ATTACHMENT REVISION GUIDE

Asocial	Stage 1 of attachment formation: Similar responses produced in response to objects and people.
Indiscriminate	Stage 2 of attachment formation: Babies can tell people apart and prefer familiar adults, but easily comforted by anyone.
Specific	Stage 3 of attachment formation: Babies show separation anxiety when primary caregiver leaves. Fear of strangers demonstrated.
Multiple	Stage 4 of attachment formation: The baby shows attachment behaviour towards several different people.
Reciprocity	2 way interactions between adult and infant that result in mutual behaviour, where individuals motivate responses from each other.
Interactional synchrony	How a caregiver and infant's behaviour become finely synchronised to produce simultaneous, co-ordinated sequences of movements/ communication/ emotion.
The Strange Situation	A method to study reactions of 18mnth olds to brief separations from their mother to determine the nature of attachment.
Insecure-avoidance/ type A	Infants are indifferent to mum, more upset at being alone than mum leaving & can be comforted by stranger as much as by mum.
Secure/ type B	Infants that are happy with mum, distressed when she leaves, comforted at reunion & wary of stranger.
Insecure-resistant/ type C	Tearful and doesn't play easily, the most distressed without mum, seeks comfort at reunion but resists it & resists stranger.
Cross cultural variations	The differences between cultures e.g. in attachment type.
Learning theory	The theory states that infants *learn* who best fulfils their needs ("cupboard love").
Classical conditioning	Learning by association.
Operant conditioning	Learning through consequences.
Critical period	If an attachment doesn't form in this time (30 months), there will be long term consequences in how they will be able to form relationships in the future.
Monotropy	Children have an innate need to form single and exclusive attachment to one primary attachment figure (usually the mother).
Internal working model	The first relationship to form acts as this template for all future relationships, so there is continuity from infancy to adulthood in terms of emotional "type".
Deprivation	When a child has an attachment which is then lost.
Privation	When a child never forms an attachment e.g. because of being institutionalised.
Institutionalisation	Being placed in a residential organisation.

RESEARCHERS' NAMES YOU HAVE TO KNOW

Harlow	Researcher investigating the nature of attachment in infant Rhesus monkeys.
Lorenz	Researcher investigating imprinting in goslings.
Schaffer	Researcher investigating the stages of attachment.
Ainsworth	Researcher who developed the Strange Situation.
van Ijzendoorn	Researcher who investigated cultural variations in attachment types.
Bowlby	Researcher who developed the Monotropic theory of attachment
Rutter	Researcher who investigated the effect of institutionalisation on Romanian orphans.

ANIMAL STUDIES

	Harlow	Lorenz
AO1	❖ **Aim:** to study the basis of attachment in infant monkeys separated from their mothers at birth. ❖ **Method:** in a controlled environment, infant rhesus monkeys taken from their mothers and kept in a cage with two substitute mothers : a cloth mother providing no food and a wire mother incorporating a feeding bottle for 165 days. Time spent on each recorded/ which one chosen when frightened. ❖ **Results:** The infant monkeys spent most time clinging to the cloth mother/only a short time on the wire mother, when feeding. When frightened, they would run to the cloth mother. When returned to other monkeys, they were aggressive, unable to form relationships and attacked monkeys that tried to mate with them. If they had offspring, they were poor, neglecting mothers. **Conclusion:** a) Contact comfort is a more important factor than food in leading to the formation of an attachment & b) Early attachments lead to the development of an internal working model on which to base future attachments, and this occurs in a critical period, hence why the monkey couldn't form relationships with other monkeys later after the initial privation period.	❖ **Aim:** to study the nature of attachment in goslings. ❖ **Method:** A field experiment in which batch of fertilised goose eggs was split into an experimental group (saw Lorenz after they hatched) and the control group (saw the mother goose as soon as they hatched). Lorenz then labelled the goslings, placed them all together then released them at once with behaviour recorded. ❖ **Results:** The goslings separated according to which group they had been in. In follow up experiments, this was only shown to occur if they saw him in the first 13-16 hours after hatching. After 32 hours it was very unlikely to occur. ❖ **Conclusion:** Goslings innately attach as a result of mere exposure (imprinting), suggesting it is a strategy which has evolved to ensure offspring stay close to an attachment figure who can provide food and protection. The exposure to the attachment figure must occur in a critical period within 16 hours.
AO3	☹ Monkeys are less complex than humans. This may mean the importance of comfort/effects of privation may not be generalisable to human infants e.g. the processes involved in human attachment formation/the effects of privation may be different if measured in humans. **HOWEVER** 😊 Humans and monkeys are evolutionarily related. This means that it may be approapriate to generalise the findings at least to some extent e.g. we share common ancestors from whom the behaviour patterns seen may have been inherited. 😊 There are ethical and practical advantages to studying non-human animals. This means it is there is a wider range of hypotheses that can be tested using animals than humans e.g. it is easier to access and accommodate animals, a greater range of interventions can be used on animals, and the effects of an intervention can be seen quicker as they mature quicker. 	😊 Geese are less complex than humans. This may mean the behaviour may not be generalisable to human infants e.g. geese are precocial, which means they are mobile from birth and so have greater need to stay close, whereas humans take longer to become mobile. **HOWEVER,** 😊 Human infants do show the greatest separation anxiety in relation to the primary attachment figure when they begin to become mobile, suggesting the behaviour may be observed in a modified form in humans. 😊 The study was a field experiment.This means the results are likely to have high ecological validity e.g. it is likely that the attachment behaviour of the goslings reflected their attachment behaviour in real life.