

Australian Journal of Educational & Developmental Psychology (AJEDP)

Volume 11 2011

Attachment across the life span: Factors that contribute to stability and change

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Abstract

The purpose of this paper is to provide a comprehensive review of the empirical findings on the stability of attachment from infancy through adulthood. More specifically, the paper discusses the longitudinal research concerning the continuity of attachment from infancy to adulthood as well as those studies that have assessed stability within a shorter time frame, across the various developmental periods (infancy, early childhood, adolescence and adulthood). This paper provides a unique contribution in examining developmental issues surrounding attachment stability and change. Additionally, since few studies have examined the factors that contribute to stable security and change from insecurity to security, this review highlights the variables that are influential in predicting attachment security.

[Link to full text paper pdf](#) (293 KB)

Uploaded: 17 Feb 2012
