
Why attachment matters

Queen Elizabeth University
Hospital

18 December 2019

Attachment theory

- Ainsworth
 - Deep emotional connection that infant develops with primary caregiver
 - Reflects an “internal working model” expressing the infant’s expectations of parental behaviour in meaningful situations
 - Basis for development of later relationships
- Increasingly recognised as determinant of later emotional, cognitive and social outcomes

Social circumstances and health



Wellbeing

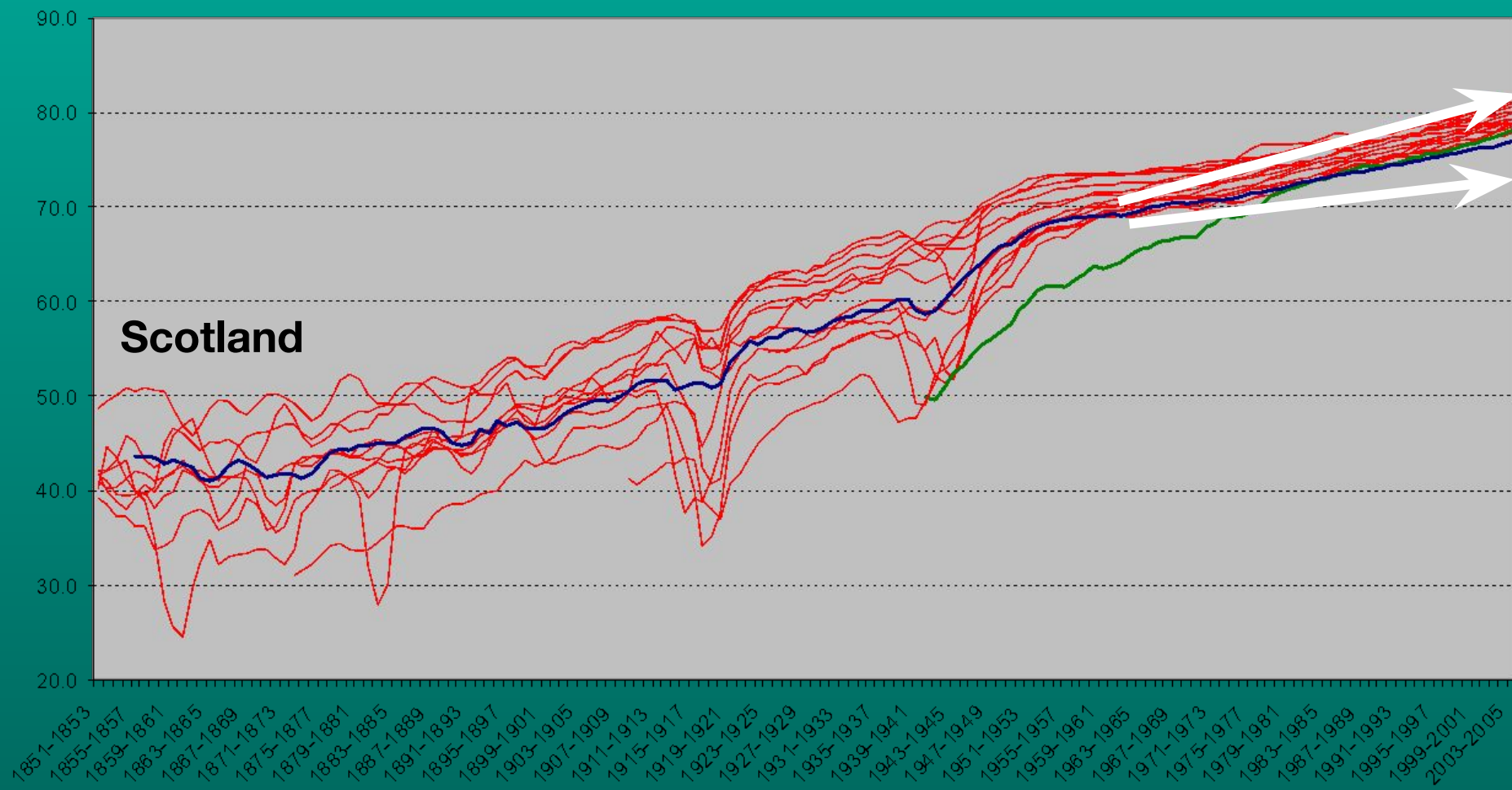
1. We don't understand the problem – its far more complex that governments can grasp
2. They don't have a method for improvement that is appropriate to the complexity of the problem
3. The problems of inequality seem to be getting worse

What people believe about Scotland's health

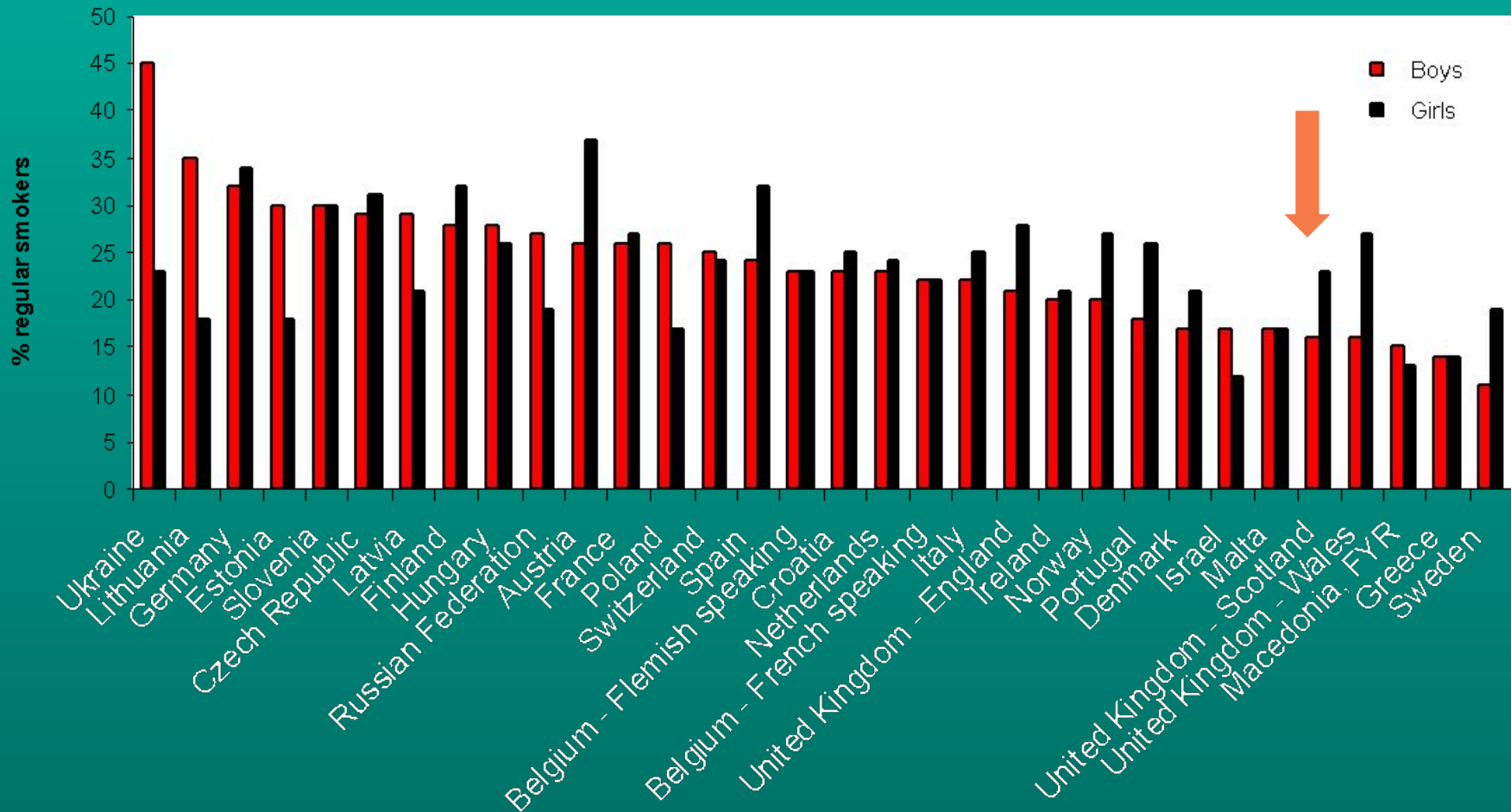
- The Scots are unhealthy
- It's because they smoke a lot
- They eat the wrong kind of food
- They drink too much
- If only they adopted healthy habits, they would be healthy
- Only ONE of these statements is true!

Life expectancy trends

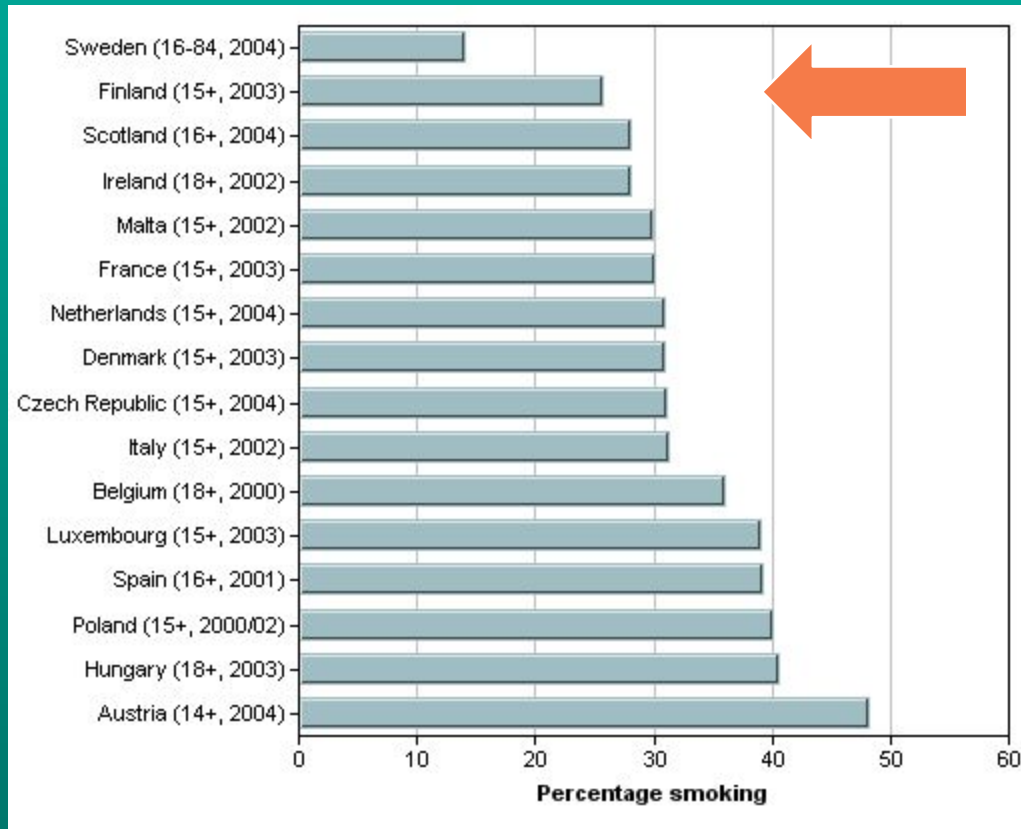
Life expectancy: Scotland & other Western European Countries, 1851-2005
Source: Human Mortality Database



Prevalence of smoking by country, in 15 year olds by sex, 2000/01, Europe



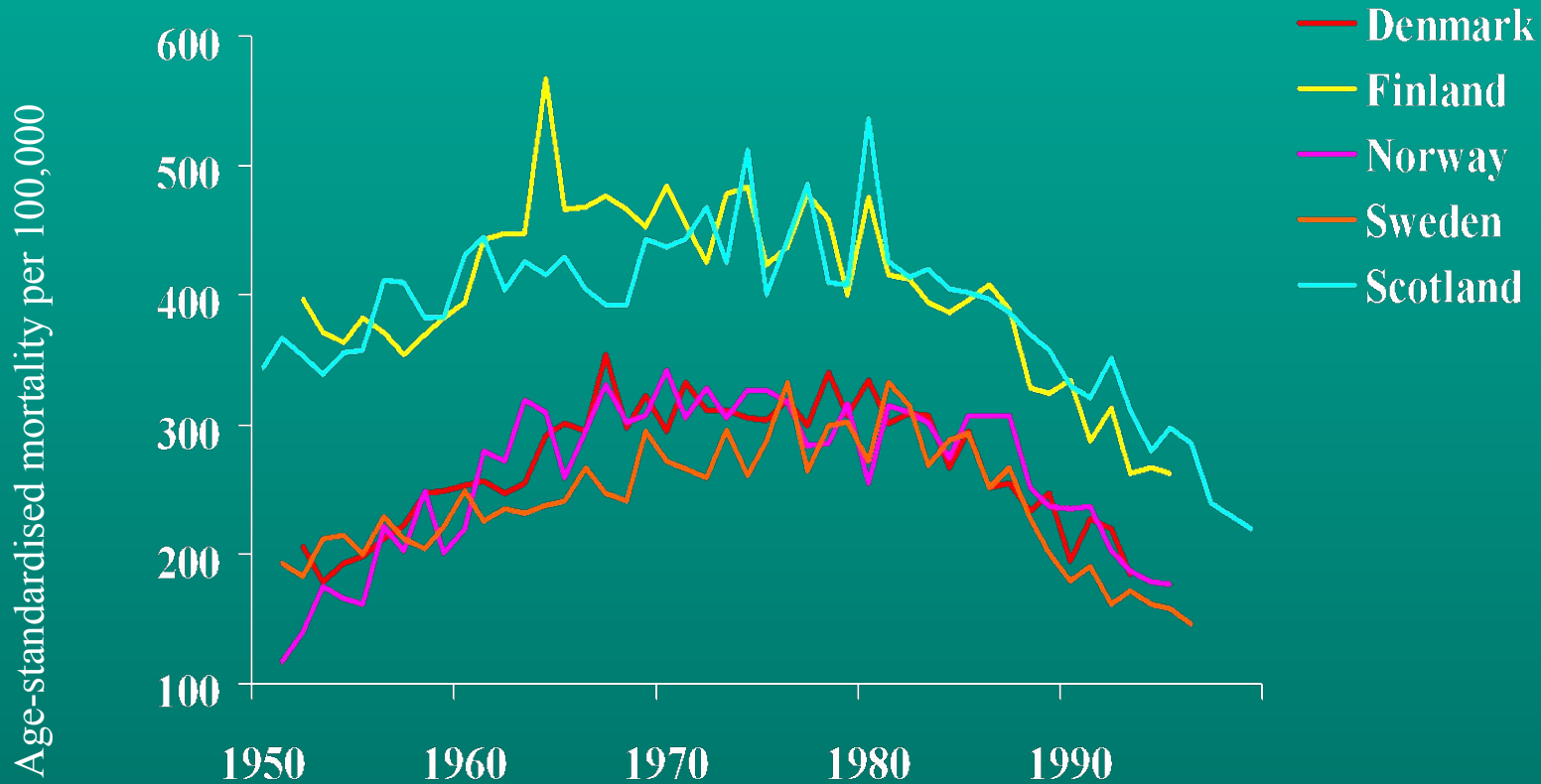
Smoking prevalence - Males



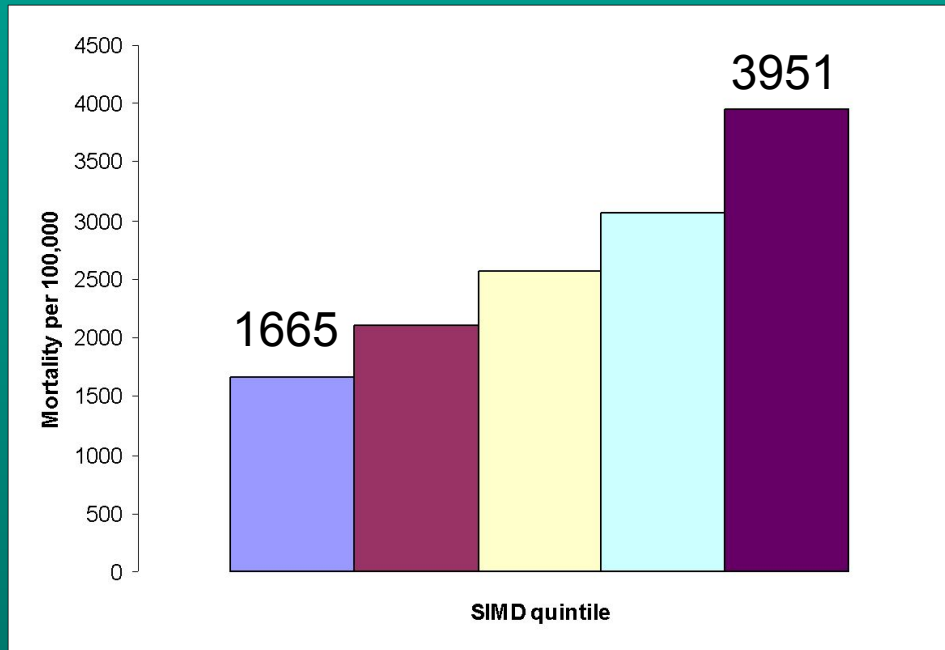
Males

Coronary heart disease mortality

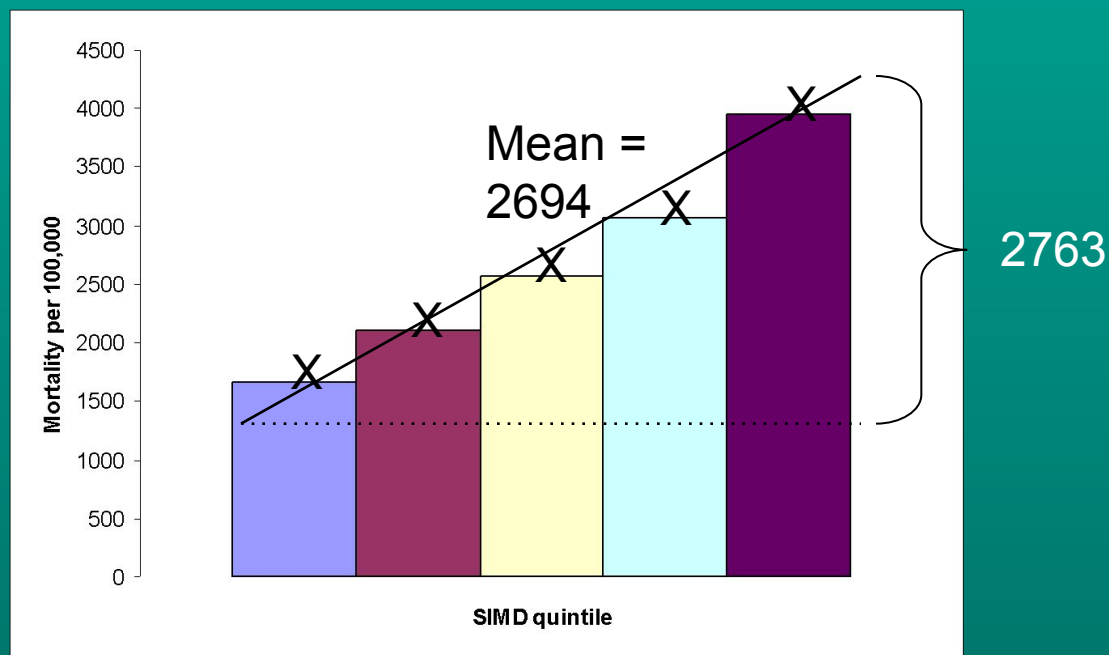
Men aged 15-74 years



All cause mortality, men 65-69



Slope index of inequality

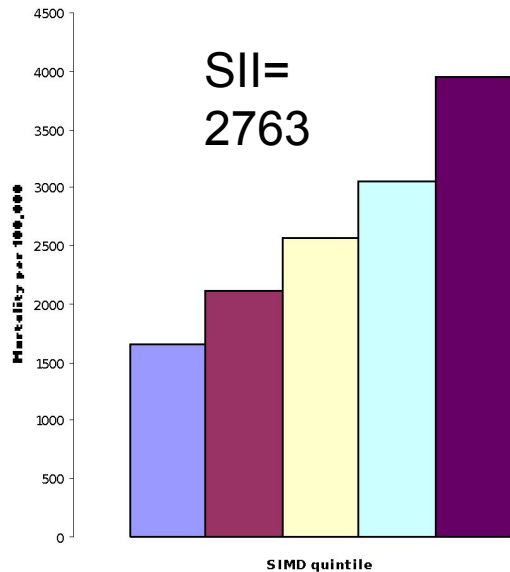


All cause, M65-69
 $2763/2694 = 1.025$

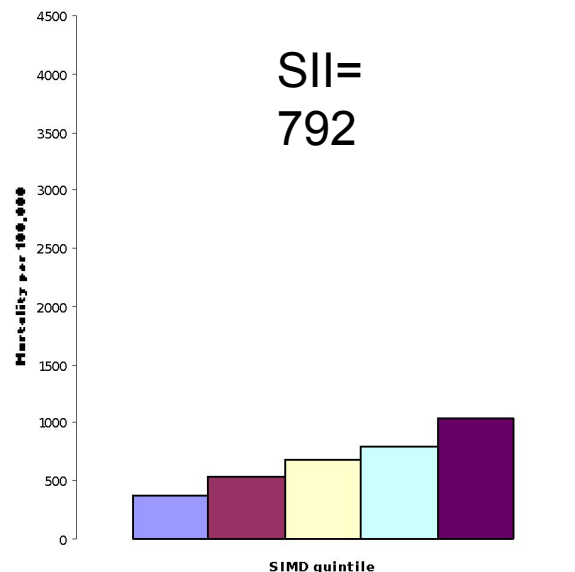
Male inequalities, all causes, all ages



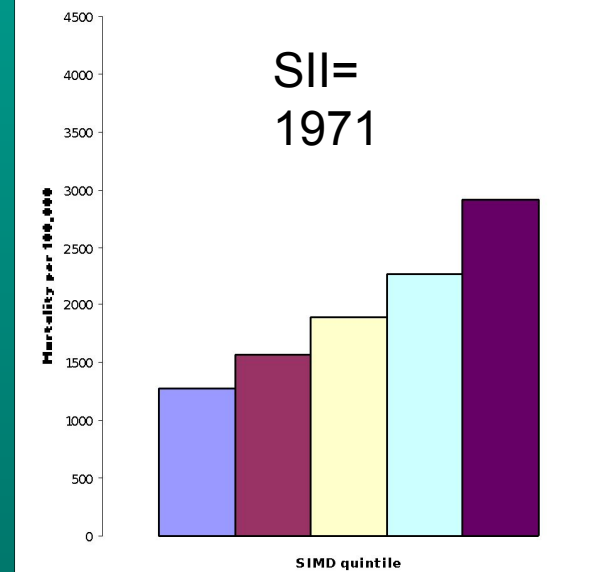
Slope index of inequality breakdown by cause of death



All cause

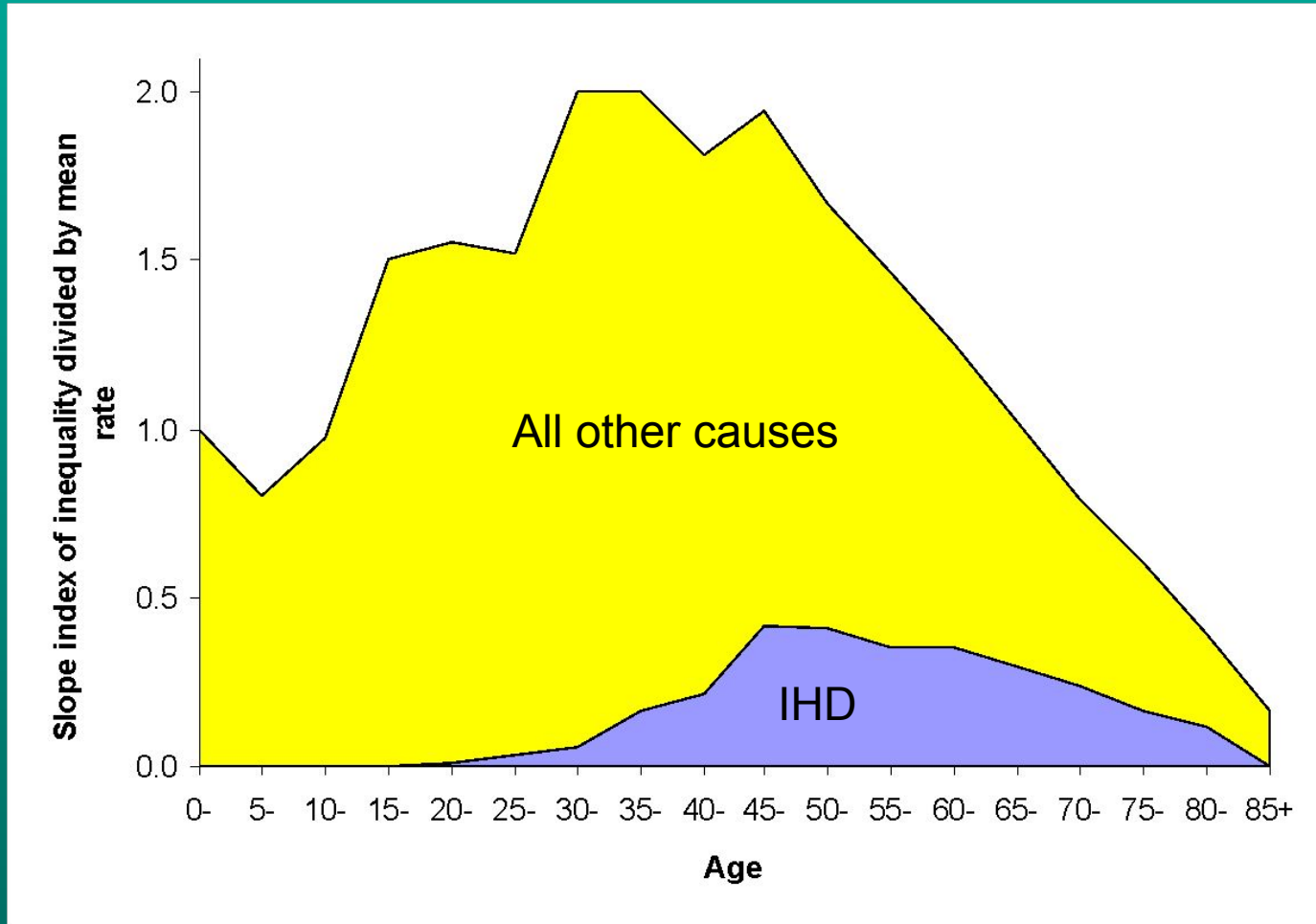


IHD



Other causes

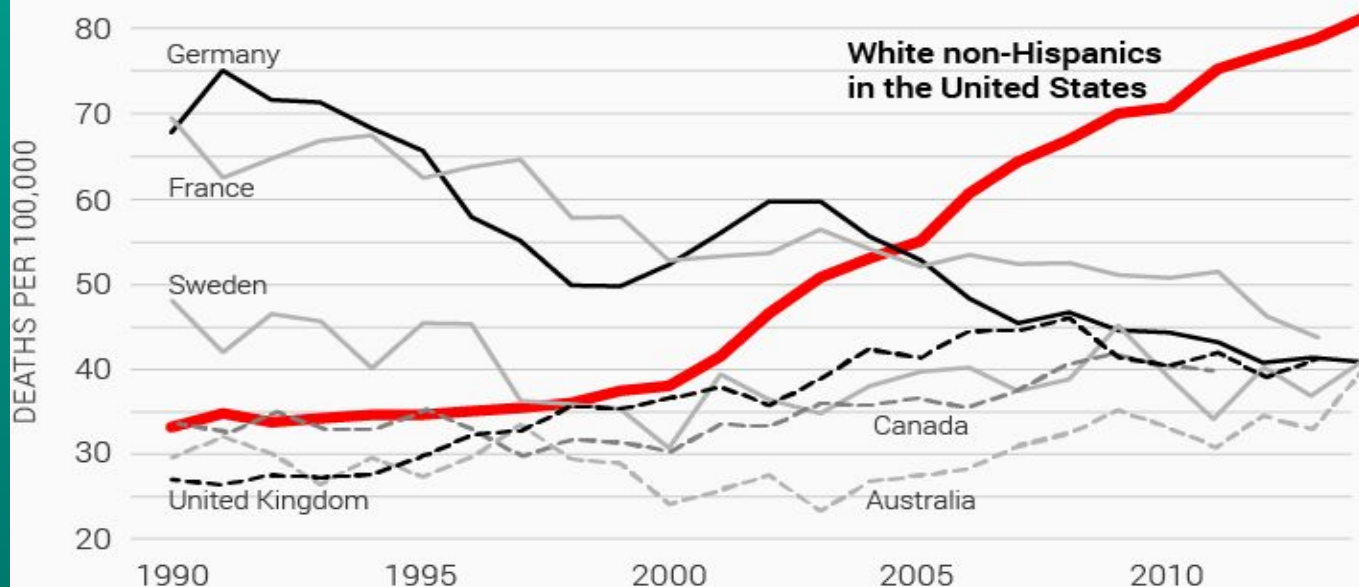
Male inequalities, all ages, by cause



US mortality 1999-2015

Midlife mortality from "deaths of despair" across countries

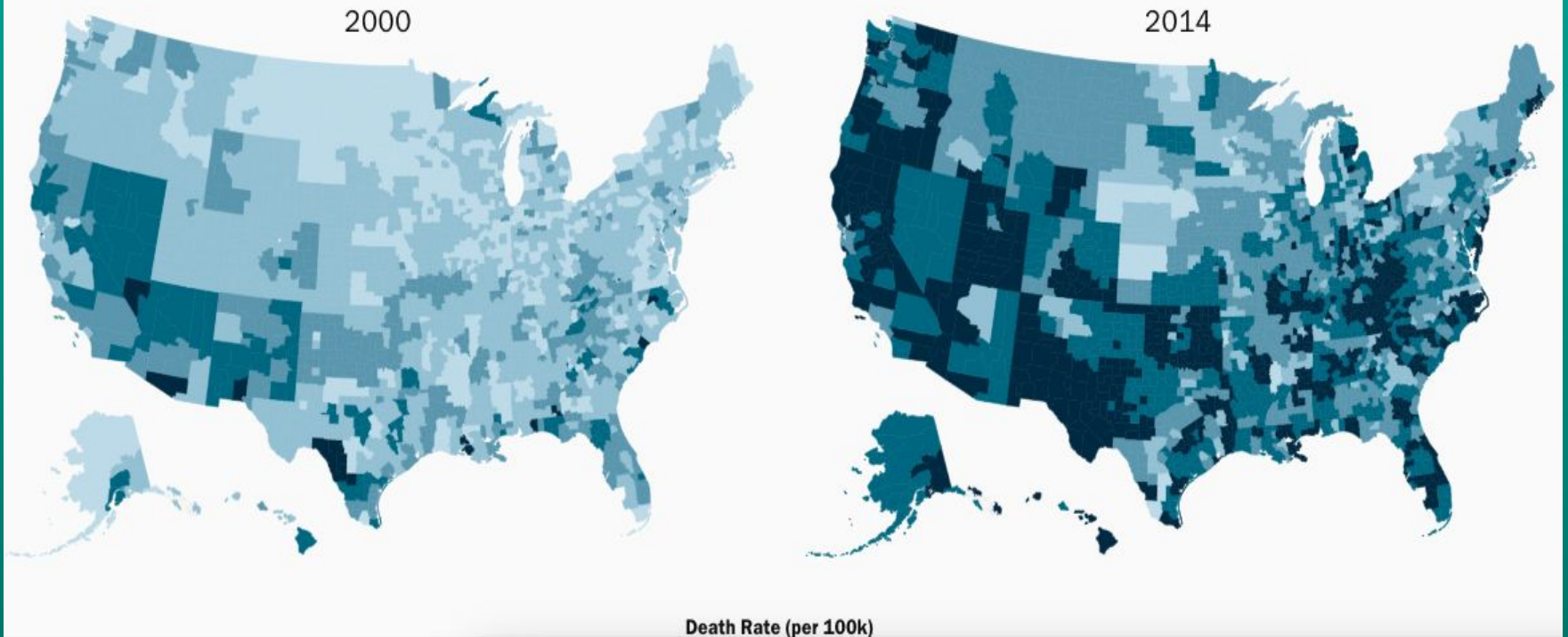
Men and women ages 50-54, deaths by drugs, alcohol, and suicide



Source: "Mortality and morbidity in the 21st century" by Anne Case and Angus Deaton, Brookings Papers on Economic Activity, Spring 2017.

US mortality 1999-2015

“Deaths of despair” for white non-Hispanics, 2000 and 2014
Ages 45-54, by county*



Salutogenesis

An assets approach

Gratitude
(McGullough)

Humour
(Martin)

Self-efficacy
(Bandura)

Hardiness
(Kobasa)

Empathy
(Eisenberg)

Coping
(Lazarus)

Learned resourcefulness
(Rosenbaum)

Cultural capital
(Bourdieu)

Social capital
(Putnam)

Empowerment
(Freire)

Locus of control
(Rotter)

Learned optimism
(Seligman)

Quality of Life
(Lindström)

Resilience
(Werner)

Will to meaning
(Frankl)

Wellbeing
(Diener)

Learned hopefulness
(Zimmerman)

Connectedness
(Blum)

Flourishing
(Keyes)

Ecological system theory
(Bronfenbrenner)

Sence of coherence
(Antonovsky)

Emotional intelligence
(Goleman, Akerjordet et al)

Action competence
(Bruun Jensen)

Interdisciplinarity
(Klein)

Attachment
(Bowlby)

The causes of wellness?

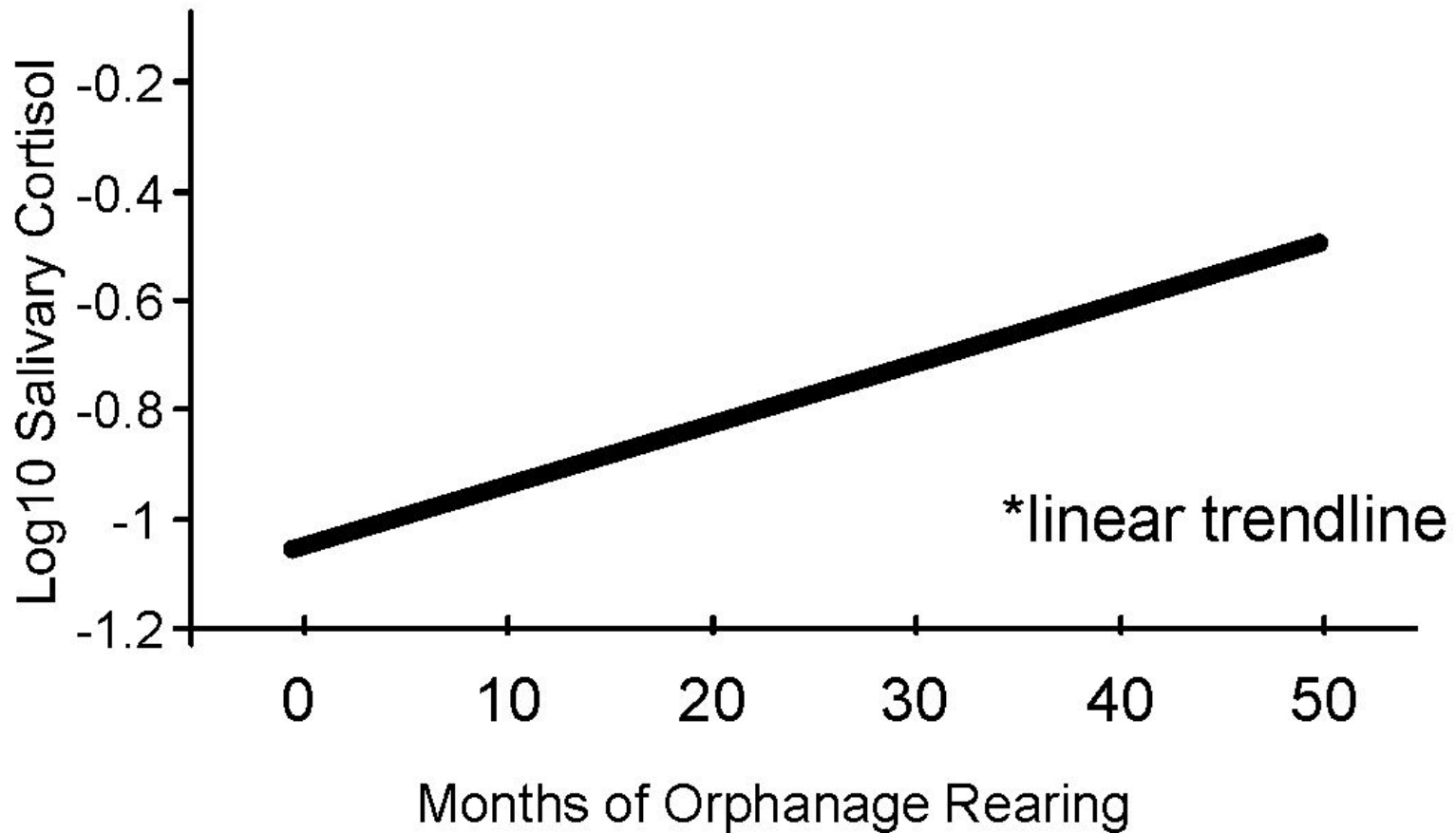
- Optimistic outlook
- Sense of control and internal locus of control
- Sense of purpose and meaning in life
- Confidence in ability to deal with problems
- Supportive network of people
- Nurturing family

Health...and the sense of coherence.

...the social and physical environment must be:

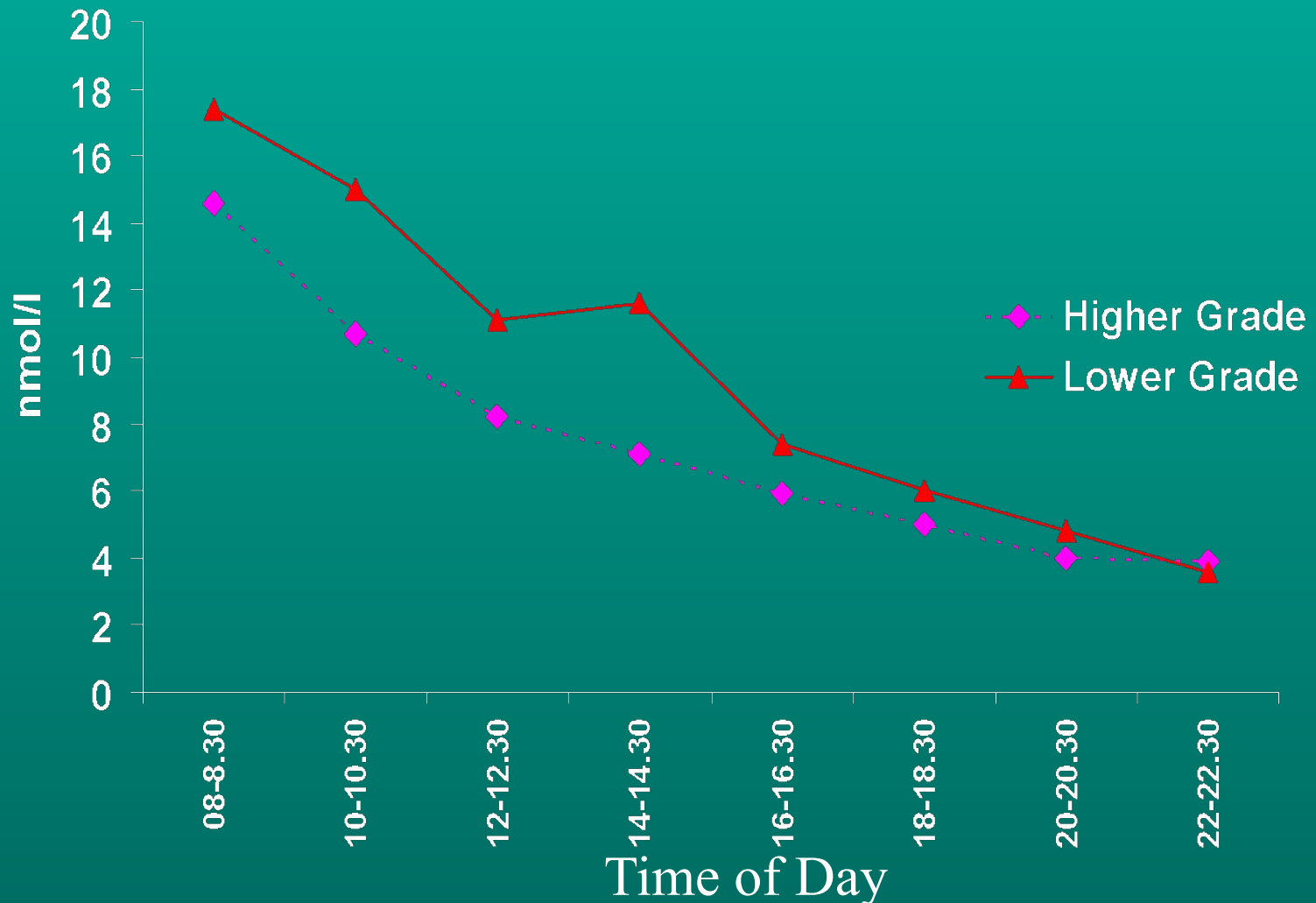
- Comprehensible
- Manageable
- Meaningful
-or the individual would experience chronic stress

Evening Cortisol Levels Increase with Months of Orphanage Rearing *



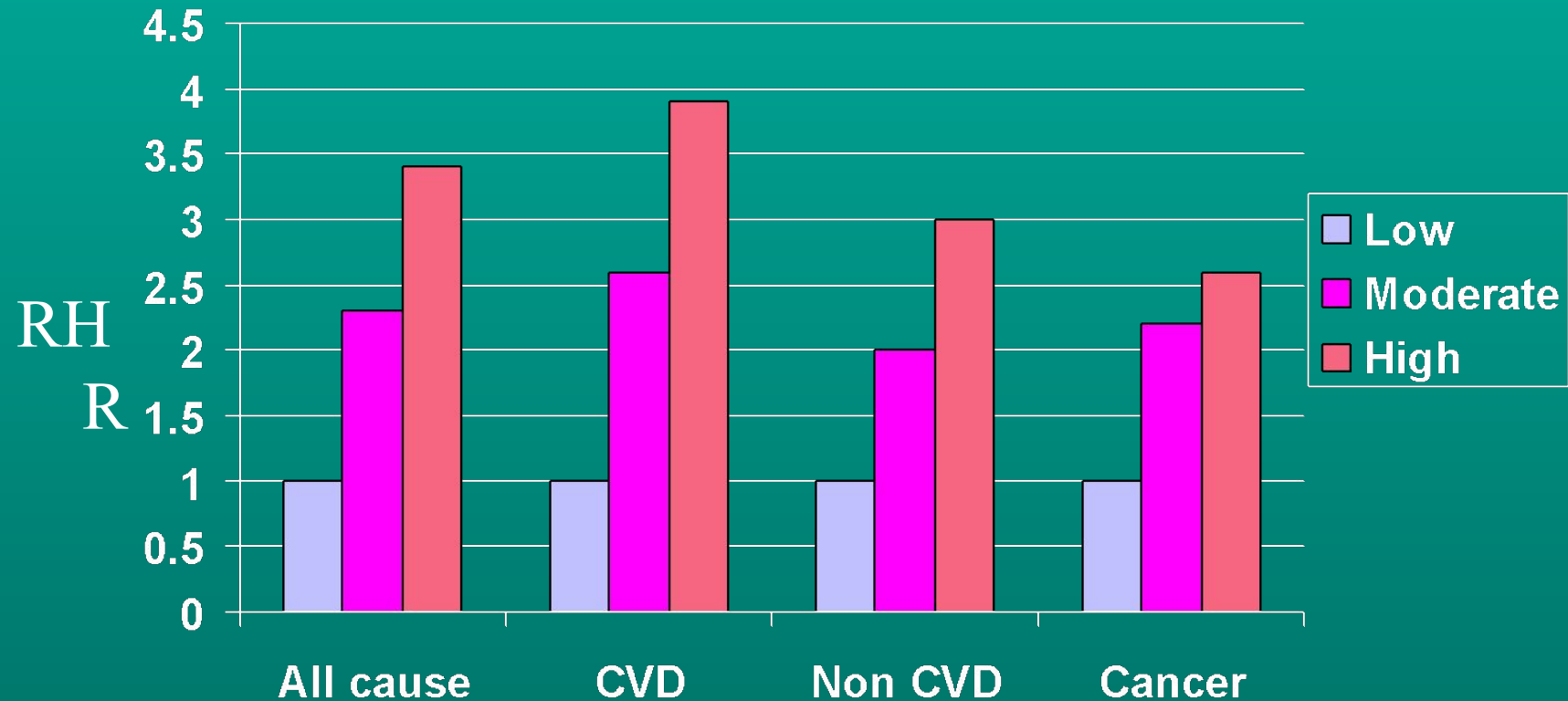
STRESS AND GRADE OF EMPLOYMENT: MEN

Salivary Cortisol



Risk of death

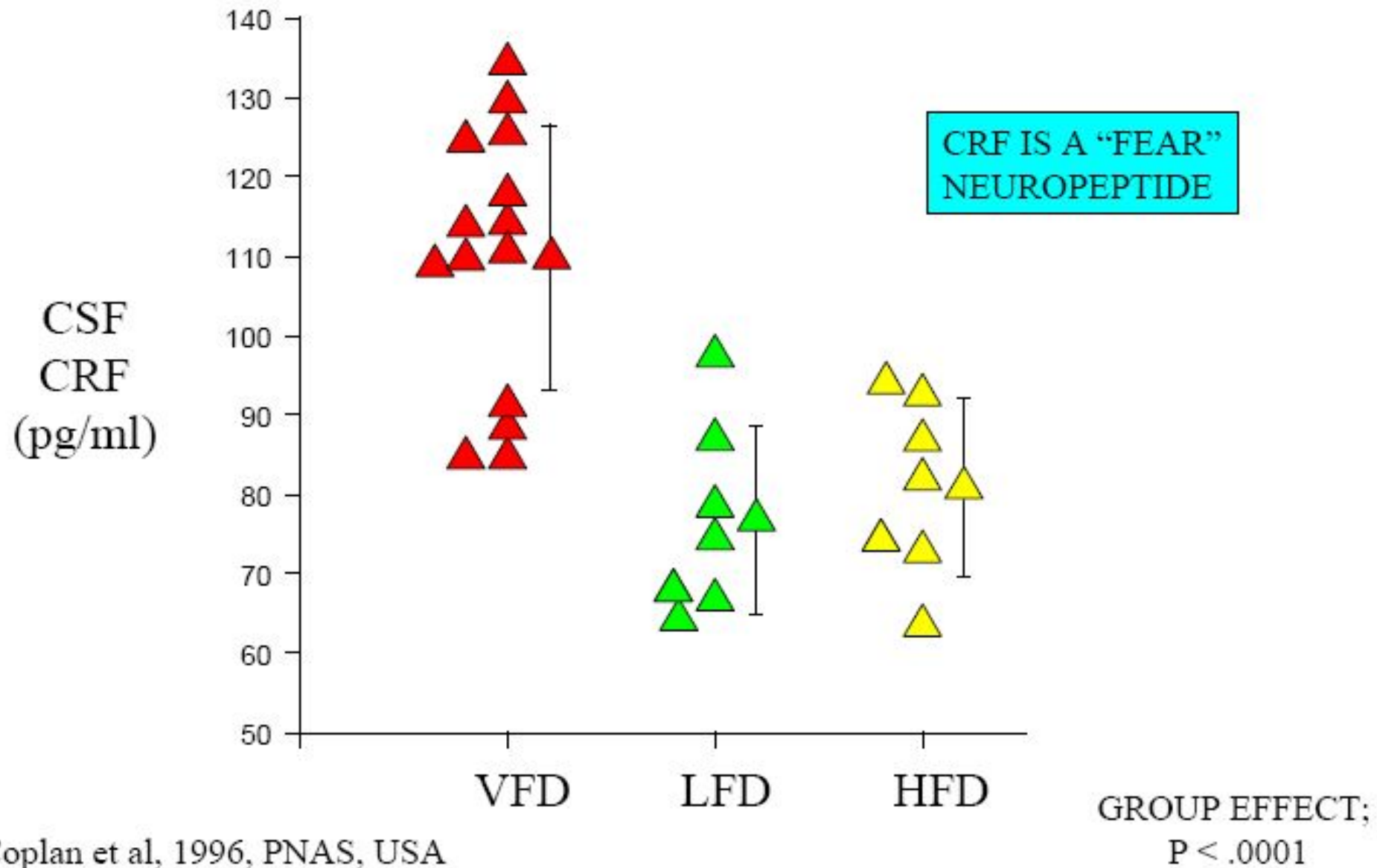
- by level of hopelessness



Everson et al 1996



CSF CRF CONCENTRATIONS IN DIFFERENTIALLY-REARED JUVENILE PRIMATES:



The Human Brain Under Stress: key brain regions

Prefrontal cortex

Executive function, working memory

Atrophy

Hippocampus

Contextual, episodic, spatial
memory

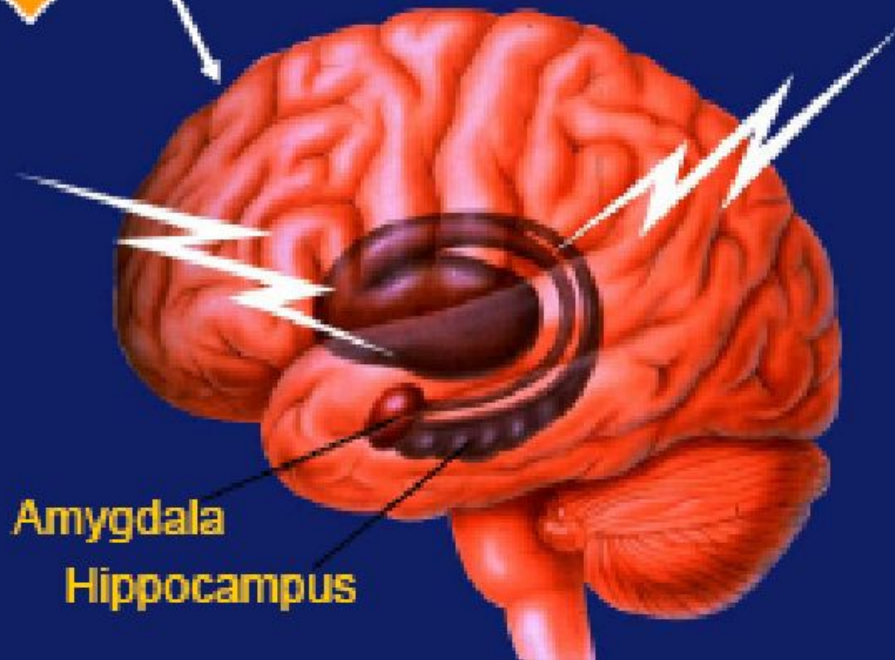
Atrophy

Amygdala

Emotion, fear, anxiety

Hypertrophy.

later atrophy



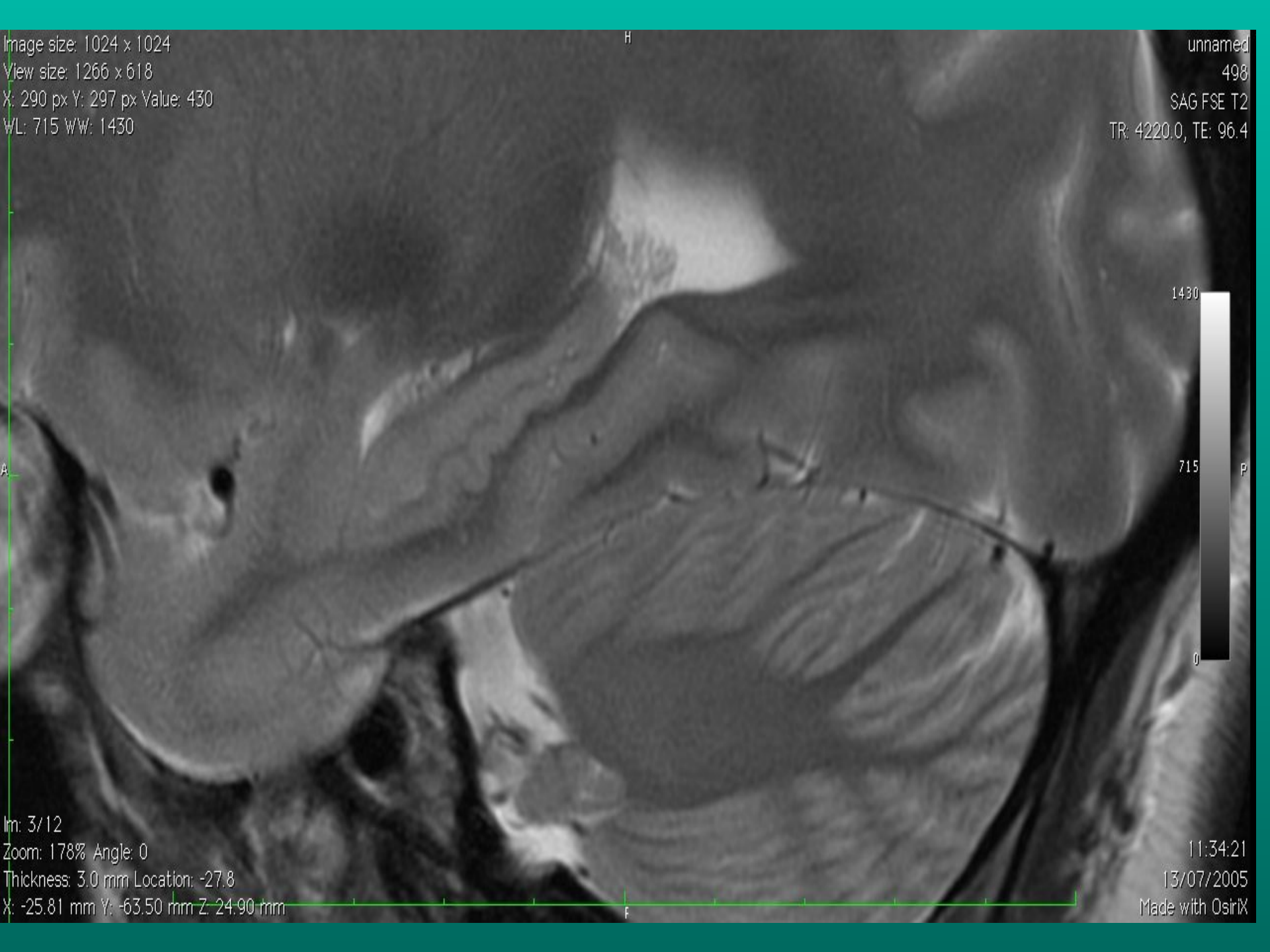
Amygdala

Hippocampus

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View size: 1266 x 618
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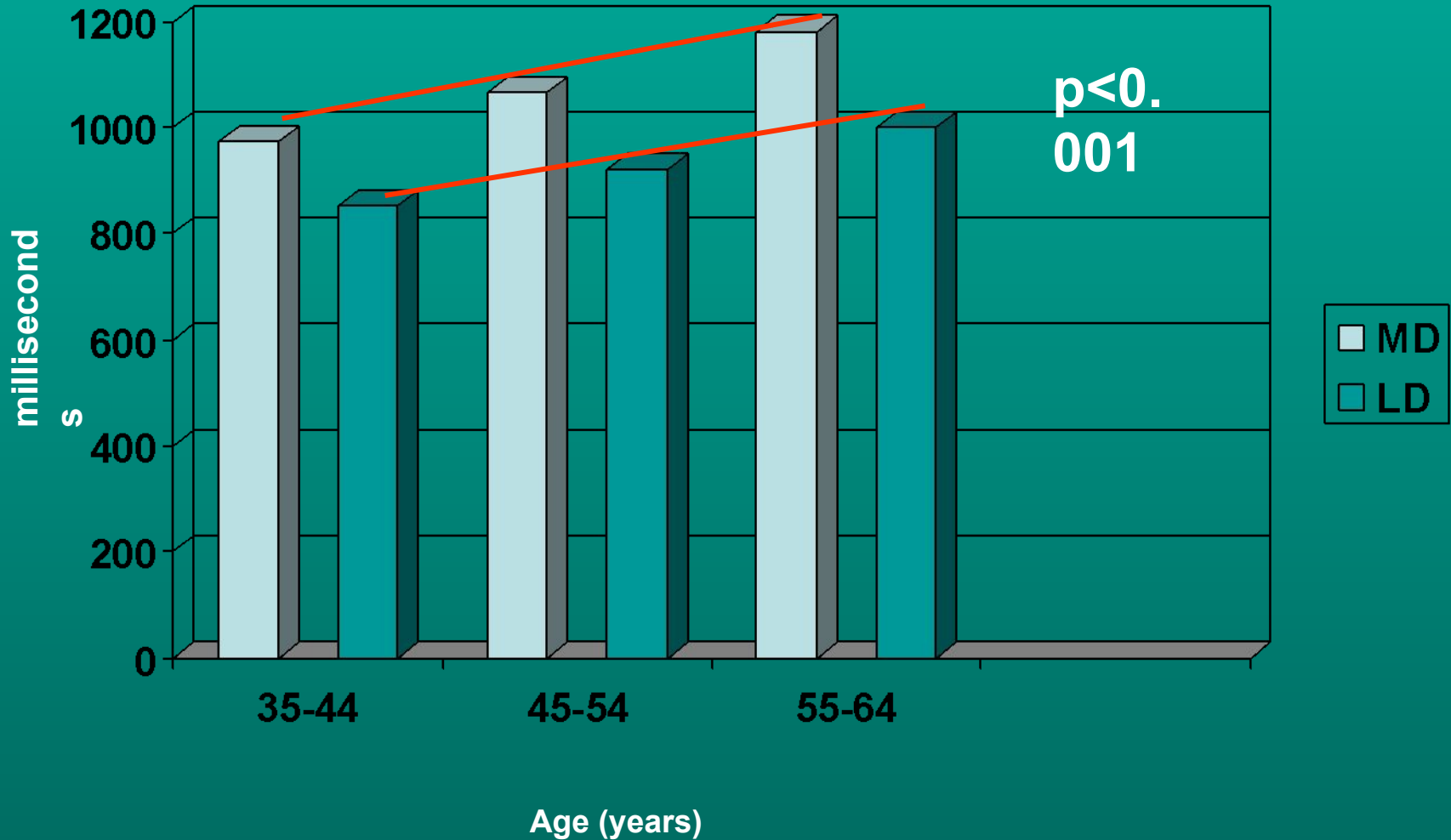
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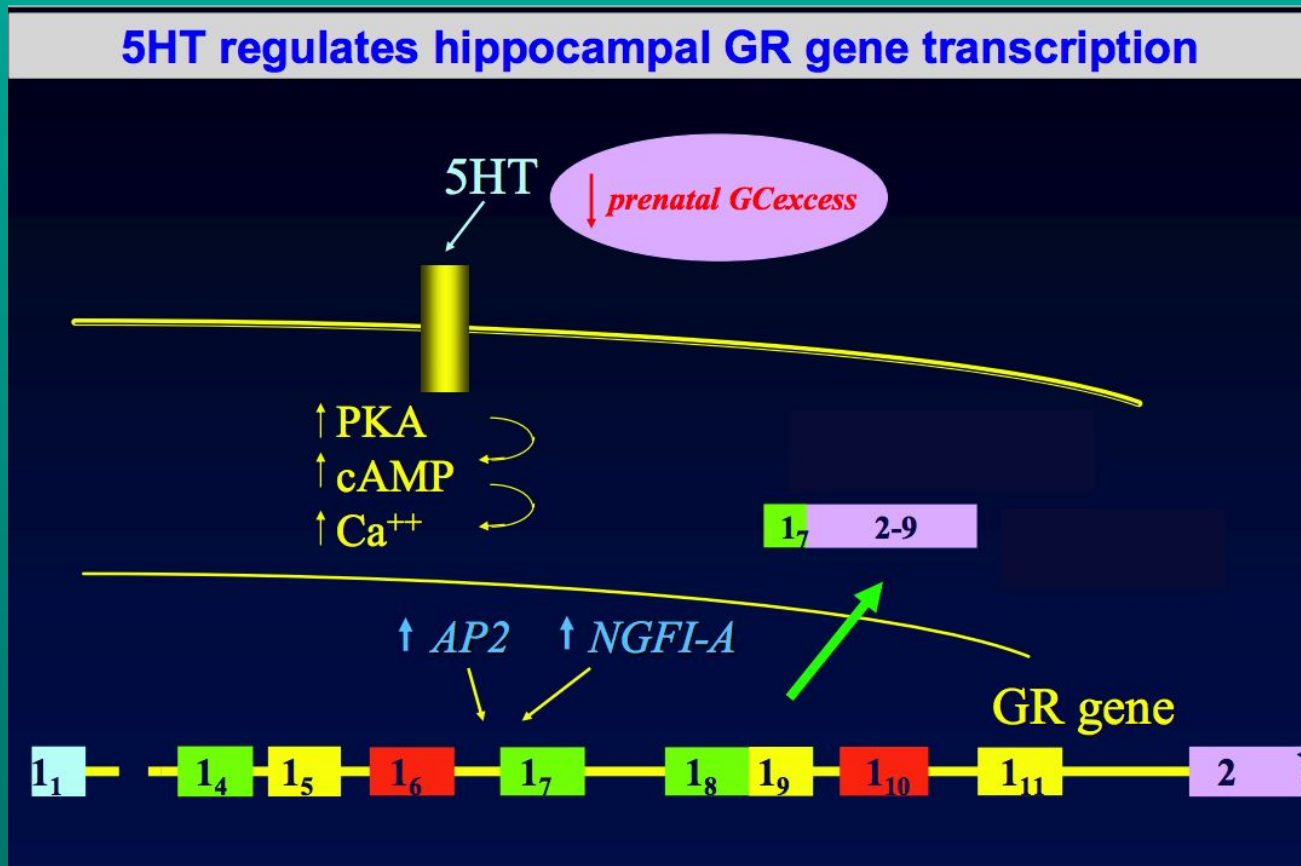
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Zoom: 178% Angle: 0
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Made with OsiriX

Choice reaction time



The molecular biology of a hug

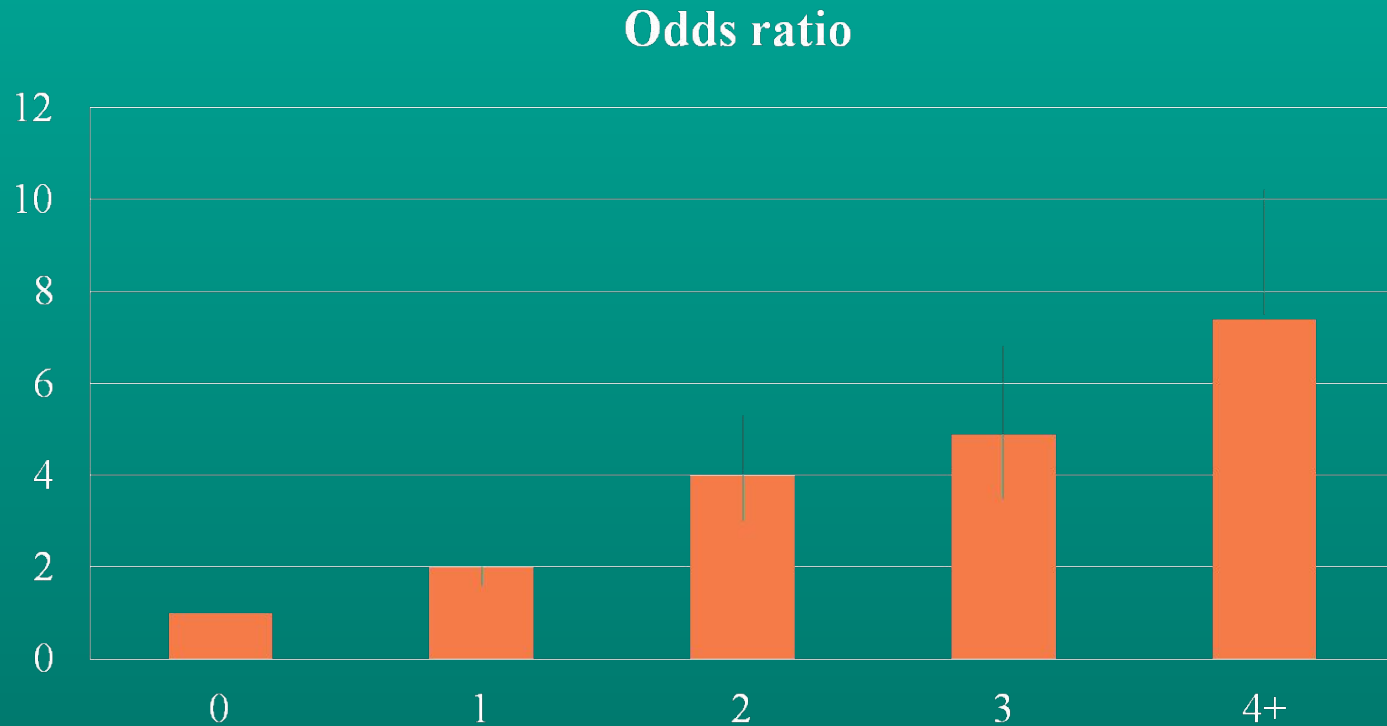




Adverse childhood experiences study

- Physical/sexual/emotional abuse
- Neglect (physical/emotional)
- Domestic substance abuse
- Domestic violence
- Parental mental illness
- Parental criminality

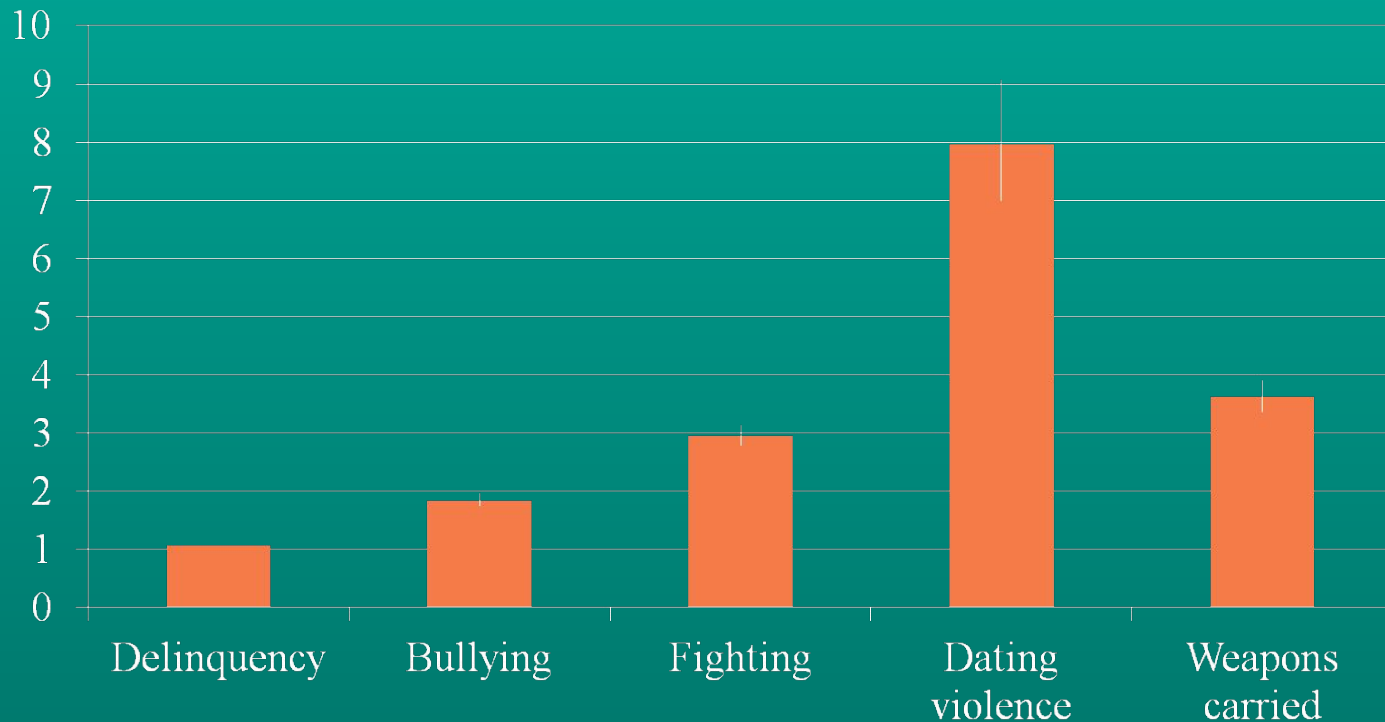
Adverse childhood events risk of alcoholism



Adverse childhood events

risk of perpetrating violence

Boys experiencing physical abuse



Duke et al 2010

Economic cost of child maltreatment

- “The total lifetime economic burden resulting from new cases of fatal and nonfatal child maltreatment in the United States in 2008 is approximately \$124 billion in 2010 dollars. This economic burden rivals the cost of other high profile public health problems, such as stroke and Type 2 diabetes (Fang et al., 2012).”

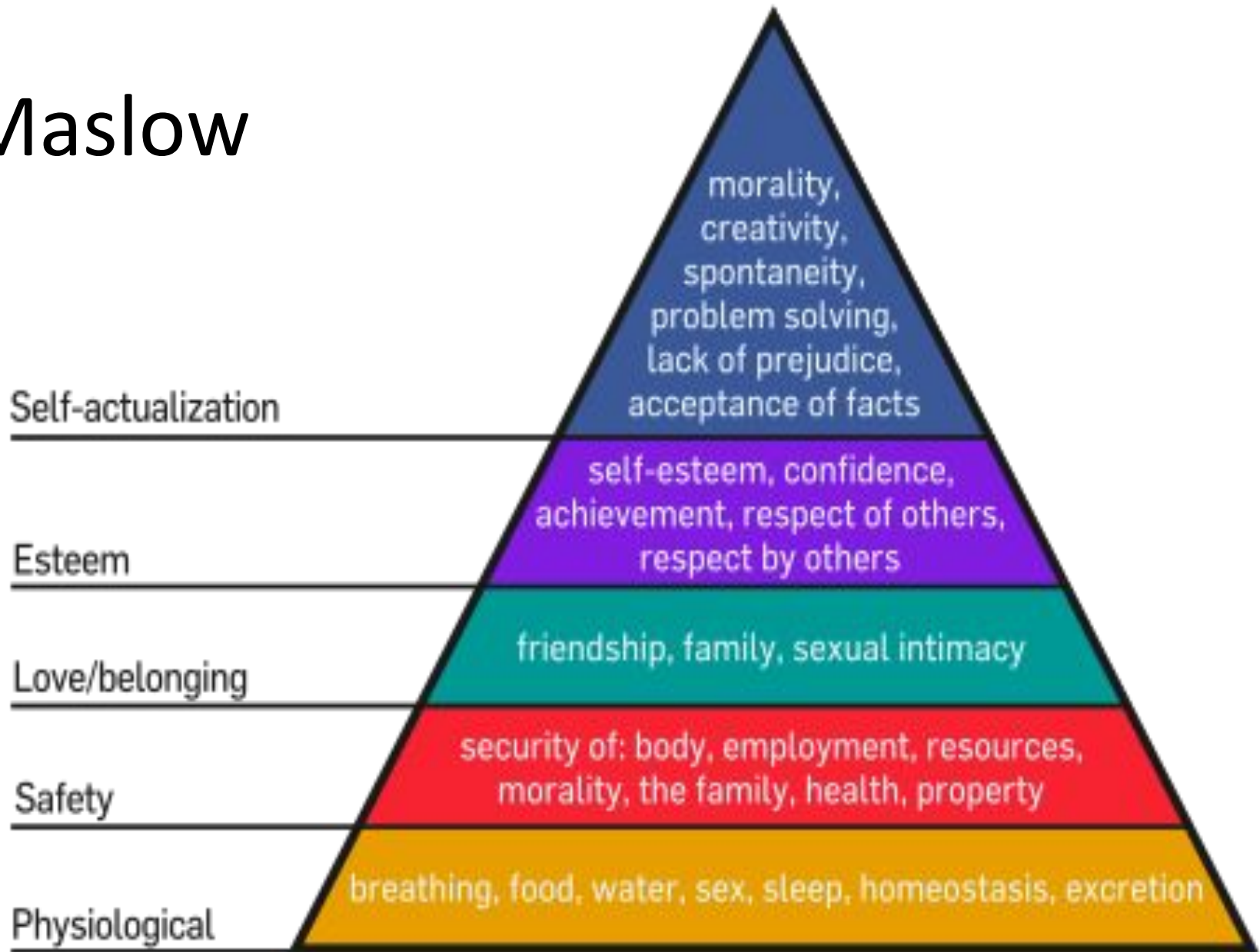
The Dunedin cohort

- 1000 children recruited in late 1972/3
- At age 3, “at risk” children identified on the basis of chaotic circumstances, emotional behaviour, negativity and poor attentiveness
- As adults, those “at risk” were more likely to :
 - be unemployed
 - have criminal convictions (especially for violence)
 - been pregnant as a teenager
 - have a substance abuse problem
 - exhibit signs of insulin resistance and metabolic syndrome

Why public policy fails

- We tend to focus on people's problems, needs and deficiencies
- We design services to fill gaps and fix their problems
- Services are rarely designed to take account of complexity
- Citizens become passive, and, essentially, recipients of services
- We do things to people rather than with them.

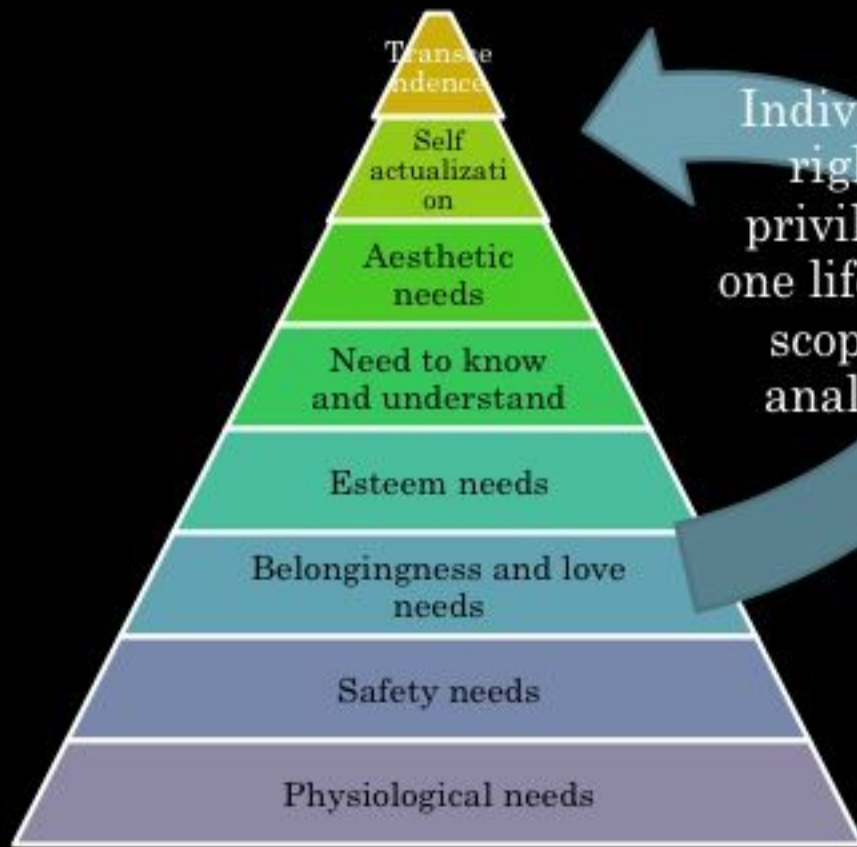
Maslow



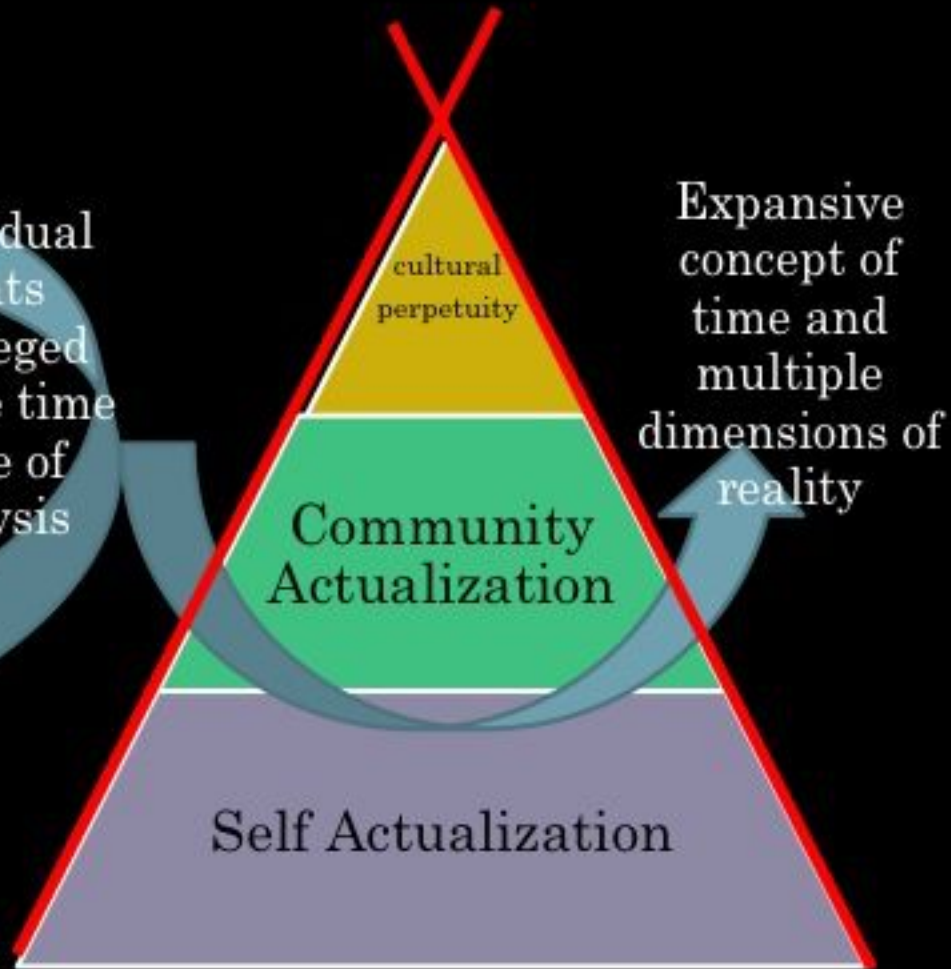


MASLOW'S HIERARCHY OF NEEDS (INFORMED BY BLACKFOOT NATION (ALTA))

Western Perspective



First Nations Perspective



Individual rights privileged
one life time scope of analysis

Expansive concept of time and multiple dimensions of reality

The process of transforming lives

- Prolonged, non judgemental relationship builds trust
- Individual realises he is free to choose a different lifestyle
- Supported while he realigns his life
- Supports others in turn
- Success lies in the quality of the interactions between the individual and his supporters

Change in complex systems

- Build the will for change
- Agree the direction of travel
- Accept that unanticipated solutions will emerge

The Typical Approach...

Conference Room



Real World



**“You can’t impose anything
on anyone and expect them
to be committed to it”**

Edgar Schein, Professor Emeritus

MIT Sloan School

The Quality Improvement Approach

Conference Room



DESIGN

APPROVE
IF NECESSARY

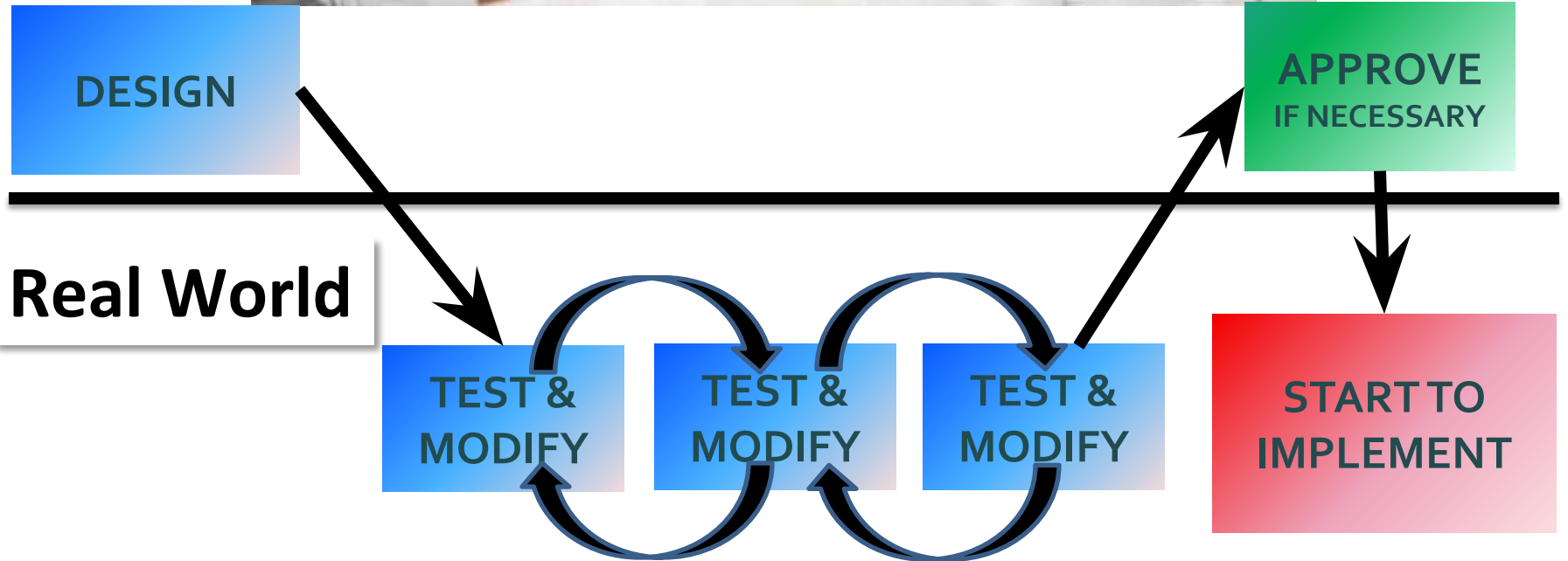
Real World

TEST &
MODIFY

TEST &
MODIFY

TEST &
MODIFY

START TO
IMPLEMENT



Reduce Stillbirths and Infant Mortality

A reduction of 15% in the rates of stillbirths and infant mortality **by 2015**

85% of all children have all the developmental skills and abilities **expected of a 27-30 month old** by the end of 2016

90% of all children have all the developmental skills and abilities **expected at the start of primary school** by the end of 2017

90% of all children in each Community Planning Partnership area will have reached all of the expected developmental milestones and learning outcomes **by the end of Primary 4, by end-2021**

EYC stretch aims
– making Scotland the best place in the world to grow up!

Workstream 2

Aim

Primary Drivers

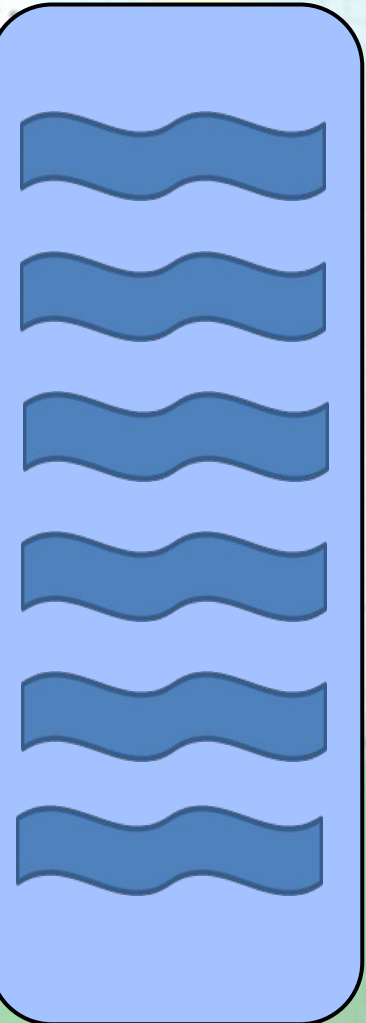
Secondary Drivers

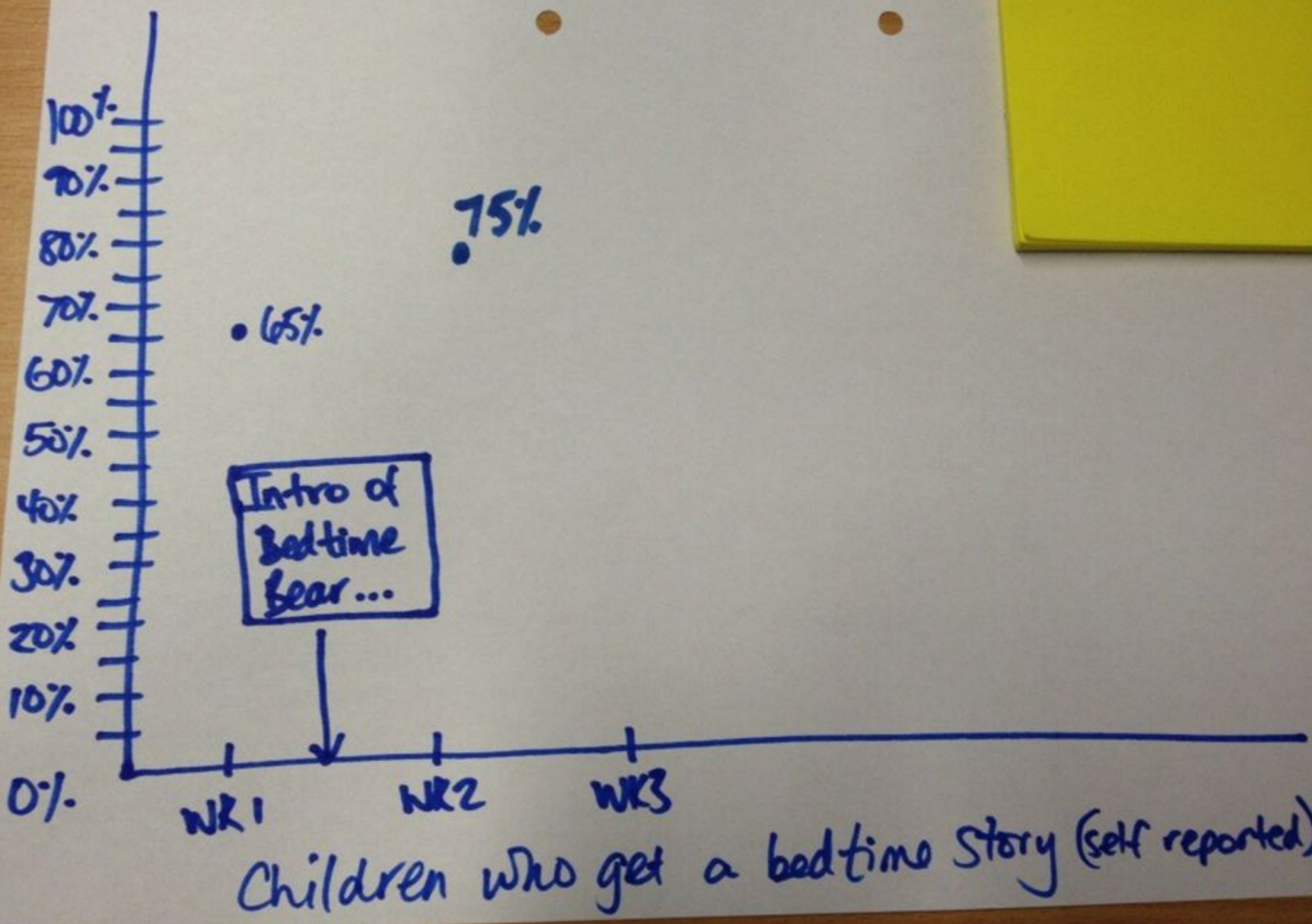
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Societal Issues

Child's physical & mental health and emotional development

Carer's physical & mental health and skills



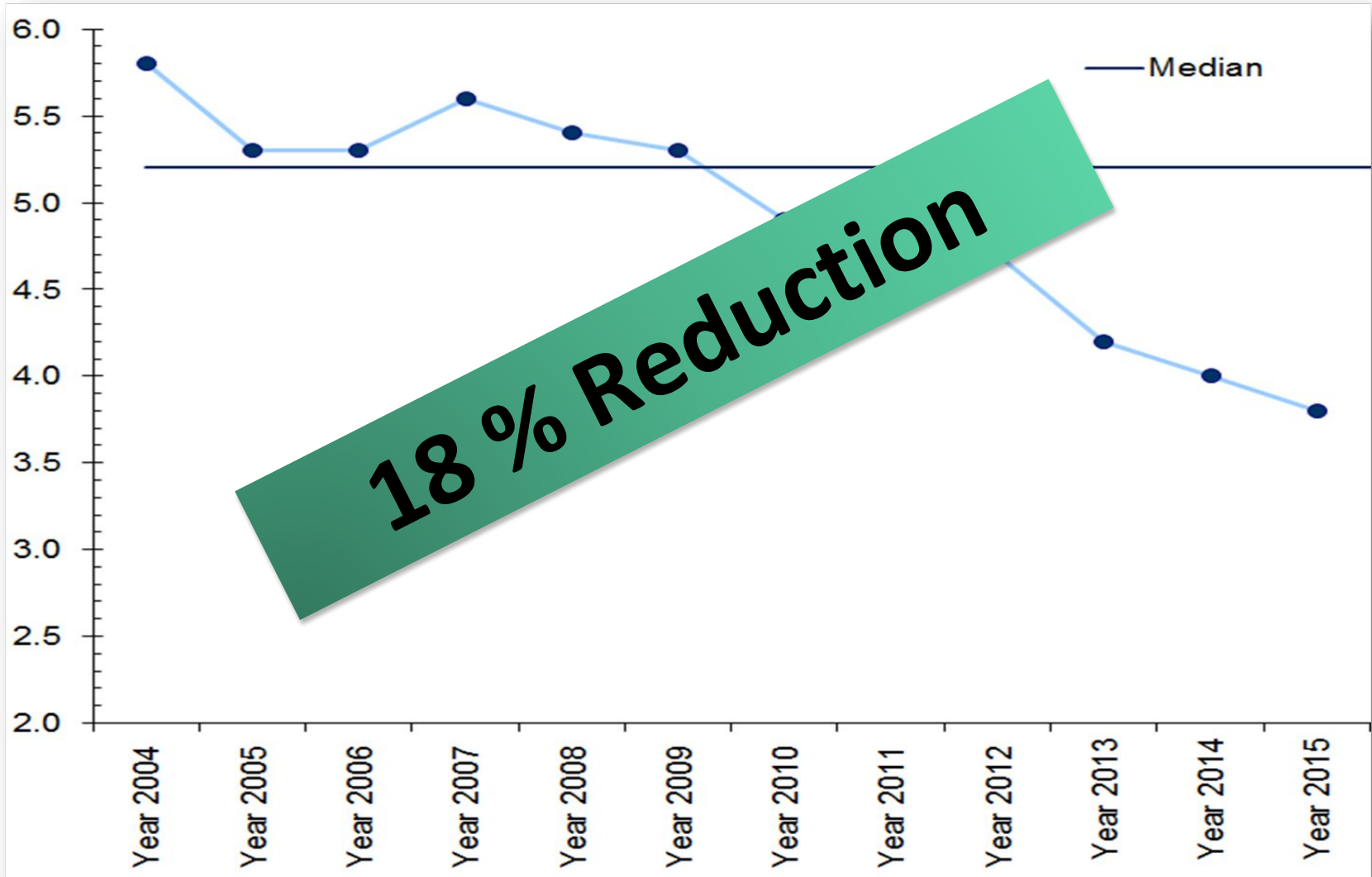


90% of children at Grassmarket nursery school will receive a bedtime story

Children receiving a bedtime story



Scottish Stillbirth Rate (per 1000 births) 2000 - 2015



Jimmy Reid 1971

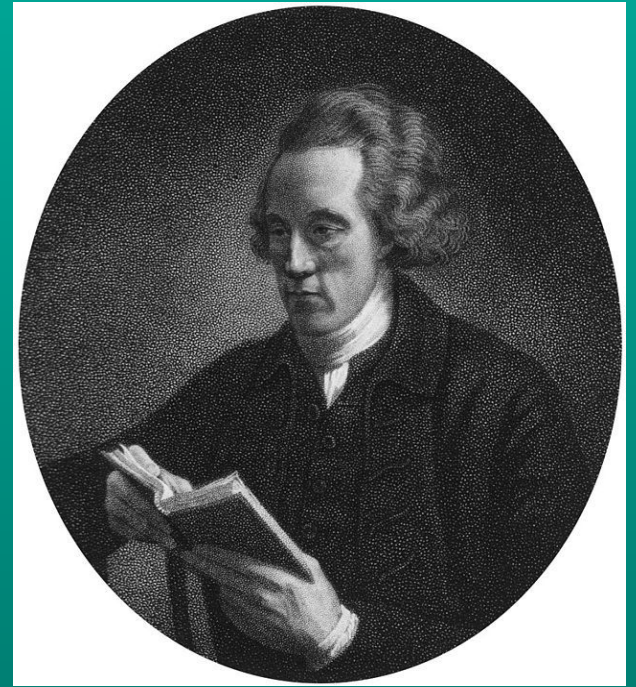


Rectorial Address

- “Let me right at the outset define what I mean by alienation. It is the cry of men who feel themselves the victims of blind economic forces beyond their control. It's the frustration of ordinary people excluded from the processes of decision making. The feeling of despair and hopelessness that pervades people who feel with justification that they have no real say in shaping or determining their own destinies....”

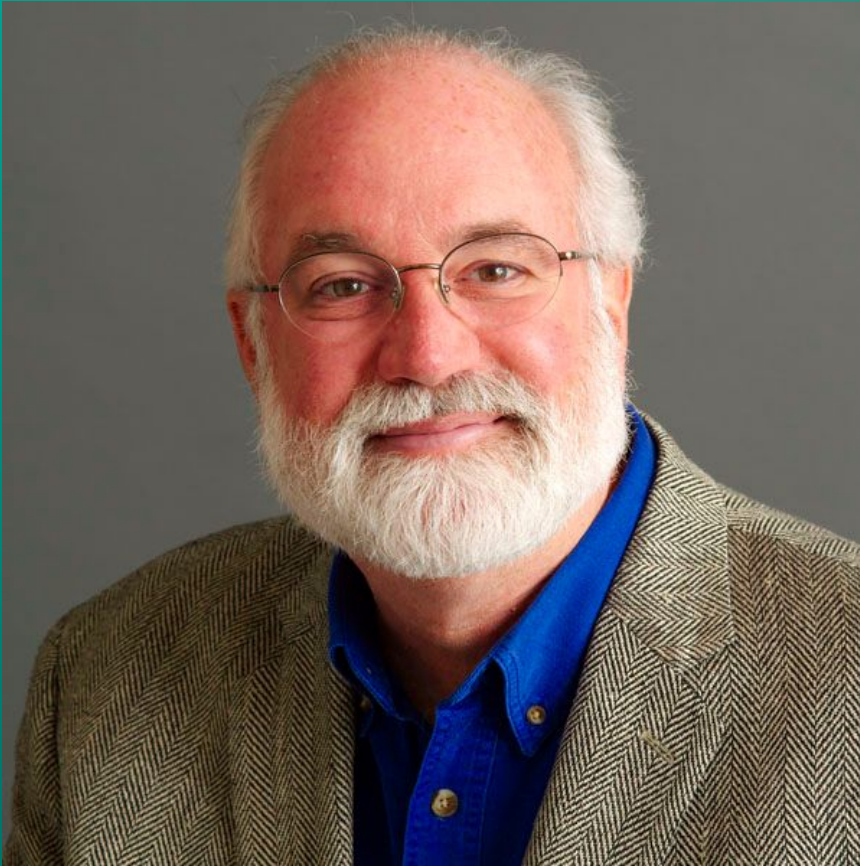
Joseph Townsend 1739-1816

- “Hunger will tame the fiercest animals. “It will teach decency and civility, obedience and subjection ... it is only hunger which can spur and goad the poor on to labour.”





Fr Greg Boyle



“Here is what we seek: a compassion that can stand in awe at the burdens the poor have to carry rather than stand in judgment at how they carry them.”

— Gregory Boyle

Lila – at 7 months old!

