



## ALCHEMY BY THE SEA

INSTITUTE FOR RADIANT HEALTH

### ATTACHMENT & RELATIONSHIPS RESEARCH

Below is a curated list of research articles exploring the significance of social connection, attachment, and relationships across the lifespan, including links to each study.

The Role of Attachment in Lifespan Development

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5612443/>

Oxytocin and Social Bonding: A Neuroscientific Perspective

Link: <https://www.sciencedirect.com/science/article/abs/pii/S0149763416304387>

Loneliness and Its Impact on Mental and Physical Health

Link: <https://academic.oup.com/gerontologist/article/55/2/180/567513>

Social Isolation and Mortality Risk in Older Adults

Link:

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1765816>

Attachment and Romantic Relationships in Adulthood

Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4051260/>

Neuroscience of Love and Attachment

Link: <https://www.sciencedirect.com/science/article/abs/pii/S0149763412000286>



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The Interplay of Parent-Child Attachment and Emotional Intelligence

Link: <https://journals.sagepub.com/doi/abs/10.1177/0265407512453829>

Effects of Social Connection on Inflammation and Immune Function

Link: <https://www.nature.com/articles/s41598-019-53116-8>

The Influence of Early Attachment on Social Development

Link: <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00904/full>

Secure Attachment and Emotional Regulation Across the Lifespan

Link: <https://www.sciencedirect.com/science/article/pii/S0272735817301875>

Aging and Social Engagement: Protective Factors Against Cognitive Decline

Link: <https://alz-journals.onlinelibrary.wiley.com/doi/full/10.1016/j.jalz.2018.09.002>