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Section B

Adult Attachment Outcomes and Interventions

Measuring Adult Attachment: Two Basic Approaches

- Developmental psychology
 - Interview
 - Attachment “state of mind”
 - Example = Mary Main’s Adult Attachment Interview
- Social psychology
 - Self-report scales
 - Attachment “style”
 - Example = Feeney and Noller’s Attachment Style Questionnaire

Intergenerational Transmission

- Early childhood tasks and social fields
- Attachment theory basics
- Measurement of attachment
- **Intergenerational transmission**

Intergenerational Transmission of Attachment Status

Mother per adult
attachment interview

Child per Strange
Situation procedure

Secure/autonomous → Secure

Insecure { Dismissing → Avoidant
Preoccupied → Resistant/ambivalent
Unresolved → Disorganized

Outcomes

- Early childhood tasks and social fields
- Attachment theory basics
- Measurement of attachment
- Intergenerational transmission
- Outcomes

Association of Attachment with Later Development

- Low-risk samples
 - Weak associations, but small studies
- High-risk samples
 - Preschool, elementary school
 - ▶ Early insecure attachment → poor peer relations, moodiness, depressive symptoms, aggression
 - Adolescence
 - ▶ Anxiety disorders, dissociative disorders

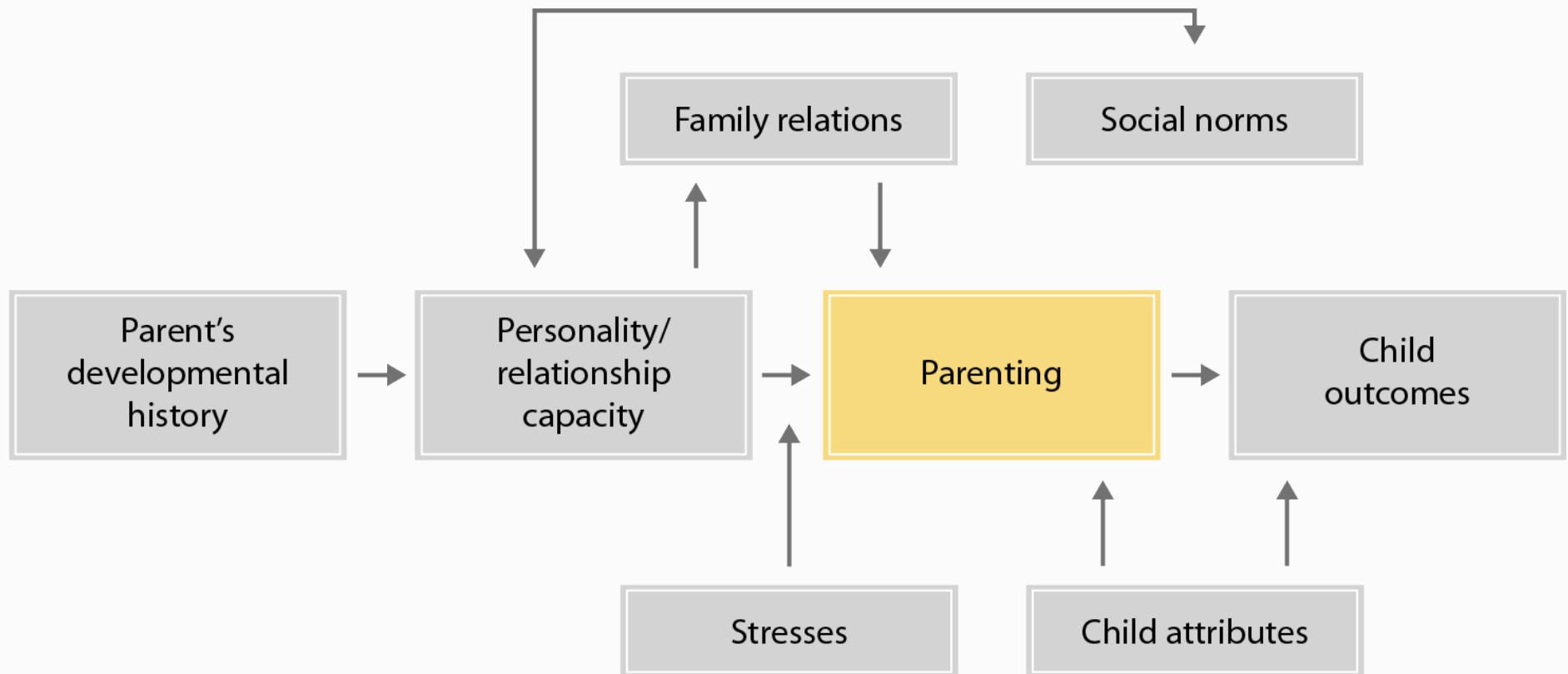
Association of Attachment w/Psychopathology in Adulthood

- Mostly case-control and cross-sectional studies
- Depression, anxiety disorder, borderline personality disorder
 - 3-way classification
 - ▶ Preoccupied at greatest risk
 - 4-way classification
 - ▶ Unresolved/disorganized at greatest risk

Approaches to Intervention

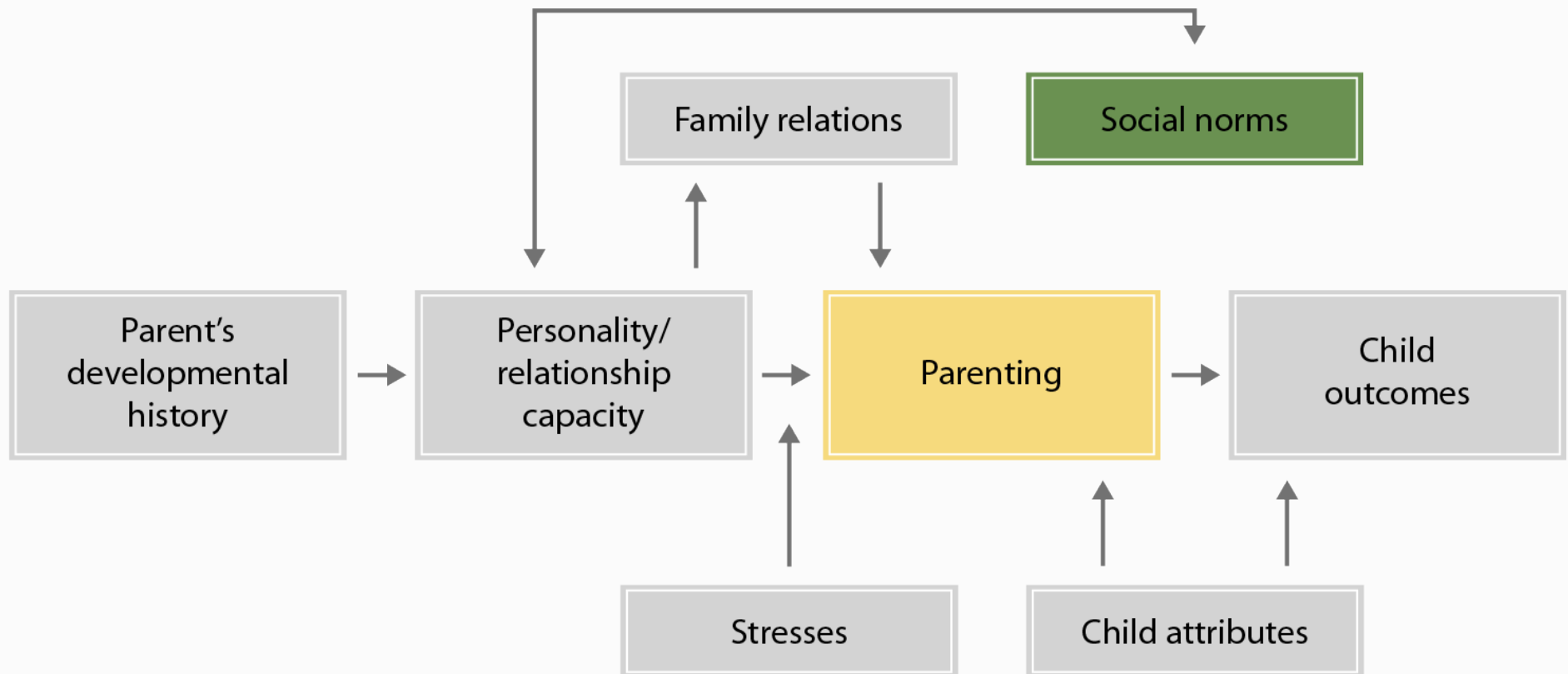
- Early childhood tasks and social fields
- Attachment theory basics
- Measurement of attachment
- Intergenerational transmission
- Outcomes
- Approaches to intervention

Conceptual Framework—Determinants of Parenting



Adapted by CTLT from Belsky's Framework.

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Intervene Early

- Intervene early because early parenting tracks into grade school

	AOR*	p
Nonviolent discipline	4.5	<.01
Psychological aggression	5.9	<.01
Severe assault	7.6	<.01
Neglectful behavior	3.7	<.01
Confirmed CPS report	6.7	<.01

*AOR for later use if tactic used birth-3 years

Video-Based Parent Training in Well Child Visits

- Design: RCT; assignment by family
- Setting: inner city public hospital clinic
- Sample: Latino mother-newborn dyads
 - Inclusion criterion: low maternal education
 - Exclusion criteria: prematurity, medical complication, psychosocial issue, no VCR at home
- Measures:
 - Cognitive development: Bayley MDI
 - Language development: PLS-3
 - EI eligibility: <2 SDs below mean on 1 scale
<1.5 SDs on both scales

VIP Study—Definition of Conditions

- Control = usual care per AAP guidelines
- Experimental = usual care per AAP guidelines

plus

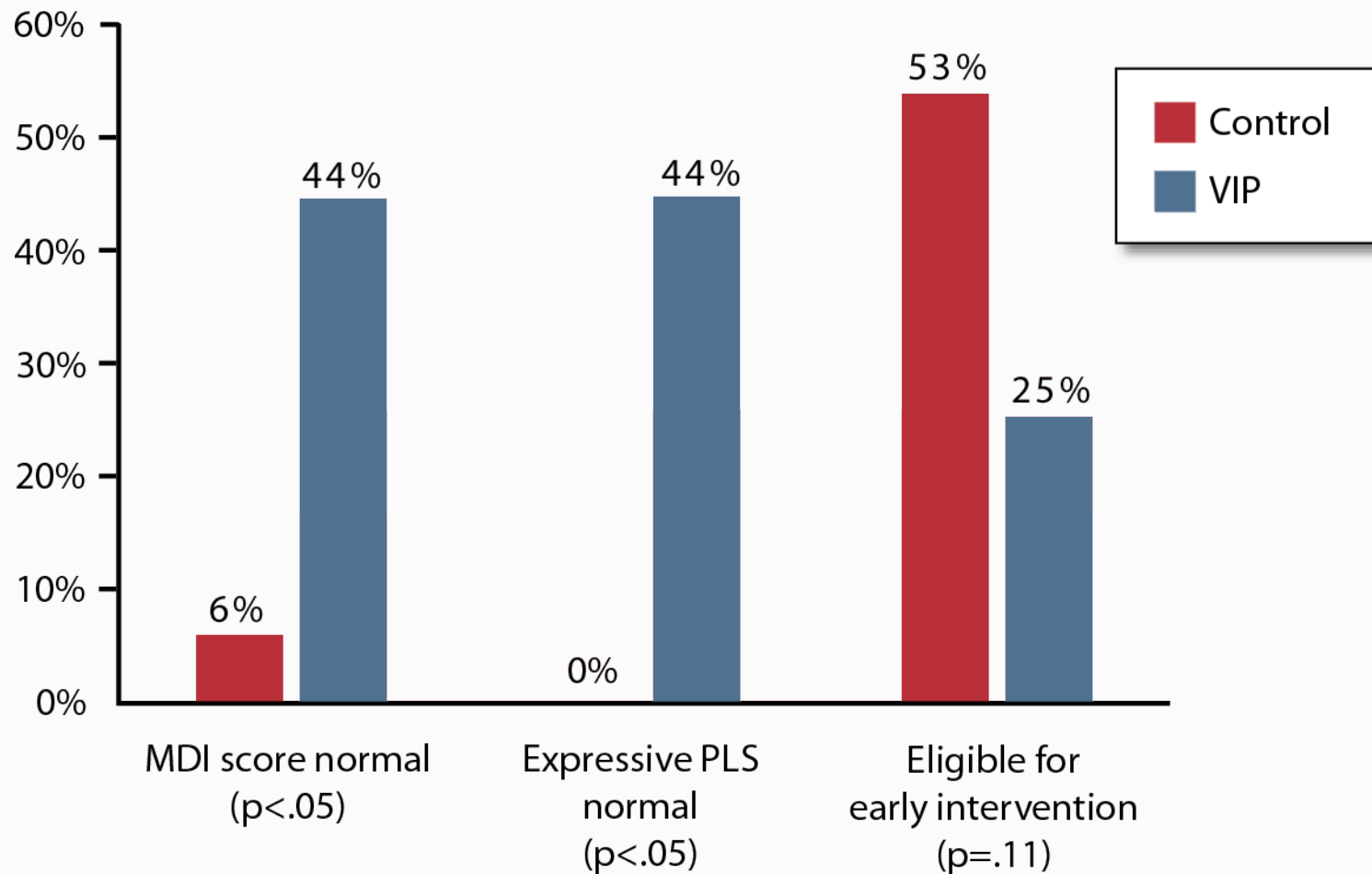
12 sessions with child development specialist

2 weeks - 3 years old, about 45 minutes each visit

Curriculum for cognitive, language, SE development

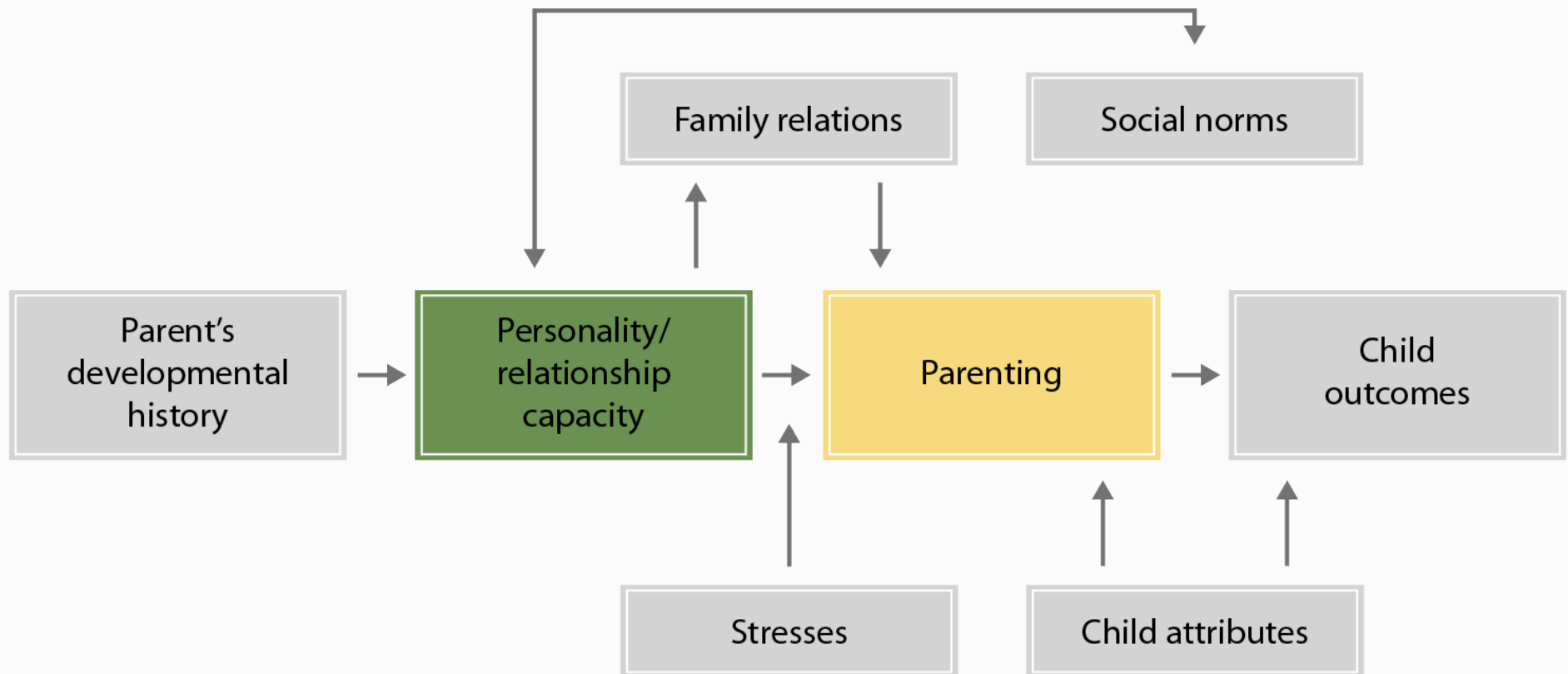
- Three parts to each session
 1. Discuss parent expectations and concerns
 2. Give developmentally stimulating book or toy
 3. Videotape 5- to 10-minute parent-child interaction; review; focus on strengths, activities to do at home; copy for family

Control vs. VIP Group Outcomes



Mothers completing 7th-11th grade: substantial impact
Mothers completing <7th grade: smaller effects

Conceptual Framework—Determinants of Parenting



Adapted by CTLT from Belsky's Framework.

COS Protocol—Principles

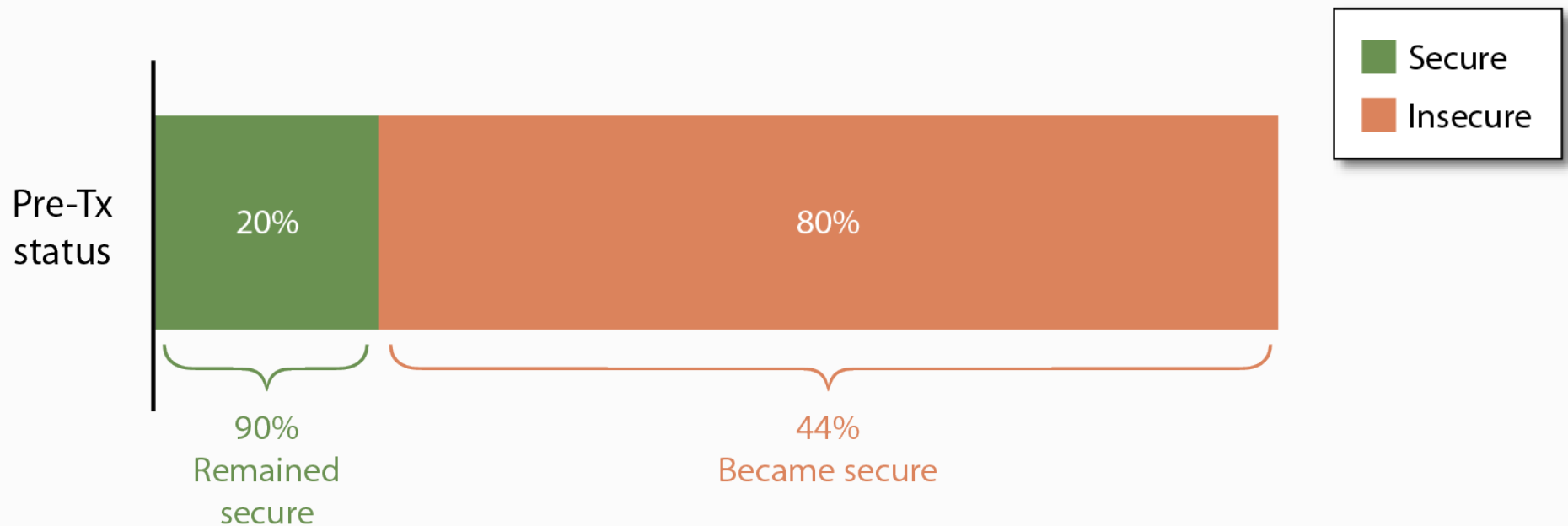
1. Lasting change results from parents **developing specific relationship capacities** vs. learning parenting techniques
 - Understanding children's relationship needs
 - Observational and inferential skills
 - Reflective functioning
 - Emotional regulation
 - Empathy
2. Capacities are best enhanced within a secure-base relationship
3. Interventions are most effective if they focus on the strengths and struggles of each dyad

COS Protocol

Weeks	Content
1-2	Introduce attachment theory and COS graphic
3-8	Observe Strange Situation video clips ; note successes
9	Build framework to look at defensive processes
10-15	View new video clips ; focus on under-developed capacities
16-20	View new video clips ; celebrate positive change; make a plan for future

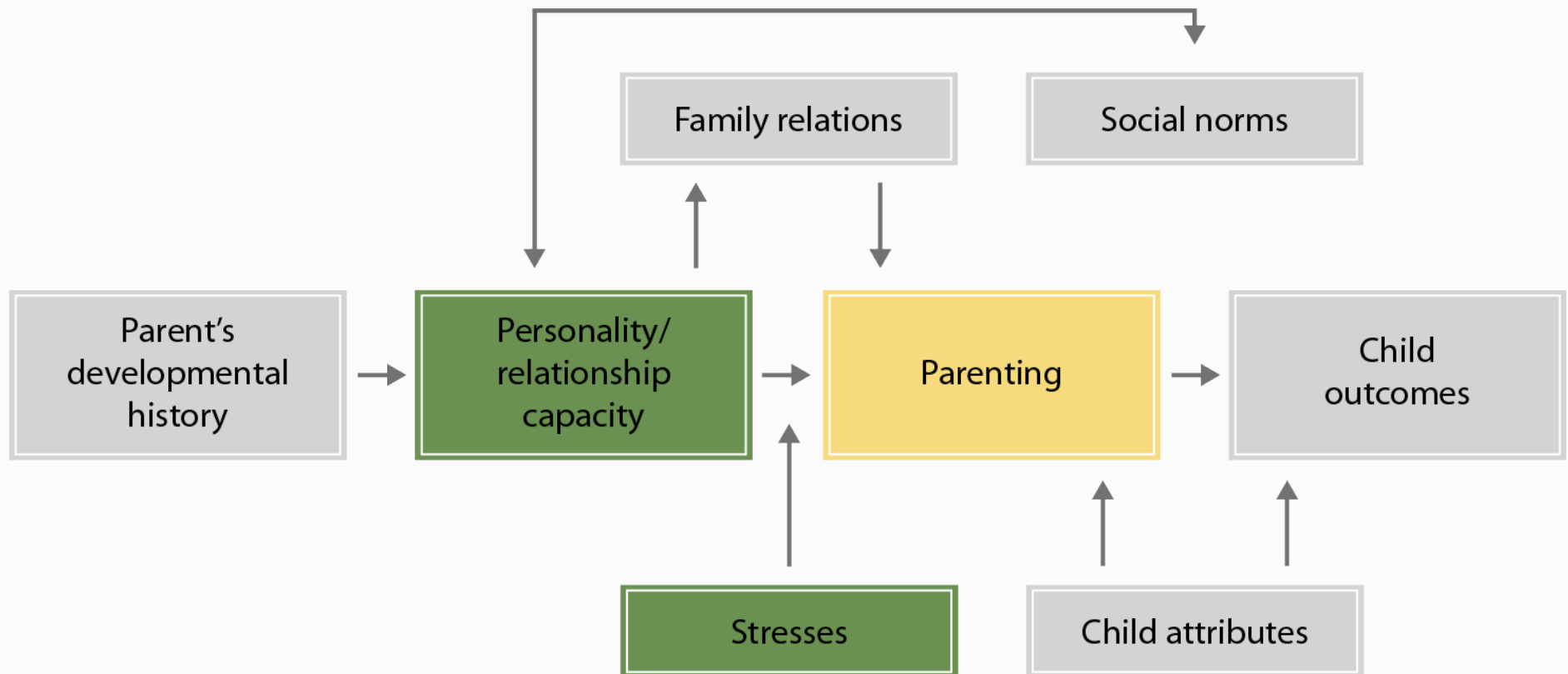
COS Early Head Start Study: Attachment Status

Results—COS Early Head Start Study
pre/post improvement in attachment status ($p < .001$)



Adapted by CTLT from Hoffman KT et al. Changing Toddlers' and Preschoolers' Attachment Classifications: The Circle of Security Intervention. *J Consulting and Clinical Psychology* 74(6):1017-1026 (2006).

Conceptual Framework—Determinants of Parenting



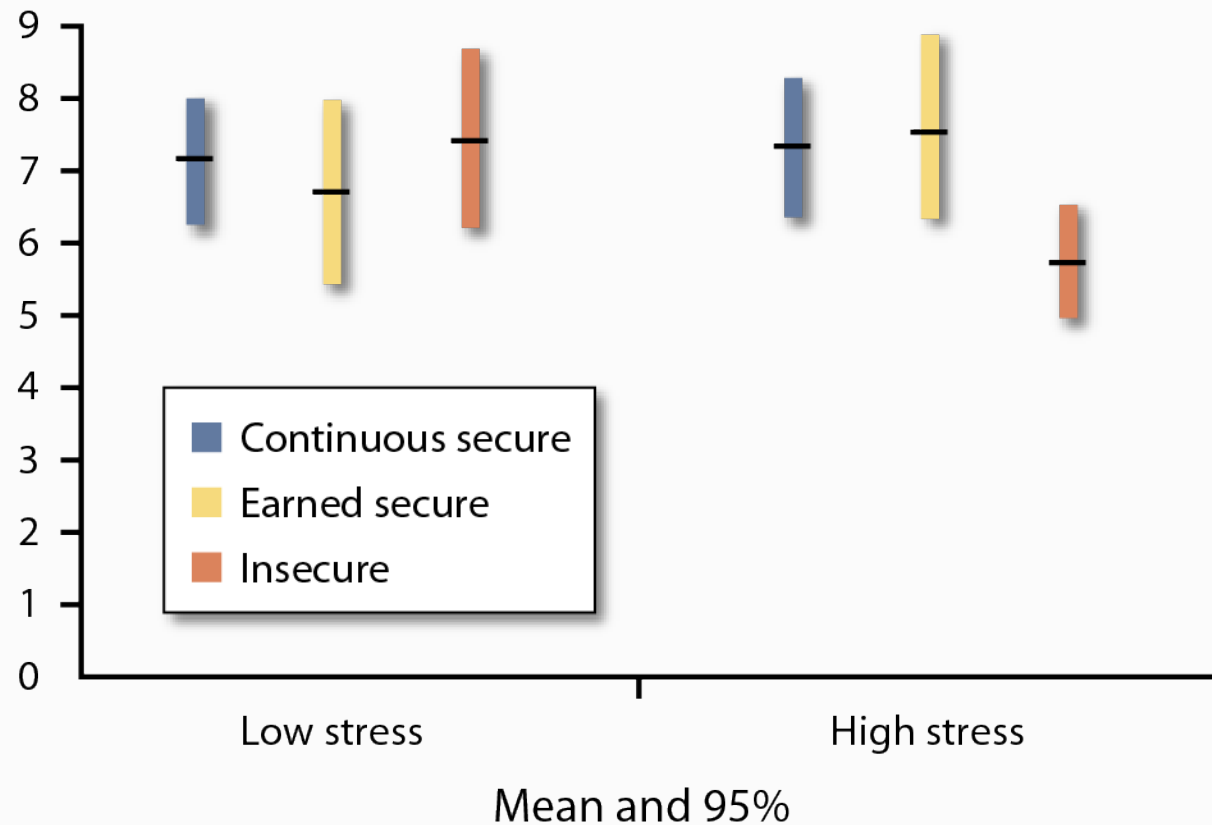
Adapted by CTLT from Belsky's Framework.

Breaking Negative Cycles of Ineffective Parenting

- Breaking negative intergenerational cycles of ineffective parenting
 - **Hypothesis:**
 - ▶ Five competing theoretical models of adult attachment as an influence on parenting
 - **Design:**
 - ▶ Cohort study, 10-27 months old
 - **Sample:**
 - ▶ Mother-firstborn son dyads
 - **Measurement:**
 - ▶ Maternal attachment status: AAI at 11 mos
 - ▶ Parenting: 180 mins observation at 27 mos
 - ▶ Stress: Parenting Daily Hassle

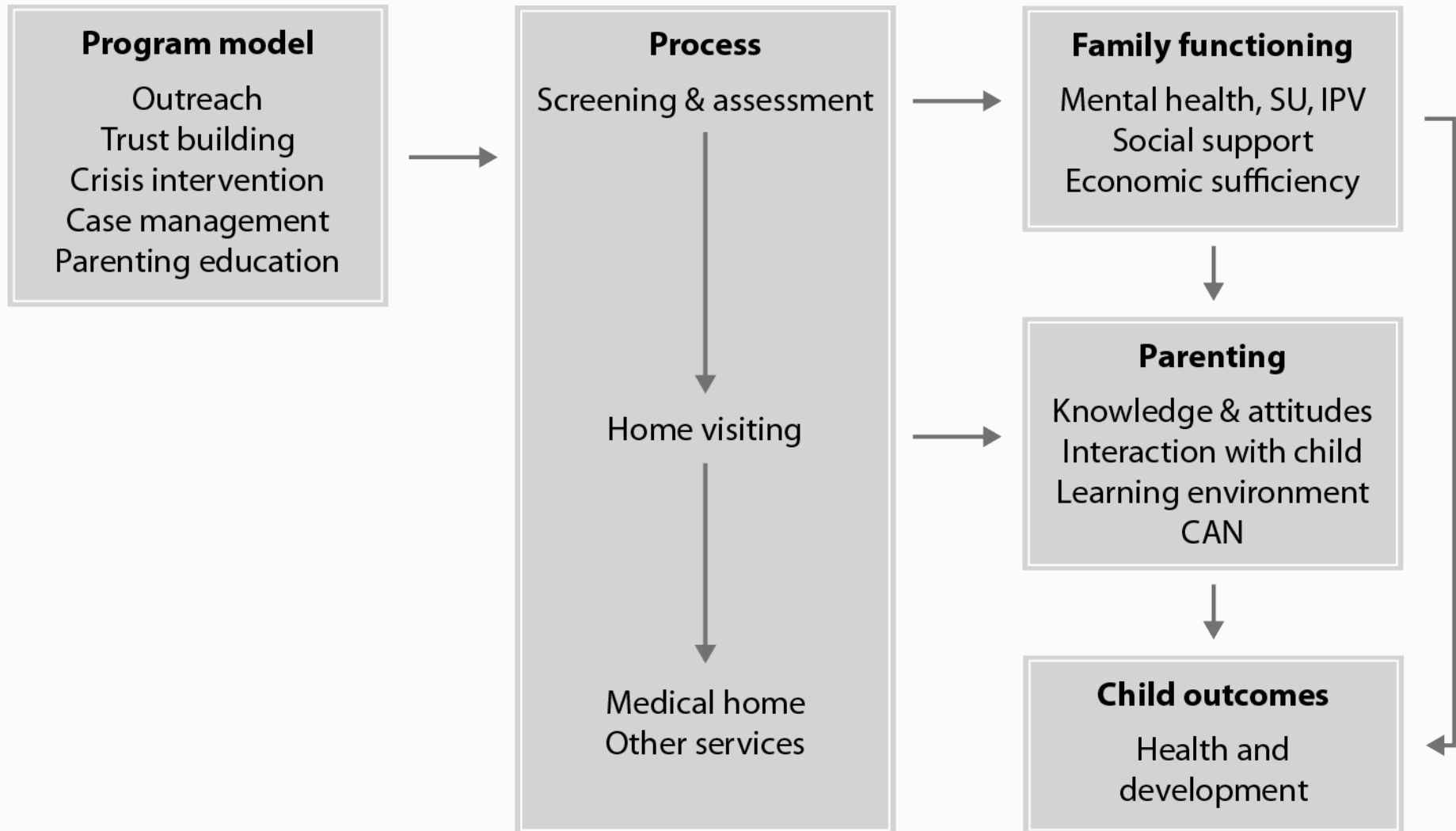
Maternal Attachment Status and Level of Stress

Positive parenting score by
maternal attachment status and level of stress



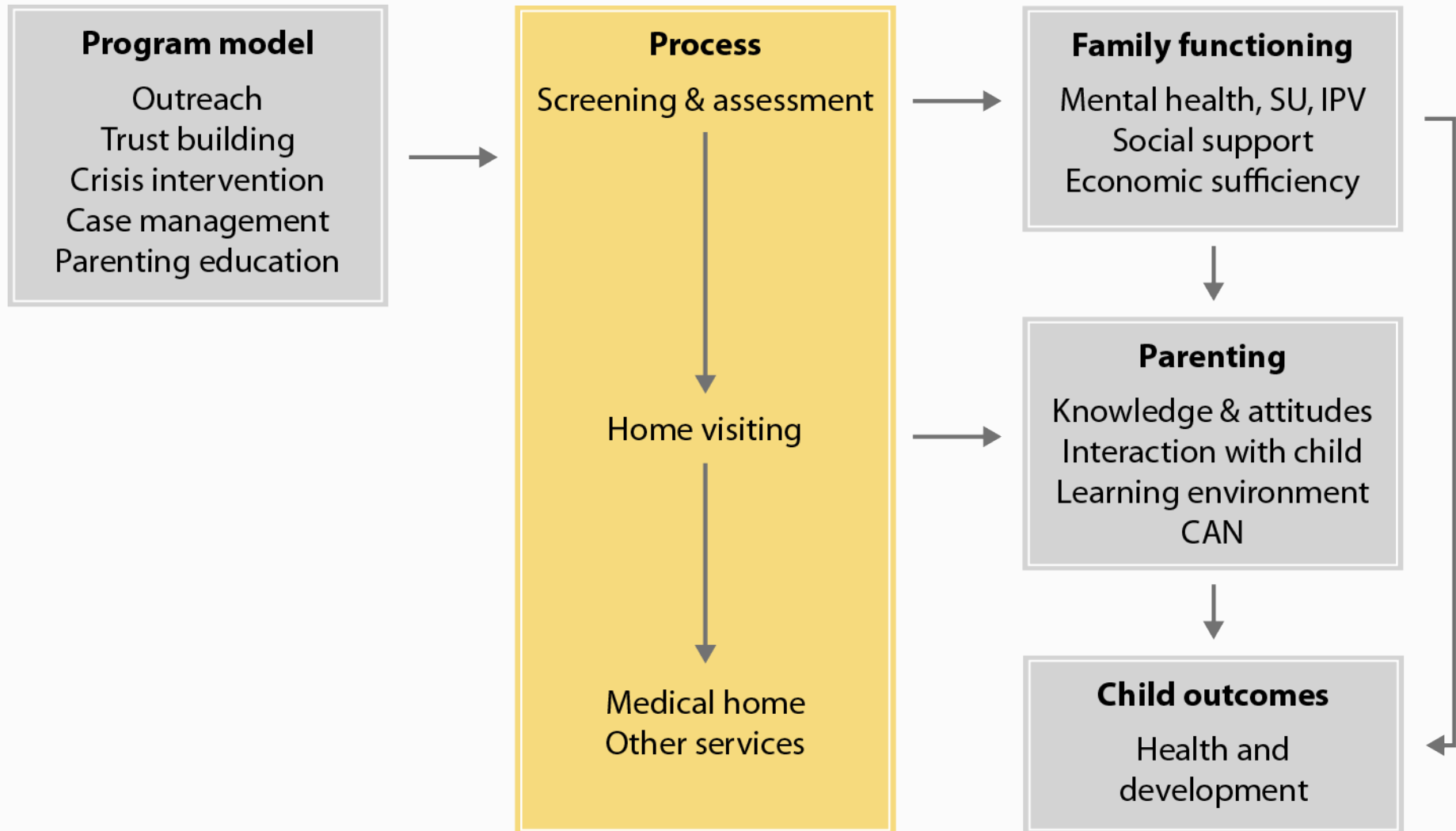
Home Visiting: A Comprehensive Approach

Home visiting is a comprehensive approach to parent training



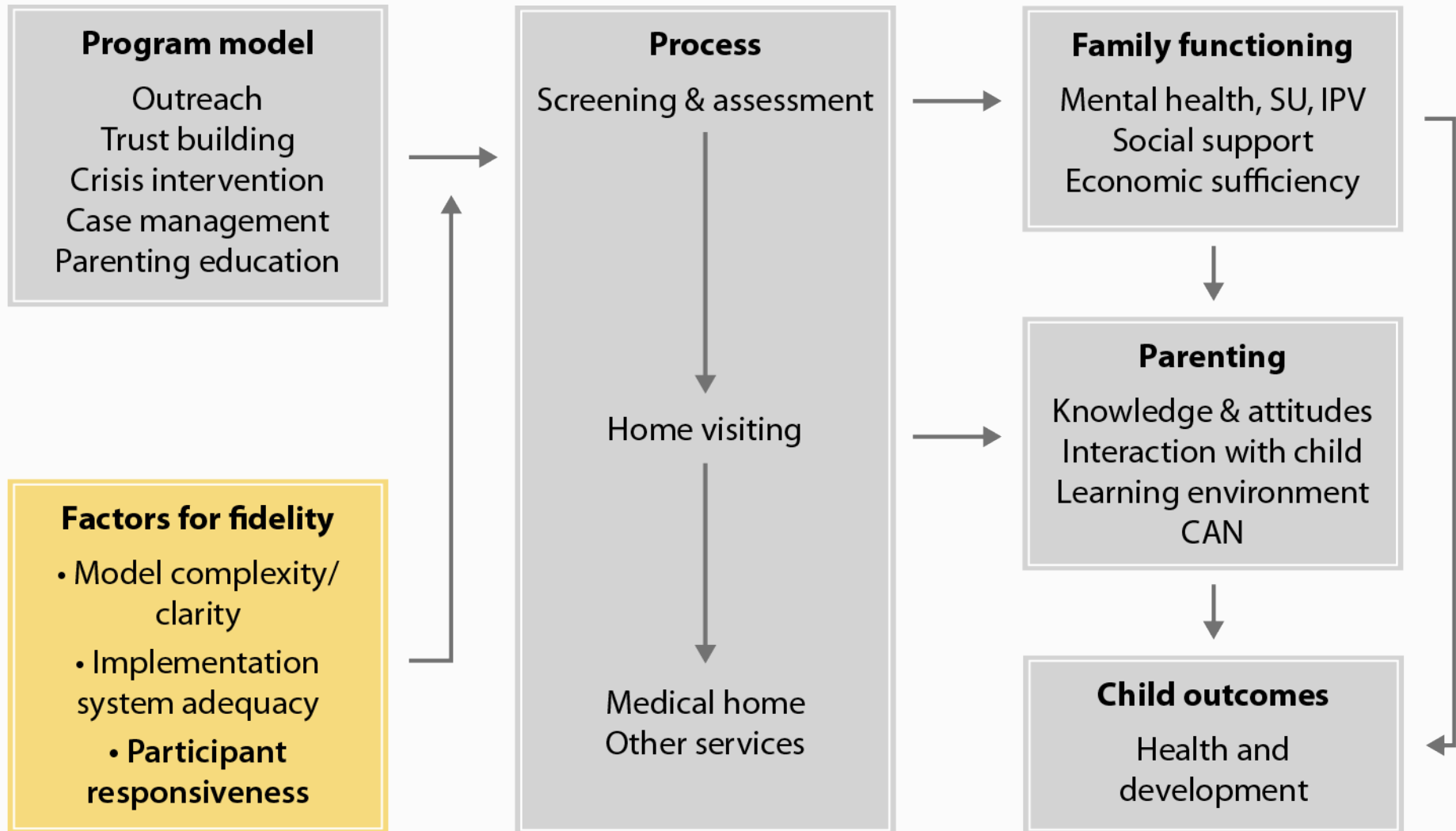
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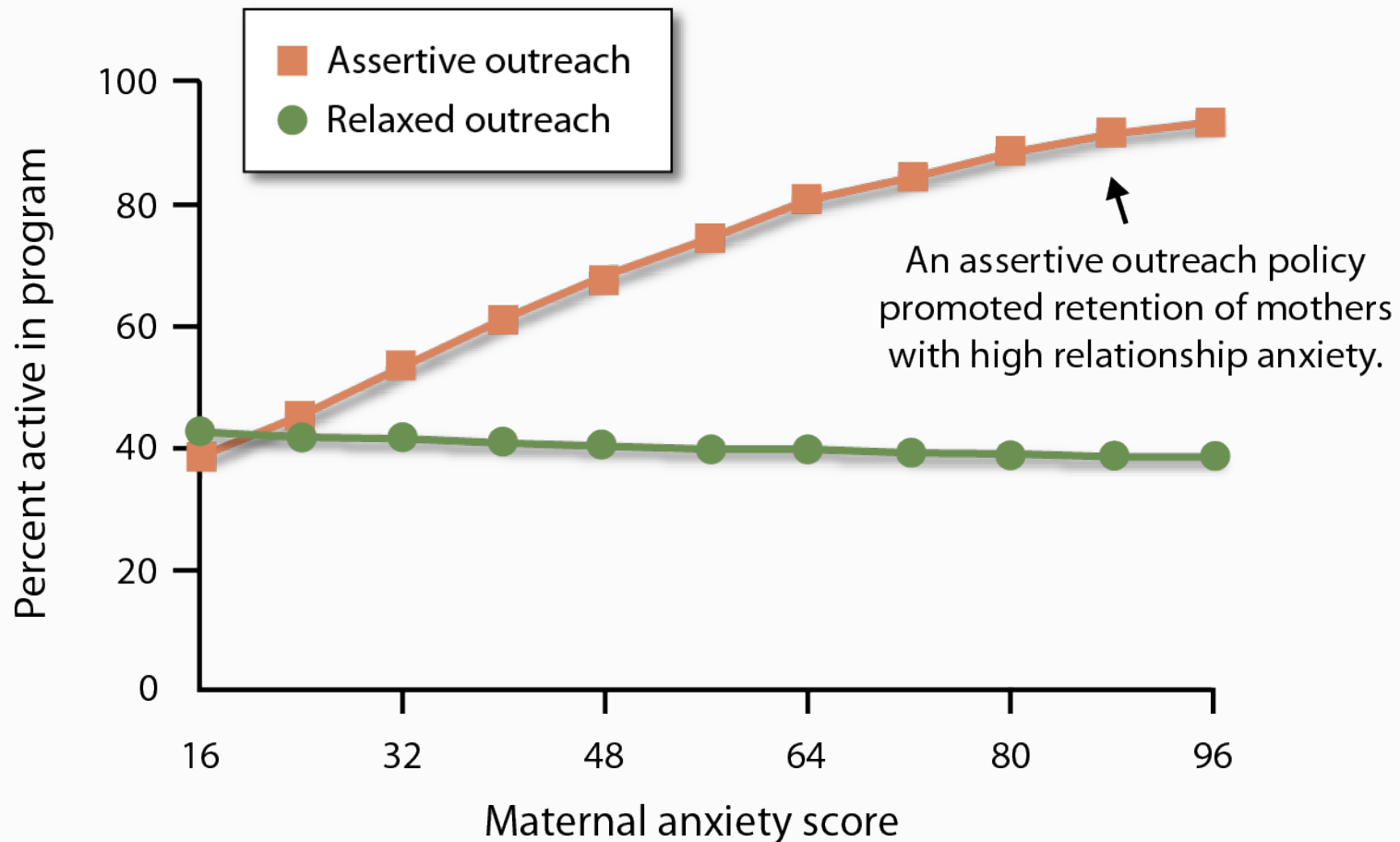
Participant Responsiveness

Participant responsiveness influences HV fidelity and impact



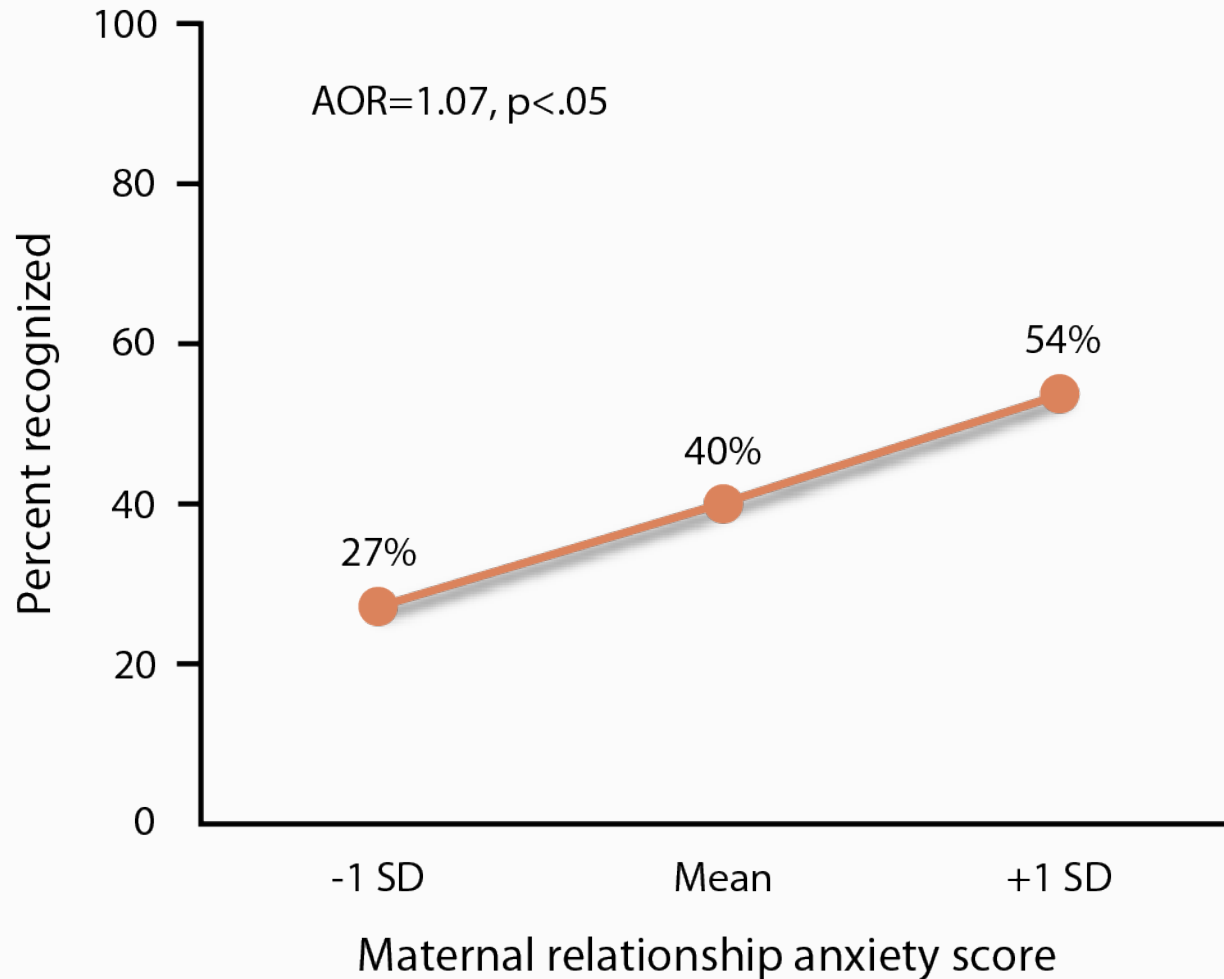
Participant Responsiveness

Participant responsiveness—varying response to creative outreach



Participant Responsiveness

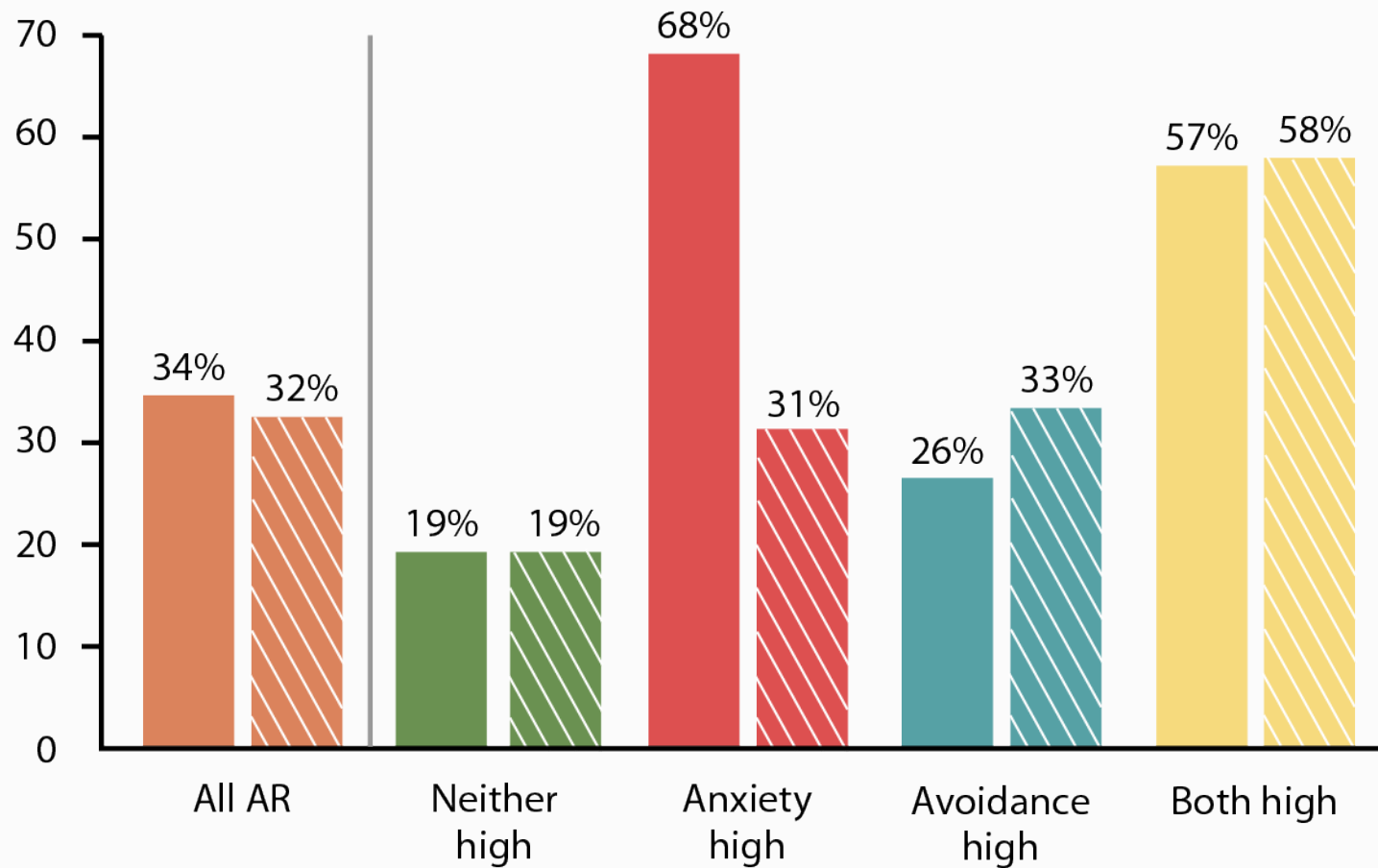
Participant responsiveness—varying identification of poor mental health



Home Visiting Need and Impact

Differential home visiting need and impact—highest in mothers with relationship anxiety

Example: Depressive Symptoms

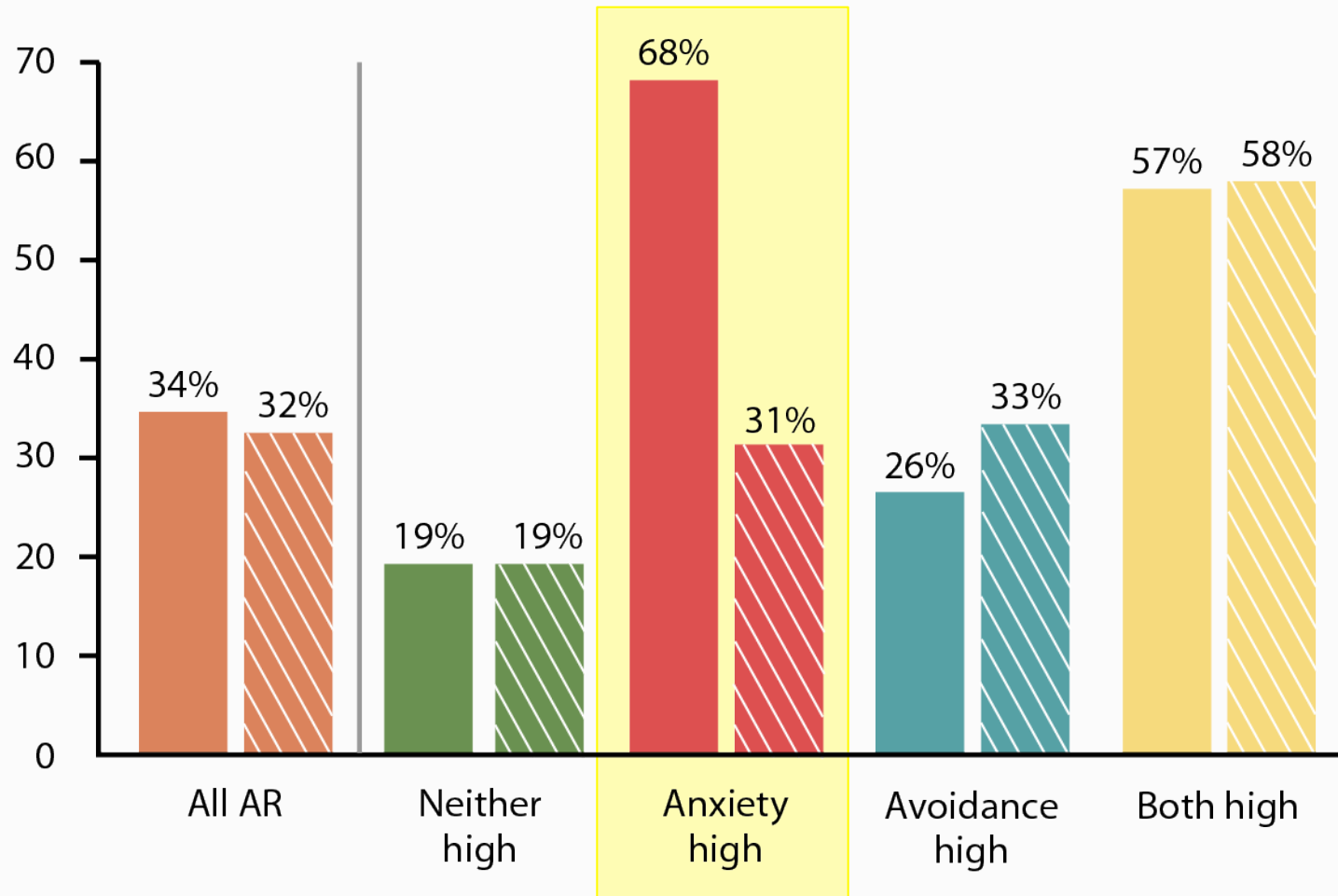


Solid bar = control
Striped bar = home visited

Home Visiting Need and Impact

Differential home visiting need and impact—highest in mothers with relationship anxiety

Example: Depressive Symptoms



Solid bar = control
Striped bar = home visited

Recap of Points

- Early childhood is a crucial time; parents are a key influence
- Early experiences with attachment figures have long-term consequences
- Parenting interventions should explicitly consider caregivers' attachment status