

Women's History Month Spotlight

MARY

AINSWORTH

December 1913 - March 1999

From beginning her studies at the University of Toronto in the honors psychology program to her work being shown in many Psychology courses,

Ainsworth was an important developmental psychologist. With her work surrounding attachment theory and how it contributes to behavior in later life, she pioneered techniques to address her findings. Her technique known as the "Strange Situation" assessment, allowed researchers to observe mother-child attachments and interactions and the child's reactions to various situations.

Ainsworth's groundbreaking work had a major influence on our understanding of attachment styles prevalent in the Psychology curriculum and how these styles contribute to behavior later in life.

