Self-Esteem and Shame in Emerging Adulthood. *Procedia - Social and Behavioral Sciences*, 191, 342–346.
<https://doi.org/10.1016/j.sbspro.2015.04.552>
- Pos, A. E., & Greenberg, L. S. (2007). Emotion-focused therapy: The transforming

power of affect. *Journal of Contemporary Psychotherapy*, 37(1), 25–31.

<https://doi.org/10.1007/s10879-006-9031-z>

Putri, A. (2016). Pentingnya Kualitas Pribadi Konselor Dalam Konseling Untuk Membangun Hubungan Antar Konselor dan Konseli. *Jurnal Bimbingan Konseling Indonesia*, 1(1), 10–13.

Rahmayanty, D., Wahyuni, E., & Fridani, L. (2021). Mengenal pentingnya perawatan diri (self care) bagi konselor dalam menghadapi stres. *TERAPUTIK: Jurnal Bimbingan Dan Konseling*, 5(1), 125–131. <https://doi.org/10.26539/terapeutik.51669>

Roberts, J. E., Gotlib, I. H., & Kassel, J. D. (1988). Personality Processes and Individual Difference Adult Attachment Security and Symptoms of Depression: The Mediating Roles of Dysfunctional Attitudes and Low Self-Esteem. *Journal of Personality and Social Psychology*, 70(2), 310–320.

Shen, F., Liu, Y., & Brat, M. (2021). Attachment, Self-Esteem, and Psychological Distress: A Multiple-Mediator Model. *The Professional Counselor*, 11(2), 129–142. <https://doi.org/10.15241/fs.11.2.129>

Sugitri, P., & Marjo, H. K. (2022). Eksplorasi Gaya Kelekatan Pada Kualitas Pribadi Konselor Dalam Memberikan Layanan Konseling. *Jurnal Sains Sosio Humaniora*, 6(2), 190–198.

Sugitri, P. (2019). *Profil Gaya Kelekatan Berdasarkan Tingkat Depresi Mahasiswa Aktif S1 Fakultas Ilmu Pendidikan Universitas Negeri Jakarta*. Jakarta: Repository Universitas Negeri Jakarta.

- Tjalla, A., Komalasari, G., & Asharika, E. (n.d.). *Pengembangan Hipotetik Buku Bantuan Diri Tentang Bahaya Merokok*. 5(2), 169–183.
- Wu, C. huei. (2009). The relationship between attachment style and self-concept clarity: The mediation effect of self-esteem. *Personality and Individual Differences*, 47(1), 42–46. <https://doi.org/10.1016/j.paid.2009.01.043>
- Yahya, F., & Anis Nurshafiqah, A. (2018). Adult attachment and Self Esteem. *International Journal of Engineering and Technology*, 7(3), 63–67.
- Zagefka, H., Andrew, N., Boelen, B., Cummings, O., Denton, R., Harris, S., Knoetig, L., Mahmood, M., Shahid, A., Swan, M., Tarter, J., Welch, A., & Williams, R. (2022). Attachments to Mother, Father, and Romantic Partner as Predictors of Life Satisfaction. *Family Journal: Counseling and Therapy for Couples and Family*, 30(4), 570–578. <https://doi.org/10.1177/10664807211064147>
- Hughes, D. (2017). Dyadic Developmental Psychotherapy DDP An Attachment-focused Family Treatment.pdf. *Australian and New Zealand Journal of Family Therapy*, 38, 595–605. <https://doi.org/10.1002/anzf.1273>
- Hutahaean, B. S. H., & Sumampouw, N. E. J. (2019). Pelatihan Peningkatan Self-Esteem pada Mahasiswa Universitas Indonesia yang Mengalami Distres Psikologis. *Jurnal Ilmiah Psikologi MIND SET*, 9(02), 1–18. <https://doi.org/10.35814/mindset.v9i02.728>
- Johnson, S. M. (2019). Attachment Theory and Emotionally Focused Therapy for Individuals and Couples. In J. H. Obegi & E. Berant (Eds.), *Attachment Theory and Research in Clinical Work With Adult* (pp. 410–433). The Guilford Press.
- Johnson, S., & Seid, E. L. (2019). *Instructor's Manual for Emotionally Focus Couples*

Therapy with hosts manual with Sue Johnson. Psychotherapy.net.

Kim, E., & Koh, E. (2018). Avoidant attachment and smartphone addiction in college students: The mediating effects of anxiety and self-esteem. *Computers in Human Behavior*, 84, 264–271. <https://doi.org/10.1016/j.chb.2018.02.037>

Larasati, wikan putri. (2012). Meningkatkan Self Esteem Melalui Metode Self Instruction. In *Jurnal Psikologi*. Universitas Indonesia.

Lee, A., & Hankin, B. L. (2009). Insecure Attachment, Dysfunctional Attitudes, and Low Self-Esteem Predicting Prospective Symptoms of Depression and Anxiety During Adolescence. *Journal of Clinical Child & Adolescent Psychology*, 38(2), 219–231. doi:10.1080/15374410802698396

Liliana, A .W. (2009). Gambaran Kelekatan Remaja Akhir Putri Dengan Ibu (Studi Kasus). Skripsi. Depok. Fakultas Psikologi Universitas Gunadarma

Mahanani, G. P., & Nurwianti, F. (2018). Intervensi Kognitif Perilaku Dalam Kelompok Untuk Meningkatkan Self-Esteem Pada Mahasiswi Yang Tinggal Di Asrama Univeristas. *Seurune Jurnal Psikologi Unsyiah*, 1(2), 1–19. <https://doi.org/10.24815/s-jpu.v1i2.11569>

Ma'rifah, N. L., & Budiani, M. S. (2012). Hubungan Antara Attachment Style Dan Self-Esteem Dengan Kecemasan Sosial Pada Remaja. *Jurnal Psikologi Teori Dan Terapan*, 3(1), 17. <https://doi.org/10.26740/jppt.v3n1.p17-27>

Muarifah, A., Mashar, R., Hashim, I. H. M., Rofiah, N. H., & Oktaviani, F. (2022). Aggression in Adolescents: The Role of Mother-Child Attachment and Self-Esteem. *Behavioral Sciences*, 12(5), 147. <https://doi.org/10.3390/bs12050147>

Mikulincer, M., Shaver, P. R., Gillath, O., & Nitzberg, R. A. (2005). Attachment,

caregiving, and altruism: Boosting attachment security increases compassion and helping. *Journal of Personality and Social Psychology*, 89(5), 817–839.
<https://doi.org/10.1037/0022-3514.89.5.817>

McManus, F., Waite, P., & Shafran, R. (2009). Cognitive-Behavior Therapy for Low Self-Esteem: A Case Example. *Cognitive and Behavioral Practice*, 16(3), 266–275.
<https://doi.org/10.1016/j.cbpra.2008.12.007>

Newman, M. G., Castonguay, L. G., Jacobson, N. C., Moore, G. A., & Newman MG, Castonguay LG, Jacobson NC, M. G. (2015). Adult attachment as a moderator of treatment outcome for generalized anxiety disorder: Comparison between cognitive-behavioral therapy (CBT) plus s... - PubMed - NCBI. *Journal of Consulting and Clinical Psychology*, 83(5), 915–925.
<http://www.ncbi.nlm.nih.gov/pubmed/26052875>

Nurhidayah, S. (2011). Attachment attachment dan pembentukan karakter. *Jurnal Turats*, 7(2), 78-83.

Park, K. M., & Park, H. (2015). Effects of self-esteem improvement program on self-esteem and peer attachment in elementary school children with observed problematic behaviors. *Asian Nursing Research*, 9(1), 53–59.
<https://doi.org/10.1016/j.anr.2014.11.003>

Passanisi, A., Gervasi, A. M., Madonia, C., Guzzo, G., & Greco, D. (2015). Attachment, Self-Esteem and Shame in Emerging Adulthood. *Procedia - Social and Behavioral Sciences*, 191, 342–346. <https://doi.org/10.1016/j.sbspro.2015.04.552>

Pratiwi, P. C. (2017). Upaya Peningkatan Self-Esteem Pada Dewasa Muda Penyintas Kekerasan Dalam Pacaran Dengan Cognitive Behavior Therapy. *Jurnal Psikologi*

- Ulayat, 4(2), 141. <https://doi.org/10.24854/jpu22017-101>
- Pleines, K. E. (2019). An Attachment-Informed Approach to Trauma-Focused Cognitive Behavioral Therapy. *Clinical Social Work Journal*, 47(4), 343–352. <https://doi.org/10.1007/s10615-019-00701-7>
- Roberts, J. E., Gotlib, I. H., & Kassel, J. D. (1988). Personality Processes and Individual Difference Adult Attachment Security and Symptoms of Depression: The Mediating Roles of Dysfunctional Attitudes and Low Self-Esteem. *Journal of Personality and Social Psychology*, 70(2), 310–320.
- Rogers, T., Snow, M., Reysen, R., Winburn, A., & Mazahreh, L. (2011). The Self of the Counselor: Exploring Adult Attachment Styles in Counselors-in-Training. *Journal of Counselor Practice*, 63–77. <https://doi.org/10.22229/eas635180>
- Sugitri, P., & Marjo, H. K. (2022). Eksplorasi Gaya Kelekatan Pada Kualitas Pribadi Konselor Dalam Memberikan Layanan Konseling. *Jurnal Sains Sosio Humaniora*, 6(2), 190–198.
- Suci Qamaria, R. (2019). Efektivitas Konseling dengan Pendekatan Cognitive-Behavior Therapy untuk Meningkatkan Self-Esteem. *Journal An-Nafs: Kajian Penelitian Psikologi*, 4(2), 148–181. <https://doi.org/10.33367/psi.v4i2.866>
- Spiegler, M. D., & Guevremont, D. C. (2013). *Contemporary behavioral therapy*. Wadsworth Cengage Learning.
- Shen, F., Liu, Y., & Brat, M. (2021). Attachment, Self-Esteem, and Psychological Distress: A Multiple-Mediator Model. *The Professional Counselor*, 11(2), 129–142. <https://doi.org/10.15241/fs.11.2.129>
- Swartzman, S., Kerr, J., & McElhinney, R. (2021). An evaluation of a group-based

cognitive behavioural therapy intervention for low self-esteem. *Behavioural and Cognitive Psychotherapy*, 49(4), 485–494.

<https://doi.org/10.1017/S1352465821000072>

Wu, C. huei. (2009). The relationship between attachment style and self-concept clarity: The mediation effect of self-esteem. *Personality and Individual Differences*, 47(1),

42–46. <https://doi.org/10.1016/j.paid.2009.01.043>

Yahya, F., & Anis Nurshafiqah, A. (2018). Adult attachment and Self Esteem. *International Journal of Engineering and Technology*, 7(3), 63–67.

