PsychPrep

FREE SAMPLE · TOPIC FACTFILE · BY TOPBAND

Attachment at a Glance

A-level Psychology
AQA 7182 Paper 1 · Attachment

Sample factfile

IN A NUTSHELL How do babies form attachments, why, and what happens when early care goes wrong? Attachment is Section C of Paper 1. Here are the key studies, theories and evaluation points on one page.

1 Key terms

Reciprocity
turn-taking interaction

Synchrony
mirroring at the same time

Monotropy
one special attachment

Internal working model
template for relationships

2 Early attachment

- Schaffer and Emerson (1964): 60 Glasgow babies; 80% had a specific attachment by 40 weeks; four stages.
- Lorenz (1935): goslings imprinted within hours. Harlow (1958): monkeys preferred the cloth mother to food.

3 Explanations

- Learning theory: classical and operant conditioning; "cupboard love". Challenged by Harlow and Schaffer and Emerson.
- Bowlby (1969): monotropy, social releasers, critical period of about 2 years, internal working model.

4 Types and culture

- Strange Situation (Ainsworth and Bell, 1970): secure, insecure-avoidant, insecure-resistant.
- Van IJzendoorn and Kroonenberg (1988): 32 studies; secure most common everywhere; 75% Britain, 50% China.

5 Deprivation

- Bowlby's 44 thieves (1944): 12 of 14 affectionless psychopaths separated early.
- Rutter et al. (2011): IQ 102, 86 and 77 by age of adoption; Zeanah et al. (2005): 19% vs 74% secure.
- Hazan and Shaver (1987): adult love styles mirror attachment types.

6 Exam tip

Bowlby has two theories. Monotropic theory (1969) explains why we attach; maternal deprivation (1951) explains the effects of separation. Never mix them up.

Liked this sample?
Our knowledge organisers cover every topic in this much depth, with key studies, key terms and exam practice.

Free practice
Try the attachment type sorter, key terms match-up and free quizzes at topband.org.uk/a-level-psychology

© 2026 TopBand. Free to download and print for personal and classroom use. Not produced or endorsed by AQA.