

Attachment

Psychology

The attachment types, how they are measured, and what predicts them.

Classifications from the Strange Situation procedure.

Type	On separation	On reunion
Secure (B)	Distressed	Comforted quickly, returns to play
Insecure-avoidant (A)	Little distress	Avoids the caregiver
Insecure-resistant (C)	Very distressed	Seeks and resists comfort
Disorganised (D)	Inconsistent	Confused, contradictory behaviour

Secure attachment is around 60–65% in most samples, but the distribution varies substantially across cultures.