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Mary Ainsworth is one of a few female influential psychologists. Mary was best known for her work in "Attachment Theory" and, she created a classic study that was used in attachment research called "The Strange Situation". In the biography I will be talking about Mary Ainsworth personal and professional life. Mary Ainsworth was born in Glendale, Ohio on December 1, 1913, when Mary was five years of age her family moved to Toronto, Canada in 1918 because her father worked at a manufacturing firm which was transferred. Mary spent her childhood living in Toronto, Canada. Mary was the oldest of four girls.

When Mary was 15 years old, reading and trips to the library were a priority in her household. She became interested to psychology when she came upon a book by William McDougall called "Character and the Conduct of life". At the age of 16 Mary decided to enroll at the University of Toronto in the honors to psychology program which was in 1929. Mary was one of four to complete an honors degree in psychology.

In 1935, Mary has received her bachelors in psychology. In addition to her bachelors she went on to earn her masters and doctorate in 1936-1939. In 1938 she began teaching at the University she was attending, after Mary did not want to teach she joined the Canadian Women's Army Corp where she reached the rank of a major within the corps which was in the year of 1945. After a successful military engagement, Mary went back to Toronto to resume teaching personality psychology. Mary then married Leonard Ainsworth, who was also a graduate student in the psychology department of the university of Toronto, in 1950.

Mary and her husband Leonard decided to move to London because Leonard wanted to finish his PhD at the University College of London. In 1960, Mary and Leonard got divorced and underwent her therapy that she contributed her interest in psychoanalytic theory. She started teaching at the university of Virginia and she continued teaching at the school for the remainder of her career until 1984. Mary then became a retired professor and stayed active until the year of 1992.

Mary was elected as a fellow of the "American Academy of Arts and Sciences". Mary Ainsworth passed away on March 21, 1999 at the age 85 due to a stroke.