

# Monotropy

Authored by  
**mohammad looti**

September 30, 2025

## RECOMMENDED CITATION

mohammad looti (2025). *Monotropy*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=32539>

Monotropy is the concept that infants have an innate and inborn capacity to attach primarily to a single caregiver or attachment figure. This concept was proposed by John Bowlby and is a component of attachment theory. Monotropy is a conceptual attachment formed by a close and important bond with a single primary caregiver. Bowlby proposed that if this monotropic bond did not occur then negative consequences could occur. Monotropy is part of the maternal deprivation hypothesis.

ARABPSYCHOLOGY.COM