

## UWP 101 Progress Report 1

To	Bill Sewell
From	RC
Date	4/26/24
Research Topic	Parenting styles and its effect on attachment styles

Activity	Explanation: Details
Work done the past week	Within the past week I have delved more into my research topic and understanding the different theories and research done overtime. I have searched for articles using the UC Davis Library databases and have utilized different tips and tricks on how to narrow my searches so that they're more precise. I have also had to refine my research topic so that it can cater to my article findings, such as instead of looking into attachment styles in general I focused on adult attachment styles as one's style can change overtime.
What problems have you encountered	I have come across problems in retaining interest throughout reading the entire article as there are some areas that are harder to understand. For instance, when researchers describe their data in depth, many times I have found myself having to reread that section in order to get it. Additionally, I have found problems in finding articles that reach a conclusion more fitting to my research topic. Specifically, finding a scholarly article that answers my exact question of whether or not parenting styles can affect attachment styles. I think with my topic I am trying to draw a connection or link between the two, like a correlation between variables. And I think going into this assignment with such a motive

	and or purpose has really made my research journey harder than it should be.
What have you done to address those problems	To address these problems I am considering refining my research topic yet again, but still focus on attachment styles. Maybe more so on adult attachment styles and how that can affect interpersonal relationships (romantic relationships, friendships etc.). Rather than trying to draw a link between parenting styles and how that may affect the child's attachment style as an adult.
Optional	State something that you would like to add
Research Topic	Adult attachment styles and interpersonal relationships
<b>First Article Information</b>	
Article Genre or research type	Longitudinal research study'
Bibliographic entry or first article	Fraley, R. C., Roisman, G. I., Booth-LaForce, C., Owen, M. T., & Holland, A. S. (2013). Interpersonal and genetic origins of adult attachment styles: A longitudinal study from infancy to early adulthood. <i>Journal of Personality and Social Psychology</i> , 104(5), 817-838. <a href="https://doi.org/10.1037/a0031435">https://doi.org/10.1037/a0031435</a>
Discuss the first article	This first article aimed to look at attachment style under several developmental antecedents, such as, maternal sensitivity, social competence, and friendship. By doing so the researchers' goal was to fill the gap within the studies surrounding adult attachment style by utilizing longitudinal data. They highlight how attachment theory emphasizes the importance of early experiences that may shape a child's opinion on themselves and others, thus influencing their overall trust and comfortability towards people. Of the data collected the researchers concluded that attachment styles especially

	<p>when studied in adulthood act in accordance and are influenced by ongoing interpersonal experiences. What is different from this current study was the researchers decided to also look into temperamental and genetic antecedents and their influences on adult attachment styles. The participants of the study were recruited at a young age of 1 month and were then assessed longitudinally through age 15 to 18. Among the measures were, individual differences in attachment, caregiving environment, maternal sensitivity, early temperament (54 months), genotyping, maternal depression, father absences, social competence, and friendship quality. Unfortunately, of the two new factors that they looked at in this study they did find little evidence that adult attachment styles had much of an influence from temperamental or genetic antecedents. Their findings suggest that evidence of heritability within twin studies should not be disregarded by scholars as there are noteworthy developmental experiences when looking at this group. Furthermore, there is a need for more research and the associations between social experiences and genes.</p>
Immediate Research Plan	
What is next?	<p>What is next in regards to my research plan? I need to try looking for other articles that look into adult attachment styles and how differing styles affect the quality of friendships and or interpersonal relationships. Furthermore, I need to look at articles also defining the different attachment styles, as I do have a general sense of them but being able to accurately paraphrase them will help a ton in my research and building off of.</p>