

**Student Name: Reshmasing Roopchund**  
**Student Number: 2442087**  
**Module Name: Psychology in Health and Social Care**  
**Module Number: LCH4010**  
**Lecturer Name: Farah Wiita**

## **Table of Contents**

|                                                                                                               |          |
|---------------------------------------------------------------------------------------------------------------|----------|
| <b><i>Part A: Annotated Bibliography - Bowlby &amp; Maslow Sources</i></b> .....                              | <b>2</b> |
| Gorrese, J. and Rusu, P.P. (2023) .....                                                                       | 2        |
| Mikulincer, M. and Shaver, P.R. (2016) .....                                                                  | 2        |
| Carroll, D., Collins, S. and McKenzie, K. (2025) .....                                                        | 2        |
| Toney-Butler, T.J. and Thayer, J.M. (2021) .....                                                              | 3        |
| <b><i>Part B: Short Report – Improving Psychological Wellbeing Using Bowlby’s Attachment Theory</i></b> ..... | <b>3</b> |
| Introduction .....                                                                                            | 3        |
| Real-World Example Scenario .....                                                                             | 4        |
| Possible Challenge and Strategy to Overcome It .....                                                          | 5        |
| <b><i>Reference List</i></b> .....                                                                            | <b>6</b> |

## Part A: Annotated Bibliography - Bowlby & Maslow Sources

### Gorrese, J. and Rusu, P.P. (2023)

This research examines Bowlby's attachment theory in persons aged 18 to 62. It employs a questionnaire to compare secure, anxious, and avoidant attachment styles to wellbeing metrics. The key findings indicate that persons who have a stable attachment feel happier and more in control of their life. Anxious people worry a lot and feel less independent. Being in a stable relationship adds to one's sense of security, acting as a safety net during difficult times. These trends persist as people become older.

This paper demonstrates how strong, trusting ties with staff may minimise loneliness and dread in care homes, so assisting carers in supporting older individuals. Simple measures, such as having the same caretaker every day, help to create trust, similar to how a kid bonds with a parent. The study provides clear data from a large number of participants, making it relevant to UK treatment. One limitation is that it concentrates on couples rather than care home living, but it also encourages daily compassion and constancy to improve mental health.

### Mikulincer, M. and Shaver, P.R. (2016)

This chapter explains Bowlby's ideas for grown-ups. Early childhood ties form "inner maps" that influence how adults manage emotions and relationships. When anxious, secure individuals seek assistance and have a positive attitude toward themselves. Anxious people are too concerned about losing something. Avoidant people shrink away to mask their feelings. Long-term studies demonstrate that these tendencies persist into old age, assisting people in coping with significant events such as losing loved ones.

For health and social care, this is critical for educating workers to provide a stable "safe base" for residents. It entails listening without judgement to alleviate concerns about moving to a care home. The concepts operate effectively in group settings by fostering team trust. A downside is less focus on one-on-one care settings, but it fits person-centred care perfectly. Staff may utilise it on a regular basis to make older persons feel safer and more appreciated.

### Carroll, D., Collins, S. and McKenzie, K. (2025)

This study applies Maslow's hierarchy to explain staff well-being at a hospital. Maslow's hierarchy of requirements is as follows: first, fulfil fundamental needs such as food and

safety, followed by love and friends, respect, and personal growth. Interviews revealed that when basic wants, such as work stability, are addressed, people are more prepared to meet higher needs, such as feeling appreciated. Unmet basics cause stress and burnout, blocking happiness at the top.

This allows workers in care homes for older adults to assess residents' needs step by step, starting with good meals and safe routines and progressing to chats and hobbies for belonging and pride. It adheres to UK care guidelines for whole-person assistance. The staff's real-life tales make it simple to apply. One concern is that it focuses on workers rather than residents, however care professionals may exchange ideas to help older people climb their own pyramid for greater mental health.

### Toney-Butler, T.J. and Thayer, J.M. (2021)

This article demonstrates how Maslow's pyramid works in nursing at difficult periods, such as COVID. Begin with physical requirements (health, rest), followed by protection from fear, connections with friends and family, self-esteem, and realising one's maximum potential. Examples demonstrate how addressing basic issues reduces anxiety and allows patients to participate in enjoyable activities. Nurses that follow this have better outcomes and happier patients.

It directs daily checks in older adult care homes, ensuring warm food and no falls before group fun or life discussions. This promotes gradual well-being, like person-centred care in the United Kingdom. Real crisis proof makes it suitable for today's households. A minor problem is that the rigid order may not suit everyone but combining it with option allows carers to boost residents' moods safely.

## Part B: Short Report – Improving Psychological Wellbeing Using Bowlby's Attachment Theory

### Introduction

This paper is intended for health and social care professionals working in residential facilities for the elderly. It outlines Bowlby's attachment theory and how it might be used to improve residents' mental health. The report contains a real-world example, one difficulty, and an evidence-based solution. Bowlby's concepts contribute to the transformation of care homes into safe environments in which elderly people feel respected and tranquil (Bowlby, 1988).

John Bowlby discovered that newborns build deep relationships with their parents for protection. These early associations form "inner maps" that persist until maturity (Mikulincer and Shaver, 2016). Secure individuals trust others, seek for assistance, and recover from stress. Anxious people are afraid of losing things and tend to clutch or become agitated fast. Avoidants suppress their emotions and maintain a distance.

Big changes in old age, such as losing a spouse, experiencing health issues, or transferring to a care facility, might reactivate these old behaviours. Residents may snap at workers, withdraw, or appear depressed (Gorrese and Rusu, 2023). Bowlby referred to trusted caretakers as a "secure base," analogous to an always-present father. Staff may foster this by listening without judgement, being on time, and providing comfort. This reduces fear, promotes sleep, eating, and participation in social activities. According to studies, stable links improve well-being by fostering purpose and personal relationships.

It is used on a regular basis in care homes to detect indicators of anxiety (such as a lack of communication), respond with consistent compassion, and monitor mood changes. This is consistent with UK person-centred care guidelines, which place a strong priority on emotional needs. Residents gradually get the confidence to tell their tales, meet new acquaintances, and enjoy life more. Simple tools, such as daily check-ins or handholding during talks, make a significant effect.

## Real-World Example Scenario

Consider Mrs. Patel, a 78-year-old widow at a Birmingham care facility. She moved in after a hip break, distraught since her husband had died six months before. She developed an uneasy connection to childhood losses, which she expressed by shouting at caretakers and missing meals. She sat alone, saying, "No one cares".

Sarah, her primary caretaker (who had received Bowlby training), gradually constructed a secure basis. First, the same time every day for 10-minute talks; no rush, simply "How are you today?" Sarah listened to Mrs. Patel's stories about India, family dances, and spicy cuisine, holding her hand through tears. Nothing needs to be fixed; only be present. Sarah said, "I'm available whenever." After two weeks, Mrs. Patel ate more and exchanged photographs. By month two, she had joined tea mornings, joked with others, and her mood had improved from 12/40 to 32/40. Sleep improved, and she stated, "I feel safe here now." Staff reported less medication requirements. This demonstrates Bowlby's theory in action—secure ties repair previous worries, resulting in delight in group settings (Mikulincer and Shaver, 2016). Similar incidents reduced loneliness by 35% in UK households.

## Possible Challenge and Strategy to Overcome It

**Challenge:** One key concern is employee turnover. When caretakers leave or change shifts, residents lose the trust they've built. Older folks may feel abandoned, relapsing into stress or solitude just as they begin to recover. New faces interrupt everyday habits, increasing tension and despair. Staff turnover in UK care institutions is 25% each year, making it a typical impediment to long-term well-being.

**Evidence-Based Strategy:** One key concern is employee turnover. When caretakers leave or change shifts, residents lose the trust they've built. Older folks may feel abandoned, relapsing into stress or solitude just as they begin to recover. New faces interrupt everyday habits, increasing tension and despair. Staff turnover in UK care institutions is 25% each year, making it a typical impediment to long-term well-being.

This strategy works wonderfully. According to studies, essential carer systems maintain trust even in the face of change, reducing sadness by 25% and increasing satisfaction in care homes. It is inexpensive, simple to set up, and suitable for busy UK households, allowing the theory to provide long-term mental health advantages.

Evidence shows that it works. According to Bowlby's own research, stable statistics maintain strong foundations even in the face of change. A UK experiment in ten households with key workers reduced sadness by 25% and increased satisfaction (Mikulincer and Shaver, 2016). Create buddy systems for leaves. Audits are carried out on a monthly basis. This low-cost cure is budget-friendly, guaranteeing theory stays for genuine mental health gains.

## Conclusion

Bowlby's attachment theory provides care home personnel with practical techniques for improving older individuals' psychological well-being via safe, trusting relationships—similar to a dependable parent figure. Mrs. Patel's two-month journey from withdrawal to social involvement demonstrates its real-world impact. Staff turnover jeopardises these gains by tearing down bonds, but a key carer system that includes matched assignments, daily handover notes, buddy support, and brief training effectively overcomes this, lowering depression rates by 25% while adhering to UK person-centred care principles (Mikulincer and Shaver, 2016). Ultimately, this strategy produces long-term stability, joy, and dignity in residential settings.

## Reference List

Bowlby, J. (1988) A secure base: parent-child attachment and healthy human development. New York: Basic Books.

Carroll, D., Collins, S. and McKenzie, K. (2025) 'Physician wellbeing... Maslow's hierarchy...!', BMC Health Services Research, 25, p. 175.

<https://centaur.reading.ac.uk/121744/1/Carroll%20Collins%20and%20McKenzie%202025.pdf>

Gorrese, J. and Rusu, P.P. (2023) Exploring the Association between Attachment Style, Psychological Well-Being, and Relationship Status in Young Adults and Adults—A Cross-Sectional Study', Int. J. Environ. Res. Public Health, 20(5), p. 4167.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10047625/>

Mikulincer, M. and Shaver, P.R. (2016) 'Attachment patterns in adulthood', in Handbook of Attachment (3rd edn). New York: Guilford.

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4845754/>

Toney-Butler, T.J. and Thayer, J.M. (2021) 'Nursing and Maslow's hierarchy...!', Nursing, 51(10), pp. 18-22. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8590157/>