

STRANGE SITUATION MAP

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WHAT IS ATTACHMENT?

According to Moccia et al., 2020, Attachment is defined as intimate bonds we make during early infancy that crucial for our social and emotional development as we age.

STRANGE SITUATION MAP OVERVIEW

The Strange Situation was designed to examine behaviors within infants' attachment to their guardians and to explore their behaviors based under different stressful situations (Bretherton, I. 1992).

- Reactions from the children
- Observations between parental figure and child

Measures
observed

SECURE ATTACHMENT STYLE

Child Characteristics

- Confident
- Manages emotions well
- Reliable

Caregiver Characteristics

- Gentle love
- Playful
- Sensitive
- Vocalized often with the infant
- Supportive

Reunion Characteristics

- Excited
- Affectionate
- Sought interaction

Approach to Security

- Open
- Secure

Facets of Secure Attachment

- Sought comfort in caregiver while exploring their area

Impact on Relationship Behaviors

- Has pleasure in others company
- Coherent early attachments

AVOIDANT ATTACHMENT STYLE

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Child Characteristics

- Independent
- Less sensitive towards others

Caregiver Characteristics

- Lack of empathy
- Lack of support
- Dismissive

Reunion Characteristics

- Infant did not care that parent left or returned

Approach to Security

- Distant
- Uninterested in connection

Facets of Avoidant Attachment

- Feelings of being unlovable and unworthy

Impact on Relationship Behaviors

- Inconsistent relationships
- Conflicts in relationships

AMBIVALENT ATTACHMENT STYLE

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Child Characteristics

- Angry
- Distant
- Feels unworthy

Caregiver Characteristics

- Not involved in the infant or child's life
- Distant towards child

Reunion Characteristics

- Kicked and yelled
- Threw a tantrum
- Avoided mother

Approach to Security

- Angry
- Less harmonious
- Insecure

Facets of Ambivalent Attachment

- Anxious

Impact on Relationship Behaviors

- Feels unworthy

DISORGANIZED ATTACHMENT STYLE

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Child Characteristics

- Cried often
- Insecure with not only their selves but relationships too

Caregiver Characteristics

- Less sensitive
- Interactions with infant are muted and brief

Reunion Characteristics

- Explored little
- Cried frequently

Approach to Security

- Disorganized
- Unhappy

Facets of Disorganized Attachment

- Intense anxiety

Impact on Relationship Behaviors

- Short term relationships
 - Feels unworthy
 - disagreeable

REFERENCES

Bretherton, I. (1992). The origins of attachment theory: John Bowlby and Mary Ainsworth. *Developmental Psychology*, 28(5), 759–775.

Moccia, L., Janiri, D., Pepe, M., Dattoli, L., Molinaro, M., De Martin, V., Chieffo, D., Janiri, L., Fiorillo, A., Sani, G., & Di Nicola, M. (2020). Affective temperament, attachment style, and the psychological impact of the COVID-19 outbreak: An early report on the Italian general population. *Brain, Behavior, and Immunity*, 87, 75–79.