

## Mother-Child Attachment and Anxiety Symptoms in Middle Childhood: Differences in Levels of Attachment Security

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**Abstract :** There is increasing evidence that leads psychologists today to believe that the attachment formed between a mother and child plays a much more profound role in later-life outcomes than previously expected. Particularly, the fact that a link may exist between maternal attachment and the development in addition to the severity of social anxiety in middle childhood seems to be gaining ground. This research will examine and address a myriad of major issues related to the impact of mother-child attachment: behaviors of children with different levels of secure attachment, various aspects of anxiety in relation to attachment security as well as other styles of mother-child attachments, especially avoidant attachment and over-attachment. This analysis serves to compile previous literature on the subject and touch light upon a logical extension of the research. Moreover, researchers have identified links between attachment and the externalization of problem behaviors: these behaviors may later manifest as social anxiety as well as increased severity and likelihood of PTSD diagnosis (an anxiety disorder). Furthermore, secure attachment has been linked to increased health benefits, cognitive skills, emotive socialization, and developmental psychopathology.

**Keywords :** child development, anxiety, cognition, developmental psychopathology, mother-child relationships, maternal, cognitive development

**Conference Title :** ICCAD 2022 : International Conference on Childhood Attachment and Development

**Conference Location :** Paris, France

**Conference Dates :** March 28-29, 2022