

**Discussion Questions**  
*Week 4 - Attachment Theory*

*General Questions*

1. Are attachment styles inherent to a person, or do they develop from interactions that that person has had?
2. Across all of the readings, secure attachment tended to be represented as the healthiest attachment style. If this is so, why is only 60% of the population securely attached? Might there be some advantages to anxious-ambivalent or avoidant attachment?

*Hazan and Shaver*

3. When attachment styles in infants were first distinguished, these arose from observing infants in a controlled "Strange Situation." In this study, attachment styles that were used to classify infant attachment were simply applied to adults. What might be some of the problems with inserting adults into categories developed for infants? Are there other ways of studying attachment that could create a better description of attachment in adults?
4. This study found that parent variables and current attachment style are more correlated in younger participants and attributed it to older individuals having had more meaningful close relationships which diversify attachment experiences and therefore make for less continuity between childhood and adulthood attachment and a more secure attachment. What if this was actually the result of having kids of one's own? Could older individuals have developed more secure attachment styles once they had kids in order to avoid reproducing their parents' mistakes? Do we think parenthood would influence attachment style?

*Fraley and Shaver*

5. The couples observed in this study were approached and asked to join the study by a researcher. Could the researcher have been subject to any biases when approaching couples? What would that mean for the generalizability of the results?

*Wilkinson et al. (2013)*

6. The way this study was designed involved a time period of at least a month between the two sessions yet there were no questions asked about what took place in the participants' personal lives during that period. Could this be a limitation since it would affect their mindset related to personal relationships if they had, for example, recently undergone a breakup?

*Zayas et al. (2011)*

7. The limitation section of the article slightly touches on this but the mothers played with their children in a stress-free environment while being observed. This could very well not be an accurate representation of how they interact with them at home. They could very easily figure out that their parenting attitudes were being observed and therefore alter their behavior to look like better parents. Another way this procedure may not be accurate is that here the mothers had allotted time to play with their kid but they may never do so outside of the experiment.