

Human Bonding

HD 3620

Professor Hazan
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[Canvas Site: HD 3620 - Hazan - Spring 2023]

Announcements

On Tuesday

Study guide for Prelim One will be posted

Today:

"kangaroo care"

testing Bowlby's theory in the lab

infant attachment "styles"

and a model of long-term effects

"Kangaroo Care"

Background

original studies in rural Colombia
a shortage of incubators for
preemies
staff suggested...

A marsupial model of pre-term infant
care





"Kangaroo Care"

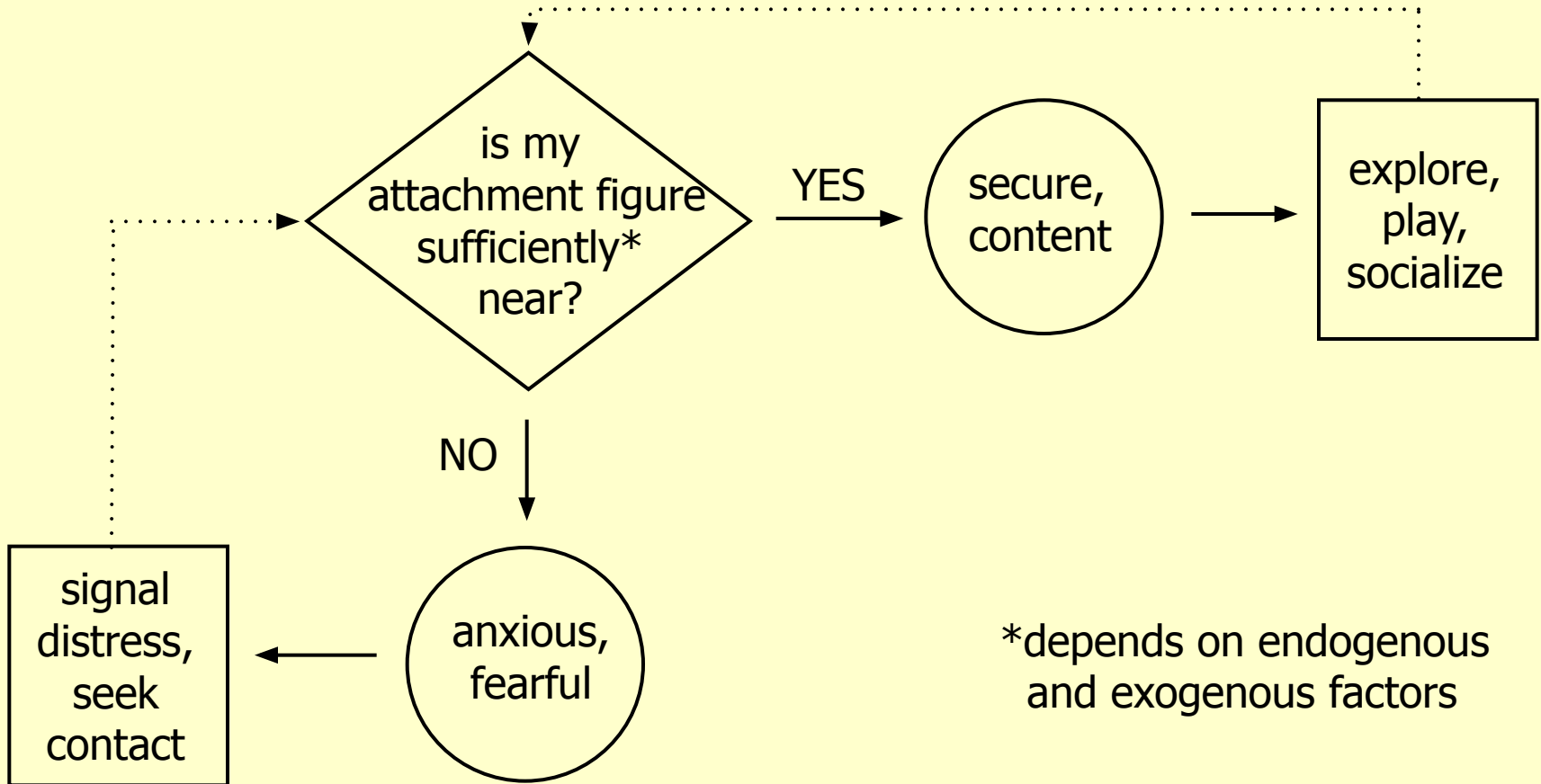
short-term effects (compared to incubators!!)

cried less, slept longer, lower levels of stress hormones, gained weight more quickly, went home sooner

long-term effects (years later!!)

less stress-reactive & more exploratory

Attachment System Dynamics (in Bowlby's theory)



Dr. Mary Salter Ainsworth

very brief bio

- entered U Toronto at 16
- joined faculty at 26
- army major in WWII
- married, followed husband to London (Bowlby)
then Uganda (1st book)
then Johns Hopkins
"Baltimore study" (2nd book)
afterward, a long & stellar career at UVA



"Strange Situation" Paradigm

(to test Bowlby's attachment system theory)

Episode Who is present (and why)

1 (S)BM

2 BM

3 BMS

4 BS

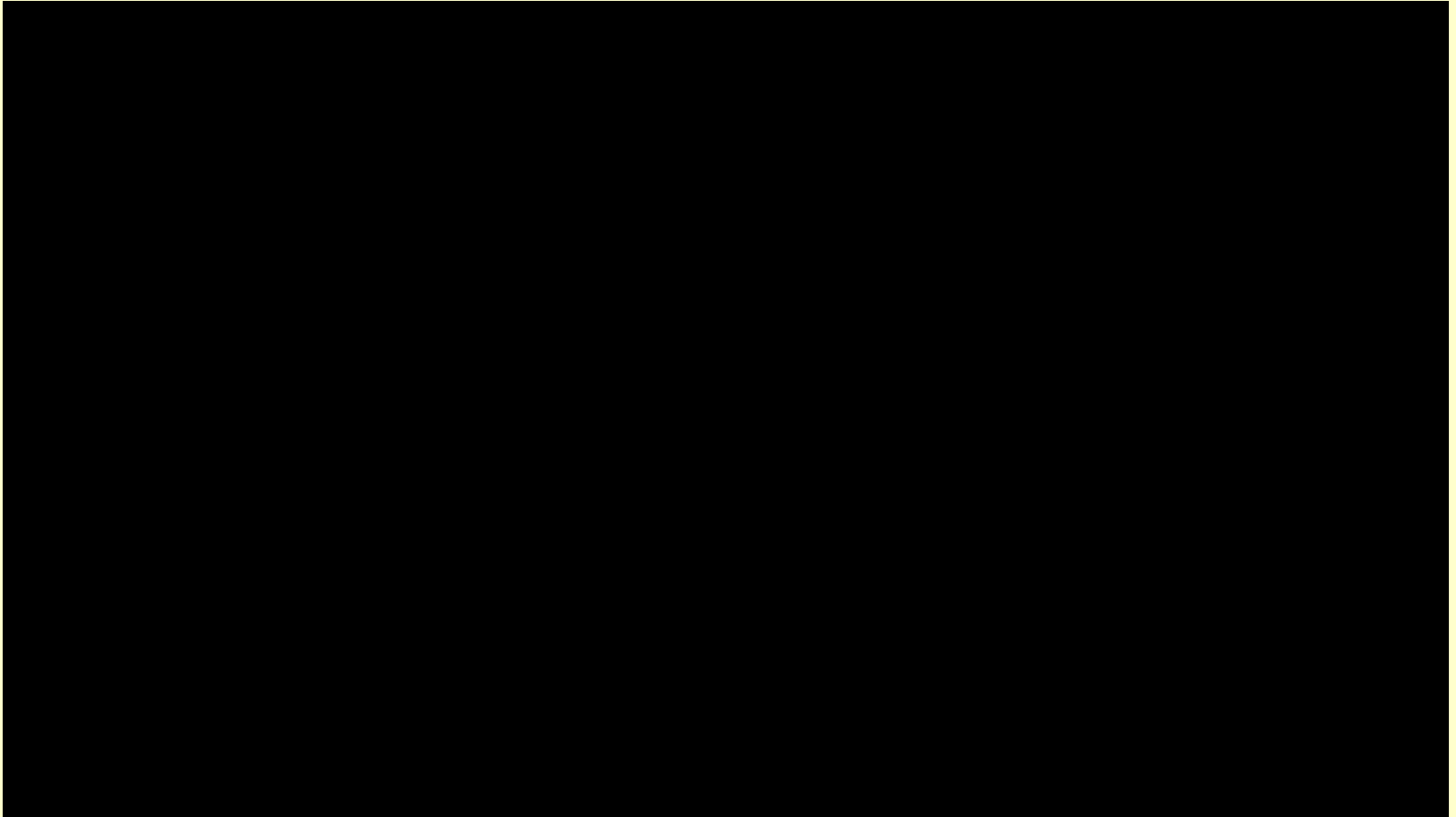
5 BM

6 B

7 BS

8 BM

The Strange Situation



"Strange Situation" Paradigm

(to test Bowlby's attachment system theory)

Episode Who is present (and why)

1 (S)BM

2 BM

3 BMS

4 BS

(R1) 5 BM: code only baby's behavior

6 B

7 BS

(R2) 8 BM: code only baby's behavior

three "Patterns" or "Styles" of infant-caregiver attachment

Pattern/Style	Strange Situation Behavior	Percent
B (Secure)	when caregiver returns baby seeks contact and is fully soothed	67%
C (Anxious) (Ambivalent)	when caregiver returns baby seeks contact but is not fully soothed, angrily resists comfort	12%
A (Avoidant)	when caregiver returns baby actively avoids contact, and thus is not soothed	21%

Ainsworth's Baltimore Study

Method:

- in-home 4 hours every other week for first 3 months
- detailed notes on mother-infant interactions
- then at ~12 months, lab visit ("strange situation")

Finding: one reliable predictor of infant's "strange situation" behavior, style!

***caregiver responsiveness* to distress**

- notice (paying attention)
- interpret correctly (understanding)
- respond promptly & warmly (caring)

Attachment Styles and Caregiving (responsiveness) Antecedents

Pattern	Strange Situation Behavior	Percent	Caregiving Antecedent
B (Secure)	seeks proximity and is fully soothed	67%	consistently responsive
C (Anxious) (Ambivalent)	seeks proximity but angrily resists comfort and thus is not fully soothed	12%	inconsistently responsive
A (Avoidant)	actively avoids contact and thus is not soothed	21%	consistently unresponsive

Videos

Examples:

Secure attachment

Anxious/ambivalent attachment

Avoidant attachment

"disorganized" pattern/style

- small % of infants in "normative" samples did not fit into these categories
- meta-analysis revealed a 4th pattern/style
- large % of infants in "abused" and/or "neglected" samples

Caregiver Responsiveness or innate infant temperament?

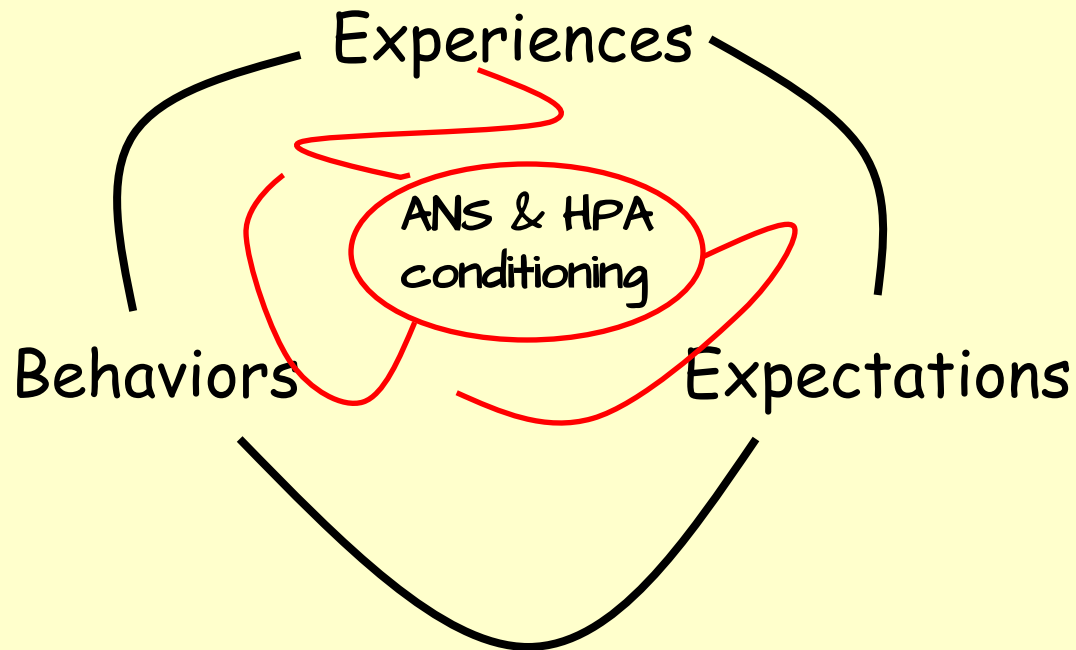
neonatal differences in e.g., stress reactivity,
but...

- neonatal temperament does not predict styles!
- different styles with different caregivers
- responsiveness training changes styles!

Ainsworth's view

if a one-year-old human infant does not derive security from the presence of an attachment figure then something has likely gone wrong in their relationship

Lasting Effects of Early Bonding Experiences



Zayas et al.
(see reading for details)

"Maternal caregiving at 18 months
predicts adult peer and partner
attachment"

At 22 years of age!