



Dr Angela Rowe
B.Sc., Ph.D.(Wales)

Reader in Social Cognitive Psychology

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Summary

My research broadly centres on the processes and mechanisms that drive adult attachment. Briefly, on the basis of information abstracted from consistent and long-term attachment relationships, individuals develop mental models of attachment, or attachment styles. A key feature of attachment styles is that they predictor how individuals respond to threat and deal with stress and distress. Much of my research over the years has been concerned with the way that attachment styles and attachment-relevant hormones influence thought, behaviour and feelings in interpersonal relationships and social life more generally. In recent years, one line of my research has focused on the relationship between attachment styles and mental health. While insecure attachment styles represent a vulnerability for the development and maintenance of ill mental health, secure attachment acts as a buffer against its development. Across a number of studies we find that the experimental enhancement of attachment security has many positive personal and interpersonal outcomes, including positive effects on mental health.

Some grant funding:

- British Academy research grant (£4,959). "Selective attention to attachment threatening stimuli as a function of attachment style" (2003). Principal Investigator.
- Economic and Social Research Council (ESRC) Grant (RES-062-23-0052, £359,815) in collaboration with Ian Penton-Voak and Casimir Ludwig "Adult attachment and the perceptual processing of facial expressions of emotion" (2006). Principal Investigator.
- British Academy research grant (SG – 43494 for £6059) in collaboration with Marcus Munafò "Attentional training and attachment anxiety in adults" (2006). Principal Investigator.
- Nuffield Foundation grant (SGS/33904, £7,494) with Kathy Carnelley. "Adult Attachment and the Inhibition of Dispositional and Primed-Style-Incongruent Information" (2007). Principal Investigator.
- Economic and Social Research Council (ESRC) Post-Doctoral Fellowship with Abigail Millings. "Adult attachment, partner caregiving, and parenting". (RES). (2008).
- The Wellcome Trust Vacation Scholarship for Ruta Marcinkeviciute (in collaboration with Robbie Cooper): "The perceptual integration of facial signals from eye gaze and emotional expression: a test of two hypotheses". (2008).
- The Wellcome Trust Vacation Scholarship for Izumi Kurokawa: Physical separation from primary attachment figures and emotional self-reliance: Attachment styles in Boarders versus day pupils at a British boarding school". (2009).
- The Leverhulme Trust research grant (f/00 180/AL, £85, 859) in collaboration with Katherine Carnelley (Principle Investigator), Erica Hepper and Rich Gramzow "Symbolic closeness to attachment networks: Roles of stress and imposed closeness"(2010).

Biography

I am a Reader in Social Cognitive Psychology. I joined the School of Experimental Psychology at the end of 1999 while writing up my PhD. My research broadly centres on the processes and mechanisms that drive adult attachment. Briefly, on the basis of information abstracted from consistent and long-term attachment relationships, individuals develop mental models of attachment, or attachment styles. A key feature of attachment styles is that they predictor how individuals respond to threat and deal with stress and distress. Much of my research over the years has been concerned with the way that attachment styles and attachment-relevant hormones influence thought, behaviour and feelings in interpersonal relationships and social life more generally. In recent years, one line of

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My current administrative role within the School is as Impact Director. In this role, I oversee and promote the societal, economic and policy impact of our research. As part of this role, and as a route to impact, I do my best to facilitate collaborations between researchers in the School and external partners from industry and the charity and the Psychology sectors.

Teaching

PhD students supervised

- Sally Easton (Year 3)

Expertise

I study the way that prior close relationship experiences (represented in attachment relational schemas) become activated by situational and environmental cues and function to guide behaviour, cognition and affect in new or potential new relationships.

- adult attachment
- love
- personal relationships

Memberships

Organisations

[School of Experimental Psychology](#)

Other sites

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Psychological Science staff

- [Psychological Science academic staff](#)

Research themes

- [Cognitive science](#)

Research groups

- [Cognitive science > Social cognition group](#)

Links

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Recent publications

- Kobori, O, Sawamiya, Y, Yoshinaga, N, Rowe, ACM & Wilkinson, LL, 2019, '[Investigation of Attachment Orientation, and Affect Regulation: Use of a Novel Affect Regulation Mapping Tool in Japanese Athletes](#)'. *Psychologia: Journal of the Hellenistic Psychological Society*.
- Wilkinson, LL, Rowe, AC & Millings, A, 2019, '[Disorganized attachment predicts body mass index via uncontrolled eating](#)'. *International Journal of Obesity*.
- Shearman, N, Millings, A, Carroll, D & Rowe, A, 2019, '[A preliminary exploration of the links between attachment disorganisation and schizotypy dimensions in adulthood](#)'. *Schizophrenia Research*, vol 208., pp. 493-495
- Millings, A, Carnelley, KB, Cavanagh, K, Wilderspin, A, Wiseman, H & Rowe, AC, 2019, '[Priming attachment security improves attitudes towards a range of therapies](#)'. *British Journal of Psychology*, vol 110., pp. 15-39
- Carnelley, KB, Bejinaru, M-M, Otway, L, Baldwin, DS & Rowe, A, 2018, '[Effects of repeated attachment security priming in outpatients with primary depressive disorders](#)'. *Journal of Affective Disorders*, vol 234., pp. 201-206
- Wilkinson, LL, Rowe, AC, Robinson, E & Hardman, CA, 2018, '[Explaining the relationship between attachment anxiety, eating behaviour and BMI](#)'. *Appetite*, vol 127., pp. 214-222

- Wilkinson, L, Rowe, A, sheldon, C, Johnson, A & Brunstrom, J, 2017, '[Disinhibited eating mediates differences in attachment insecurity between bariatric surgery candidates/ recipients and lean controls.](#)'. *International Journal of Obesity*.
- Rowe, A, Julal, F & Carnelley, kB, 2017, '[The relationship between attachment style and placement of parents in adults' attachment networks over time](#)'.
- Rowe, A, Shepstone, LLS, Carnelley, K, Cavanagh, K & Millings, AK, 2016, '[Attachment Security and Self-compassion Priming Increase the Likelihood that First-time Engagers in Mindfulness Meditation Will Continue with Mindfulness Training](#)'. *Mindfulness*, vol 7., pp. 642-650
- Millings, AK, Hepper, E, Hart, C, Swift, L & Rowe, ACM, 2016, '[Holding back the tears: Individual differences in adult crying proneness reflect attachment orientation and attitudes to crying](#)'. *Frontiers in Psychology*, vol 7.

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