

Diagnostic and evaluative instrument
for Autogenic Training (AT - EVA)

6 groups from 48 items

1. Exhaustion (bodily and psychic)
2. Strain
3. Dysregulation (psycho-physical)
4. Performance difficulties (performance and behavioral difficulties)
5. Threshold of pain
6. Self-determination (problems with self-determination and control)

Statistical methods

a) To test for changes in the patients:

Variance analysis (MANOVA with measurement repetition)

b) To test for differences in test values (scales)

among the groups (attachement styles): Variance analysis ONEWAY

c) To test for agreement of attachement styles pre and post:

Kappa-coefficient

Frequency of attachment styles

Group	Attachement style	n
1	dismissing - reserved	33
2	dismissing - cooperative	16
3	preoccupied - reserved	3
4	preoccupied - hang on	9
5	secure	6

Scale AT-SYM (0-144) entire symptom level

Attachement style dismissing - reserved n = 33		
T1	p	T2
77,15 s = 23,88	< 0,001	61,45 s = 27,51

Attachement style dismissing - cooperative n = 16		
T1	p	T2
63,43 s = 27,93	0,023	49,06 s = 27,20

T1: before therapy

T2: after therapy

Scale AT-SYM (0-144) entire symptom level

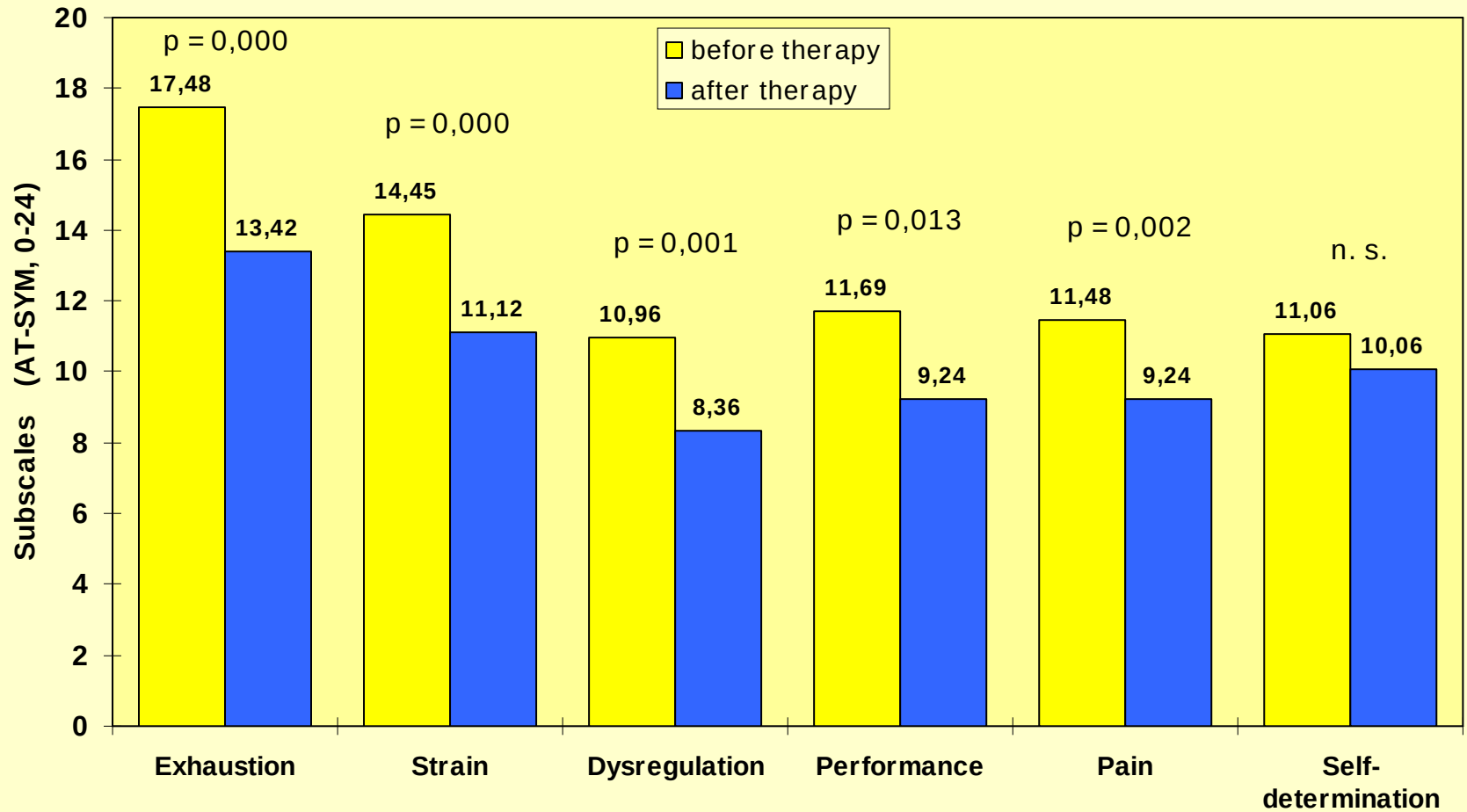
Attachement style preoccupied - reserved n = 3		
T1	p	T2
86,33 s = 25,57	n. s.	80,66 s = 38,21

Attachement style preoccupied - hang on n = 9		
T1	p	T2
80,77 s = 25,55	n. s.	80,11 s = 21,20

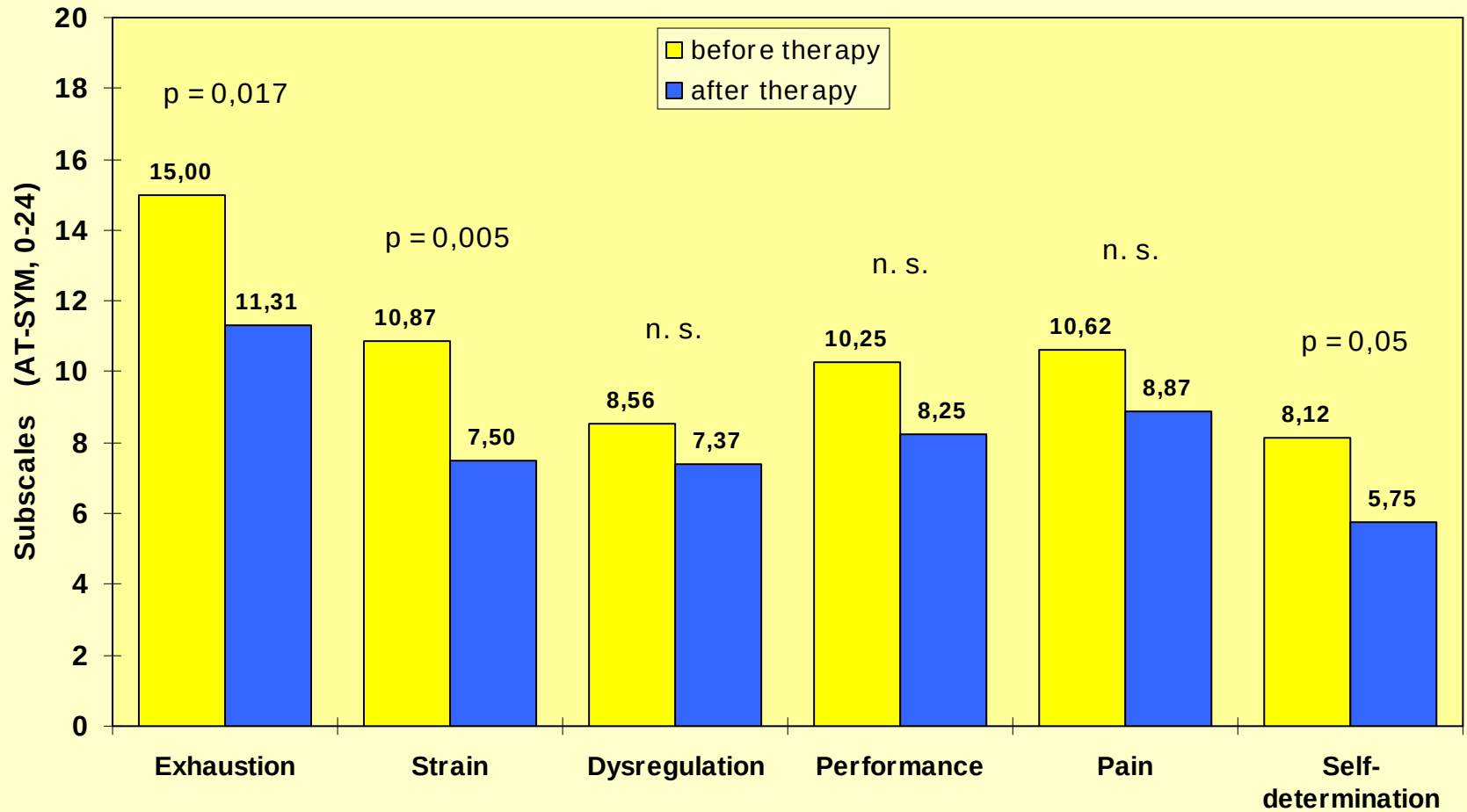
Attachement style secure n = 6		
T1	p	T2
87,33 s = 18,04	n. s.	71,66 s = 27,54

T1: before therapy T2: after therapy

Attachement style: dismissing - reserved (n = 33)



Attachement style: dismissing - cooperative (n = 16)



Attachment style: preoccupied - hang on (n = 9)

Subscales (AT-SYM, 0-24)	T1		T2		p
	///	s	///	s	
Exhaustion	15,77	4,40	15,88	5,41	0,956
Strain	14,00	5,17	12,77	4,08	0,432
Dysregulation	12,33	5,40	11,77	5,97	0,698
Performance	11,88	4,70	12,44	3,21	0,764
Pain	13,22	4,96	13,00	4,18	0,868
Self-determination	13,55	4,50	14,22	4,46	0,675

T1: before therapy

T2: after therapy

Attachement style: preoccupied - reserved (n = 3)

Subscales (AT-SYM, 0-24)	T1		T2		p
	///	s	///	s	
Exhaustion	16,00	7,00	16,00	8,71	1,000
Strain	17,00	5,19	17,33	7,02	0,901
Dysregulation	8,00	4,35	7,00	4,58	0,687
Performance	14,00	8,18	13,00	8,74	0,755
Pain	13,66	2,08	11,00	5,29	0,251
Self-determination	17,66	5,50	16,33	4,61	0,628

T1: before therapy

T2: after therapy

Attachement style: dismissing - reserved (n = 33)

Subscales (AT-SYM, 0-24)	T1		T2		p
	///	s	///	s	
Exhaustion	17,48	5,72	13,42	5,86	0,000
Strain	14,45	5,43	11,12	5,78	0,000
Dysregulation	10,96	4,88	8,36	5,37	0,001
Performance	11,69	5,19	9,24	5,40	0,013
Pain	11,48	5,19	9,24	5,54	0,002
Self-determination	11,06	5,00	10,06	5,89	0,231

T1: before therapy

T2: after therapy

Attachement style: secure (n = 6)

Subscales (AT-SYM, 0-24)	T1		T2		p
	///	s	///	s	
Exhaustion	18,33	3,61	16,16	6,49	0,383
Strain	17,16	4,57	13,00	5,36	0,032
Dysregulation	14,16	6,49	10,83	6,58	0,061
Performance	11,50	4,84	9,16	7,30	0,305
Pain	12,16	4,75	9,00	5,54	0,056
Self-determination	14,00	4,50	13,50	5,61	0,797

T1: before therapy

T2: after therapy

Attachement style: dismissing - cooperative (n = 16)

Subscales (AT-SYM, 0-24)	T1		T2		p
	///	s	///	s	
Exhaustion	15,00	4,77	11,31	5,33	0,017
Strain	10,87	5,81	7,50	5,44	0,005
Dysregulation	8,56	3,79	7,37	4,47	0,271
Performance	10,25	6,76	8,25	5,51	0,153
Pain	10,62	4,74	8,87	4,84	0,084
Self-determination	8,12	5,86	5,75	5,36	0,050

T1: before therapy

T2: after therapy