

2011

Attachments and Transitions: Impact of an Attachment Intervention with At-Risk Parents and Infants

Katarzyna Peninska
kmpeninska@usfca.edu

Rosana M. Aguilar
University of San Francisco, rmaguilar@usfca.edu

June Madsen Clausen
University of San Francisco, clausenj@usfca.edu

Foster Care Research Group

Follow this and additional works at: <http://repository.usfca.edu/psyc>

 Part of the [Psychology Commons](#)

Recommended Citation

Peninska, Katarzyna; Aguilar, Rosana M.; Clausen, June Madsen; and Foster Care Research Group, "Attachments and Transitions: Impact of an Attachment Intervention with At-Risk Parents and Infants" (2011). *Psychology*. Paper 16.
<http://repository.usfca.edu/psyc/16>

This Poster is brought to you for free and open access by the College of Arts and Sciences at USF Scholarship: a digital repository @ Gleeson Library | Geschke Center. It has been accepted for inclusion in Psychology by an authorized administrator of USF Scholarship: a digital repository @ Gleeson Library | Geschke Center. For more information, please contact repository@usfca.edu.



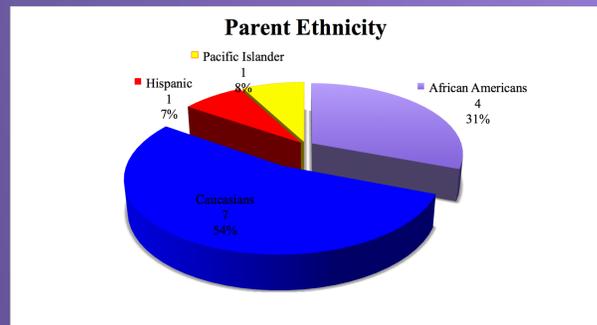
BACKGROUND AND RATIONALE

- Improving the relationship between infant(s) and their parent(s) is of great importance
- Infants of parents with substance abuse problems have a higher rate of entry to the foster care system than infants of non-abusing parents
- Infant massage interventions have been shown to improve bonds between non-abusing parent(s) and their infant(s), increase parenting skills and knowledge of child development, and decrease parental stress and depressive moods
- Substance dependent parents have trouble forming healthy attachment with their babies
- The current study evaluates the impact of a 10-week infant massage intervention program with substance dependent parent(s) and their infant(s)

METHOD

Parent Participants (N = 13)

- 85% female
- 54% single
- Mean age = 33.8 years; SD = 4.391
- 69% completed least high school
- 100% were unemployed



Infant Participants (N = 13)

- 62% female
- 39% Caucasian and 31% African American
- Mean age = 2.8 months; SD = 2.471
- 69% born with positive toxicology screen

METHOD

Procedure

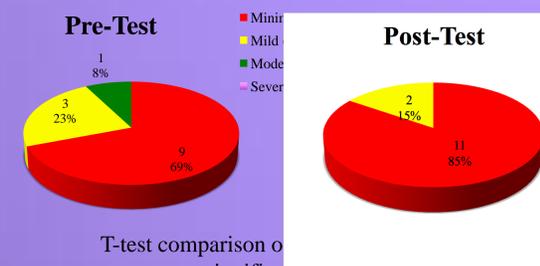
- Face-to-face interviews conducted with 13 substance dependent parents in early recovery in a residential treatment center and known to the child welfare system
- Interviews conducted before and after the infant massage intervention

Measures

- A semi-structured demographic and program evaluation survey
- The Beck Depression Inventory (BDI)
- The Knowledge of Infant Development Questionnaire (KIDI)
- The Parenting Stress Index (PSI)

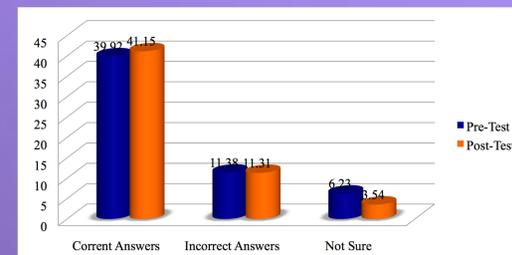
RESULTS

Parent BDI Range



T-test comparison of mean scores showed significant differences (Pre-test: mean = 10.54; SD = 4.98; Post-test: mean = 8.08 SD = 5.17)

Parent KIDI Mean Score



T-test comparison of mean scores for correct and incorrect answers showed no significant differences (Correct - Pre-test: mean = 39.92; SD = 5.88; Post-test: mean = 41.15 SD = 8.52; Incorrect - Pre-test: mean = 11.38; SD = 3.55; Post-test: mean = 11.31; SD = 8.49)

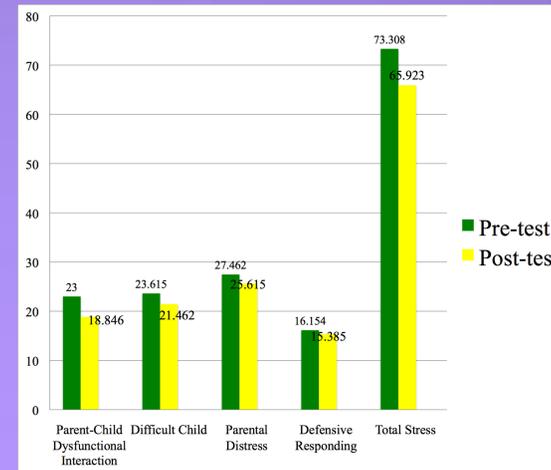
Attachments and Transitions:

Impact of an Attachment Intervention with At-Risk Parents and Infants

Katarzyna Peninska, Rosana Aguilar & June Madsen Clausen, Ph.D.
University of San Francisco

RESULTS

Parent PSI Mean Score



	Pre-Test			Post-Test			sig. P value
	n	Mean	SD	n	Mean	SD	
Parent-Child Dysfunctional Interaction	13	23	6.952	13	18.846	5.669	.017*
Difficult Child	13	23.615	3.254	13	21.461	5.666	.163
Parental Distress	13	27.462	8.403	13	25.615	4.501	.409
Defensive Responding	13	16.154	4.525	13	15.385	4.234	.621
Total Stress	13	73.308	16.054	13	65.923	13.413	.094

Program Evaluation

How does it make you feel when your baby cries?

Pre-test	Post-test
<ul style="list-style-type: none"> Horrible, it breaks my heart Distressed because I don't know what she wants; all her needs are met, fed, dressed Like I want to help her I feel bad for her I want to make her stop crying. Hold her close, desire to sooth her Sad, angry, depressed It makes me feel discomfort because she doesn't feel good I don't like it. He (son) can't communicate what's wrong 	<ul style="list-style-type: none"> Like I need to comfort her Like I need to figure out if he needs something from me. I feel compassion because I want to make her feel better To hurry up and do something about it Confused because sometimes I do not know why he is crying Sad sometimes, but sometimes she wants my attention and I always to be there

RESULTS

Is there anything different between you and your baby after taking the class?

Post-test
<ul style="list-style-type: none"> "The bond between us is stronger, the emotional bond" "Baby is more close to me now. I understand my baby more and she understands me" "We are closer" "I feel like I am more in-tune with her and her needs" "We are closer. I know her wants and needs better. Also, baby knows mom better. Good eye-to-eye contact" "We are closer I understand him, he understands me" "Take care of her better. She is less frustrated" "Sing to her more and we talked to each other more" "I massage her more" "Give them massage all the time now, every night after bath, bottle and fall right to sleep"

DISCUSSION

- Though not statistically significant, results demonstrate decreased parent depression and increased knowledge of child development following participation in an infant massage program
- Results suggest lower parental stress following the intervention with a statistically significant decrease in dysfunctional interactions between parent and child
- Participants indicated that the intervention was very helpful in creating a stronger bond with their infants
- The current study is limited by small sample size, lack of comparison group, and pre-test post-test sensitization
- Future research should include more participants, a comparison group, and measures to directly assess infant participants