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**ATTACHMENT ORIENTATION, SOCIAL SUPPORT, AND  
WORK STRAIN IN THE FINANCE SECTOR.**

A thesis presented in partial fulfilment of the requirements  
for the degree of  
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## **ABSTRACT**

The current research examined whether there is a direct relationship between attachment orientation and work strain in the finance sector, or whether that relationship is either mediated or moderated by social support from significant others and/or fellow employees. Participants were employed in the finance sector in New Zealand (n= 43) and the United Kingdom (n= 39), and completed a self-report questionnaire that measured adult attachment orientation (Experiences in Close Relationships Inventory), perceived social support from significant others (Quality of Relationship Inventory) perceived social support from work sources (Work Environment Scale) and work strain (Perceived Stress Scale). Mediation or moderation did not hold for either of the potential forms of social support, but significant direct effects were found between Anxiety (a key component of attachment orientation) and work strain, between perceptions of social support from significant others and work strain, and between Anxiety and perceptions of social support from significant others, and between Avoidance and perceptions of social support from significant others. These findings imply that attachment orientation and social support should be considered when designing stress management programmes for use within the finance sector.

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