

**IB DP Psychology**  
**Higher level**  
**Paper 3 – resource booklet**

The sources in this examination have been collated to assess the claim that technology effects attachment in children.

**Source 2**

A study was conducted to examine the effect of caregiver technology use on child emotional responses during interaction. 40 caregiver–child pairs were randomly allocated to one of two conditions during a shared task:

- High technoferece condition: caregivers were instructed to respond to phone notifications during the task
- Low technoferece condition: caregivers placed phones out of reach

After the task, children completed an observationally scored emotional wellbeing scale, where higher scores indicated better emotional wellbeing.

**Table 1: Mean emotional wellbeing scores by condition**

<b>Motivational approach</b>	<b>Mean score</b>	<b>Standard deviation</b>
High technoferece	11.4	3.2
Low technoferece	17.9	3.6

### Source 3

A researcher carried out a series of semi-structured interviews with parents of children aged 3–6 years to explore how parental technology use during shared time affected their relationship and emotional connection with their child.

The interviews focused on parents' experiences of using smartphones during routine interactions (e.g. playtime, mealtimes, bedtime) and how they believed this influenced their child's behaviour and need for attention. The researcher conducted a thematic analysis of the interview transcripts and identified the following themes:

- Reduced responsiveness during technology use was linked to children seeking attention more frequently or becoming frustrated
- Parents described feelings of guilt when recognising that technology distracted them from emotionally engaging with their child
- Several parents reported that their child appeared more clingy or unsettled after periods of frequent device use during shared activities

### Source 4

A correlational study was conducted to examine the relationship between parental smartphone use during caregiver–child interactions and attachment-related emotional functioning in young children aged 3-6 years. The results are shown in **Table 2**.

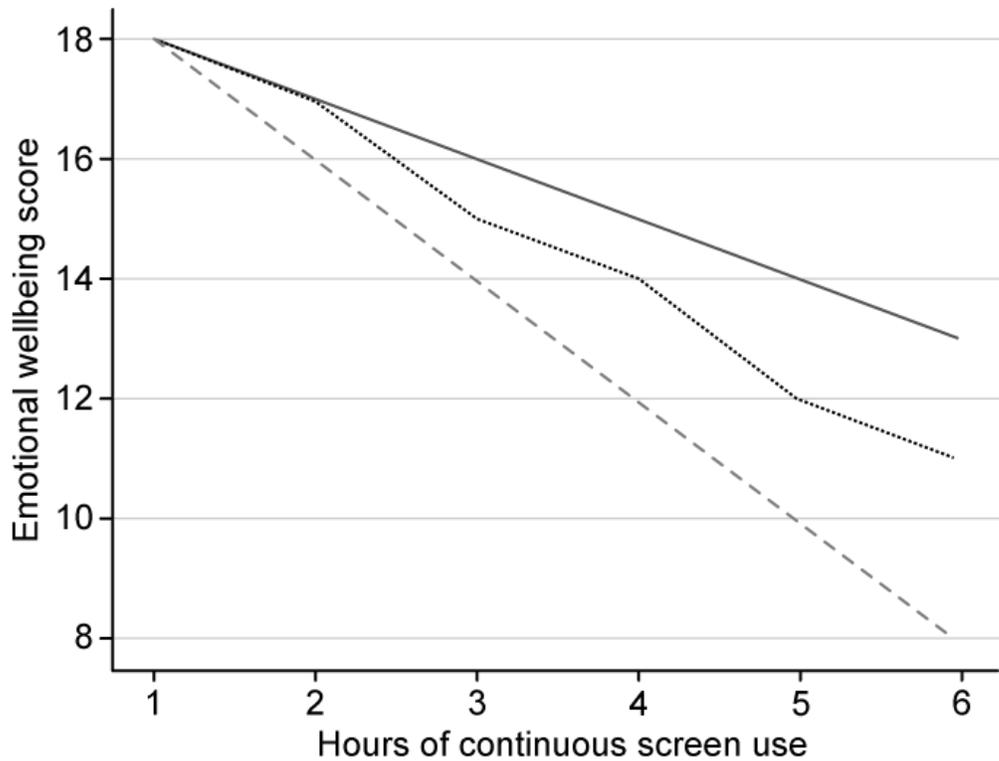
**Table 2: Correlation coefficients between parental smartphone use and child emotional functioning**

Emotional functioning measure	Correlation coefficient
Emotional security	-0.72
Separation anxiety	0.68
General anxiety	0.75
Emotional dysregulation	0.61

## Source 5

**Figure 2** shows attachment-related emotional wellbeing scores of children in relation to hours of continuous parental screen use during shared parent–child time. Higher scores indicate better emotional wellbeing.

**Figure 2: Emotional wellbeing scores in relation to hours of continuous screen use**



**Key:**

———— = Work-related screen use

..... = Social media use

----- = Entertainment use