

Video-feedback intervention to promote maternal sensitivity in high risk mothers



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Highlights of the presentation

- Maternal sensitivity
 - Relevance to the early mother-infant relationship
 - A model of the mother-infant relationship
- Video-feedback intervention (VFI)
 - What is VFI ?
 - Why use VFI ?
 - When to use VFI ?
 - How to do a VFI ?
- Video observation


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MATERNAL SENSITIVITY



Definition

Mother's ability to perceive and interpret accurately her baby's signals and, given this understanding, respond to them appropriately and promptly.

Thus, maternal sensitivity has 4 essential components :

1. Awareness of the signals
2. Accurate interpretation of the signals
3. Appropriate response to signals
4. Prompt response to signals



Importance of sensitivity

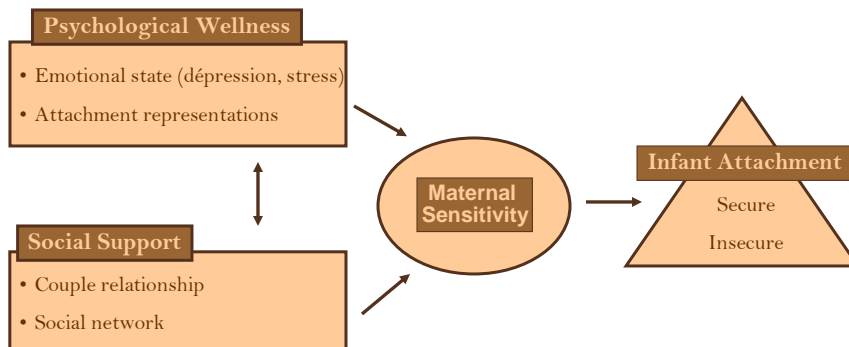
Maternal sensitivity influences infant's attachment security which is related to social and cognitive development.

More specifically :

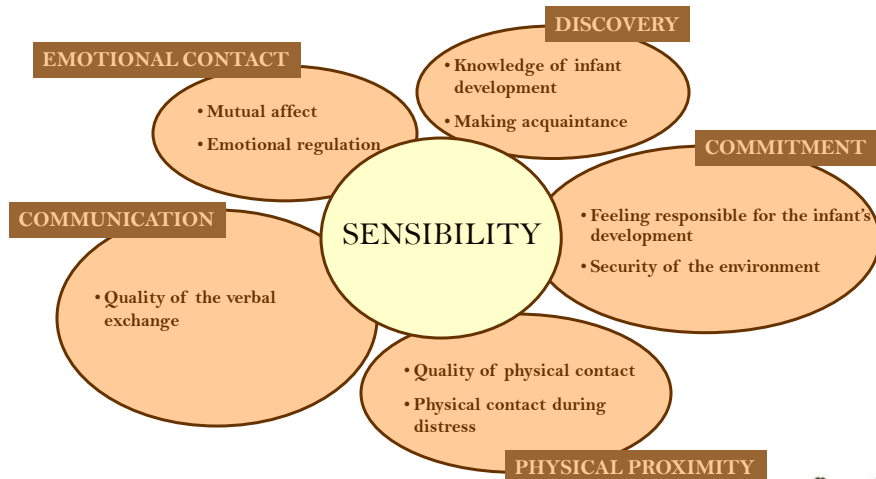
1. Confidence in oneself
2. Social and adaptation capacities
3. Language skills



Factors influencing sensitivity



A model of mother-infant relationship



In sum,

- Maternal sensitivity is crucial to the establishment of a secure relationship with the infant
- Maternal sensitivity can be :
 - Observed
 - Improved



VIDEO-FEEDBACK INTERVENTION



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What is video-feedback intervention (VFI) ?

- A behavioral intervention aimed at promoting sensitivity and a secure attachment
- Watching and discussing a videotaped interaction of the parent and the infant
- Short-term intervention
- Capitalizes on the strengths of the parent-infant dyad to promote sensitive interactions



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Juffer *et al.*, 2008



Why use VFI ?

- To practice observational skills
- To discuss relationship issues with the parent
- Evidence base data that VFI enhances sensitivity and attachment security



VFI studies

Moss et al., 2011

- RCT with 67 mothers (28 IG and 26 CG) in maltreating families
- IG – 8 home visits with VFI
- Improvement in parental sensitivity and child attachment security and reduction in child disorganization

Klein Velderman et al., 2008

- Case study and process evaluation
- 4 VPI and 4 parenting brochures
- Mother : Increase of 2 scale points on the *Ainsworth sensitivity scales*, satisfaction with the approach, time consuming
- Home visitor : higher estimation of the potential for change



VFI studies

Bakermans-Kranenburg et al., 2003

- Meta-analyses of sensitivity and attachment intervention on 81 studies (including 7,636 families)
- Short-term interventions, using videofeedback are effective to enhance sensitivity and attachment security

Backermans-Kranenburg et al., 2008

- Quasi-experimental study with 81 insecure mothers with temperamentally reactive infants (CG, 2 IG)
- Mothers in both intervention groups were more sensitive than mothers in CG.
- No effect on attachment security



VFI studies

Van Zeijl et al., 2006

- RCT with 237 families (IG = 120, CG = 117) with 1- to 3- year-old with behavior problems
- VFI was effective in enhancing maternal attitudes toward sensitivity and sensitive discipline

Woolley et al., 2008

- RCT with 80 mothers (IG= 40, CG = 40) with postpartum eating disorders and their 4- to 6- month old infant.
- Reduction in conflictual mother-infant interactions during mealtime



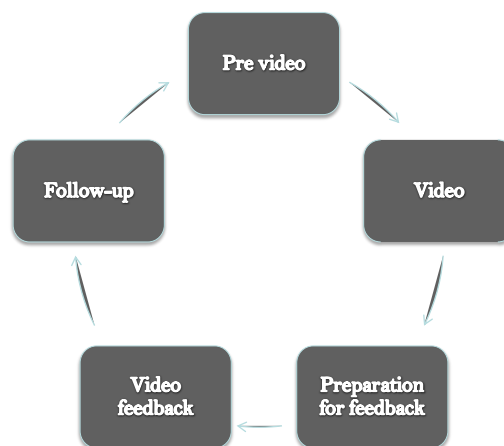
When to use VFI ?

- To promote positive parent-infant interaction
- To enhance sensitive behavior in high-risk families
- To change parental behavior in child protection situation

(Bell et al., 2011; Moss et al., 2011)



How to do a VFI ?



Pre video

- Conditions
 - Solid knowledge base on mother-infant attachment
 - Supportive relationship between nurse and mother

- Introduction to the mother
 - *Something we can do that will help us see with much more precision little Jacob's development*



Video

- 30 minutes of daily situations at the home



- Nurse is not actively involved with the mother and infant during filming

- Mothers are encouraged to relate to their infant the way they normally do



Preparation for feedback

- Appreciate mother-infant interactions
 - Sensitivity in the 5 components of the mother-infant relationship
- Identify suitable fragments to review with the mother in accordance with the goal of enhancing sensitivity
 - Positive and successful interactions



Video feedback

- Look at the video for a first time
 - Talk about how most mothers feel awkward to see themselves on video
- Present the goal to the mother :
 - *Now let's look at the video together and see what we can do to help Jacob with his development*



Video feedback

- Still the video to focus on positive and successful interactions
 - *See how Jacob reacted with a smile when you looked attentively at his play*

- Stick to the goal
 - Showing to the mother that she is able to react in a sensitive way to her infant
 - Let the mother be her own model for intervention



Follow-up

- Repeat 4 to 6 times

- Give information on sensitivity and attachment security



VIDEOS

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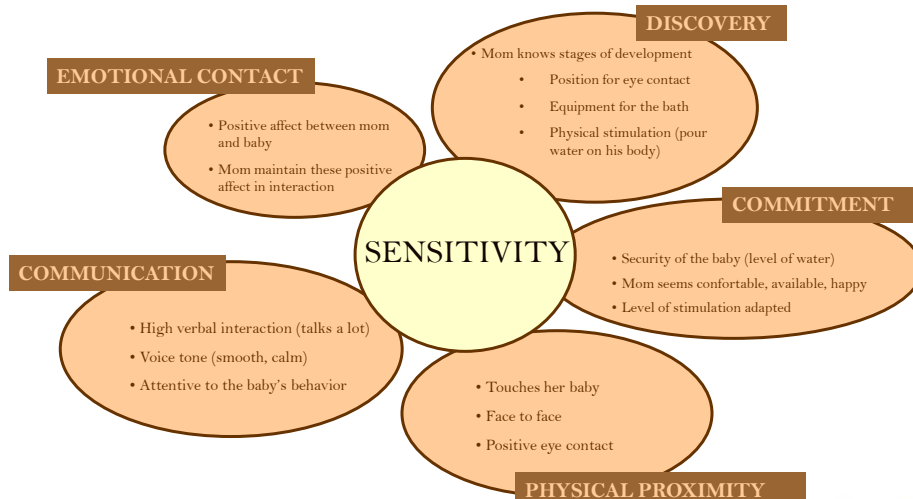


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A model of mother-infant relationship

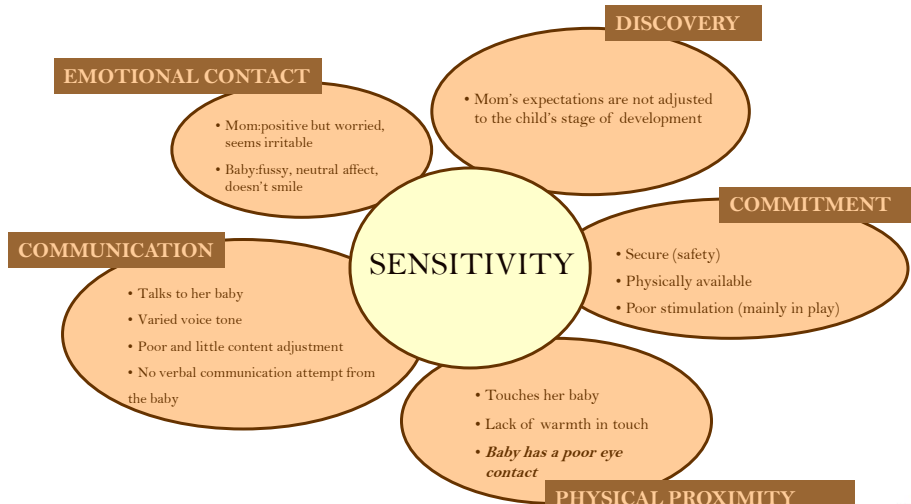


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A model of mother-infant relationship



Conclusion

- There is growing evidence that VFI is an effective strategy to enhance maternal sensitivity that nurses can integrate in their practice with childbearing families, particularly dyads at risk for attachment problems

