

Tricky Exam Questions Attachment

These questions demand more AO1 knowledge than you would need to include for the concept if it were part of a 16-mark essay. Therefore, the exam board use these types of questions to differentiate between the top achieving students from others.

See how you would get on without any notes, then use your notes to supplement your answers and finally check with the suggested answers in this document.

1. Outline reciprocity as a caregiver-infant interaction in humans. (4 marks)
2. Outline interactional synchrony as a caregiver-infant interaction in humans. (4 marks)
3. Outline a study investigating interactional synchrony as a caregiver-infant interaction in humans. (4 marks)
4. Outline how Schaffer identified the stages of attachment. (4 marks)
5. Outline one stage of attachment identified by Schaffer. (4 marks)
6. Outline one study investigating the role of the father. (4 marks)
7. Outline how Lorenz studied attachment. (4 marks)
8. Outline what Lorenz found about attachment. (4 marks)
9. Outline how Harlow studied attachment. (4 marks)
10. Outline what Harlow found about attachment. (4 marks)
11. Outline the concept of the critical period. (4 marks)
12. Outline how attachments are formed according to learning theory. (4 marks)
13. Outline how attachments are maintained according to learning theory. (4 marks)
14. Outline the concept of monotropy. (4 marks)
15. Outline the concept of an internal working model. (4 marks)
16. Outline how Ainsworth investigated attachment types. (4 marks)
17. Outline what secure attachment looks like in infants. (4 marks)
18. Outline what insecure-resistant attachment looks like in infants. (4 marks)
19. Outline what insecure-avoidant attachment looks like in infants. (4 marks)
20. Outline how van Ijzendoorn studied cultural variations in attachment. (4 marks)
21. Outline what van Ijzendoorn found about cultural variations in attachment. (4 marks)
22. Outline the effects of maternal deprivation. (4 marks)
23. Outline a study investigating maternal deprivation. (4 marks)

24. Outline the effects of institutionalisation. (4 marks)
25. Outline the procedure of a study investigating the effects of institutionalisation. (4 marks)
26. Outline the findings of a study investigating the effects of institutionalisation. (4 marks)
27. Outline the effects of early attachment on childhood relationships. (4 marks)
28. Outline a study that investigates the effects of early attachment on childhood relationships.
(4 marks)
29. Outline the effects of early attachment on adult relationships. (4 marks)
30. Outline a study that investigates the effects of early attachment on adult relationships. (4
marks)

Answers

1 mark would be awarded per bullet point. Not all bullet points are needed. Answers below are suggested answers only.

1. Outline reciprocity as a caregiver-infant interaction in humans. (4 marks)

- Reciprocity is where caregiver and infant respond to each other's signals.
- It takes the form of turn-taking like a conversation.
- Behaviour of one elicits a response in the other.
- Brazelton suggested this is like a dance.
- Reciprocity becomes more intense after 3 months.

2. Outline interactional synchrony as a caregiver-infant interaction in humans. (4 marks)

- IS is where caregiver and infant reflect actions/emotions simultaneously.
- There is a high degree of co-ordination between their behaviour e.g. mirroring
- Meltzoff & Moore (1977) found infants as young as 2 weeks imitated adult facial expressions.
- Suggests interactional synchrony is innate.

3. Outline a study investigating interactional synchrony as a caregiver-infant interaction in humans. (4 marks)

- Meltzoff & Moore (1977) studied imitation in infants in a controlled observation.
- Adults displayed 3 specific facial expressions and one hand gesture
- Infants as young as 2 weeks showed distinctive imitation when film recordings analysed.
- Suggests interactional synchrony is present very early/ innate.

4. Outline how Schaffer identified the stages of attachment. (4 marks)

- Schaffer & Emerson studied 60 Glasgow babies / mothers.
- They used a longitudinal method over the first year visiting once a month and then again at 18 months
- They measured separation anxiety using self report from the mother and stranger anxiety from the infants response to the researcher.
- From the data they derived the four stages of attachment
- They also found that infants attach to those who are most sensitive to their needs.

5. Outline one stage of attachment identified by Schaffer. (4 marks)

- In the specific attachment stage the infant forms a primary attachment.
- Usually occurs around 7 months.
- Shows separation anxiety to this figure.
- Shows stranger anxiety to others.

Credit other valid stages.

6. Outline one study investigating the role of the father. (4 marks)

- Grossman (2002) conducted a longitudinal study.
- Father's play quality predicted adolescent attachment.
- Suggesting fathers play more of a play/stimulation role.
- Rather than emotional comfort.

Credit other valid studies.

7. Outline how Lorenz studied attachment. (4 marks)

- Lorenz randomly divided goose eggs in two groups.
- Half hatched naturally with mother goose.
- Half hatched with Lorenz present.
- He mixed them up under an upturned box and then lifted the box and observed who they followed.
- He also lengthened the time it from hatching to the first moving object they saw to measure the length of the critical period.

8. Outline what Lorenz found about attachment. (4 marks)

- Geese imprinted on first moving object they saw.
- Critical period for imprinting was around 24 hours.
- Imprinting affected later mate choice (sexual imprinting).
- Attachment is innate and biological.

9. Outline how Harlow studied attachment. (4 marks)

- Harlow studied rhesus monkeys in controlled observations.
- He provided cloth and wire surrogate mothers.
- Wire mother dispensed milk; cloth provided comfort.
- Measured time monkeys spent with each.
- Fear condition: scared the monkeys and observed who they went to.

10. Outline what Harlow found about attachment. (4 marks)

- Monkeys preferred cloth mother over wire mother (measured through time spent).
- Comfort was more important than food, supporting Bowlby's theory of attachment.
- Critical period around 90 days.
- Early deprivation caused later social problems.
- Monkeys raised in isolation harmed their offspring.

11. Outline the concept of the critical period. (4 marks)

- Bowlby suggested attachment has a critical window, with 0-2.5 years most vital.
- Later softened to sensitive period (first 5 years) due to case study evidence.
- If no attachment formed then, it is difficult to form attachments later.
- Supported by animal studies.

12. Outline how attachments are formed according to learning theory. (4 marks)

- Based on an association between mother and food, known as cupboard love.
- Attachment is learned via classical conditioning (association)
- Mother (NS) becomes associated with food (UCS) i.e. cupboard love.
- Mother becomes conditioned stimulus producing pleasure (CR).

13) Outline how attachments are maintained according to learning theory. (4 marks)

- Operant conditioning explains maintenance.
- Attachment maintained through reinforcement.
- Baby cries which leads to food / comfort (positive reinforcement).
- Caregiver is reinforced by stopping crying (negative reinforcement).
- Food is the primary driver and the mother secondary.

14. Outline the concept of monotropy. (4 marks)

- Bowlby said infants form one primary attachment with a 'mother figure'
- If the mother is not available it can be with a mother substitute.
- More important than other attachments; unique and special bond.
- Law of accumulated separation.
- This attachment has long-term consequences.

15. Outline the concept of an internal working model. (4 marks)

- It is a mental template / schema based on primary attachment.
- Guides expectations of future relationships – continuity hypothesis.
- Positive internal working model leads to healthy future relationships.
- Negative internal working model leads to unhealthy future relationships.
- Also influences future parenting.
- Formed during the critical period.

16. Outline how Ainsworth investigated attachment types. (4 marks)

- Ainsworth developed Strange Situation – controlled observation.
- Structured observation with 7 episodes around 3 minutes each – 21 minutes in total.
- Measured separation/stranger anxiety, safe base / exploration and reunion behaviours.
- Classified infants into secure/avoidant/resistant.

17. Outline what secure attachment looks like in infants. (4 marks)

- Shows moderate separation anxiety.
- Shows moderate stranger anxiety.
- Uses caregiver as secure base for exploration.
- Accepts comfort at reunion.

18. Outline what insecure-resistant attachment looks like in infants. (4 marks)

- Shows high separation anxiety.
- Shows high stranger anxiety.
- Is reluctant to explore.
- Resists comfort upon reunion.

19. Outline what insecure-avoidant attachment looks like in infants. (4 marks)

- Shows low separation anxiety.
- Shows low stranger anxiety.
- Will willingly explore.
- Does not seek comfort on reunion.

20. Outline how van Ijzendoorn studied cultural variations in attachment. (4 marks)

- Comparing attachment types across different countries.
- Meta-analysis.
- Combined 32 Strange Situation studies.
- In 8 different countries.
- Total sample 1990 infants.

21. Outline what van Ijzendoorn found about cultural variations in attachment. (4 marks)

- Secure attachment most common.
- Israel/ Japan had higher resistant attachment.
- Germany had higher avoidant attachment.
- x1.5 variation within countries - greater than between.

22. Outline the effects of maternal deprivation. (4 marks)

- Lower IQ – cognitive impairment.
- Emotional issues – difficulty forming relationships.
- Affectionless psychopathy – lack empathy.
- Delinquency – petty low level crime by young people.

23. Outline a study investigating maternal deprivation. (4 marks)

- Bowlby studied 44 thieves from his London clinic.
- Interviewed the boys and their mothers (self report).
- 14/44 were classified as affectionless psychopaths.
- 12/44 had experienced maternal deprivation.
- Supports link between deprivation and emotional damage.

24. Outline the effects of institutionalisation. (4 marks)

- Disinhibited attachment if adopted after 6 months.
- Intellectual impairment if adopted after 2 years (IQ <77).
- If adopted before 6 months caught up intellectually with peers (IQ - 102).
- Physical underdevelopment possible.

25. Outline the procedure of a study investigating the effects of institutionalisation. (4 marks)

- Rutter's ERA study examined 165 Romanian orphans in a longitudinal study.
- Adopted to families in the UK.
- Compared to control group of 50 children adopted within the UK.
- Assessed at different ages - tested at 4, 6, 11, 15 and 22-25 yrs.

26. Outline the findings of a study investigating the effects of institutionalisation. (4 marks)

Rutter

- Disinhibited attachment if adopted after 6 months.
- Intellectual impairment if adopted after 2 years (IQ <77).
- If adopted before 6 months caught up intellectually with peers (IQ - 102).
- Physical underdevelopment possible.

Zeanah

- 19% securely attached compared to 74% controls.
- Institutionalisation leads to insecure attachment styles.
- 44% disinhibited attachment compared to 20% controls.
- Institutionalisation leads to disinhibited attachment.

27. Outline the effects of early attachment on childhood relationships. (4 marks)

Myron-Wilson and Smith (1998)

- Secure children have better peer relationships.
- Avoidant may become victims of bullying.
- Resistant may become bullies.
- Internal working model shapes childhood relationships.

28. Outline a study that investigates the effects of early attachment on childhood relationships. (4 marks)

- Myron-Wilson & Smith investigated bullying by assessing attachment type and bullying involvement
- Used a questionnaire in 196 children aged 7-11 in London
- Secure children unlikely to be involved.
- Avoidant more likely victims.
- Resistant more likely bullies.

29. Outline the effects of early attachment on adult relationships. (4 marks)

- Secure leads to stable trusting romantic relationships.
- Avoidant leads to fear of intimacy.
- Resistant leads to jealousy and clinginess.
- Based on internal working model and continuity hypothesis.

30. Outline a study that investigates the effects of early attachment on adult relationships. (4 marks)

- Hazan & Shaver 'love quiz' - newspaper questionnaire.
- 620 volunteer responses, USA
- Questionnaire assessed the individuals' most important romantic relationship, general experiences towards love and experiences with their first attachment figure.
- Secure had positive romantic experiences.
- Insecure-avoidants had intimacy problems.
- Insecure-resistants had shorter relationships, emotional extremes of passion and jealousy.