

Attachment-based Prevention Program SAFE®. Results of an RCT-study.

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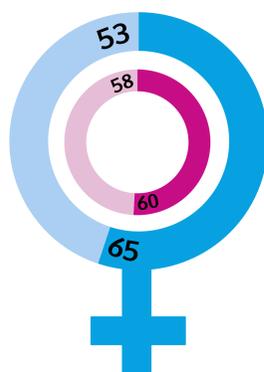
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INTRODUCTION Based on attachment theory, research on intergenerational transmission of trauma and knowledge about methods to foster attachment security, the concept of the SAFE (Secure Attachment Formation for Educators) program was developed by K. H. Brisch and implemented in Germany from 2005 on (Brisch, 2010). It includes the reflection on childhood experience, psycho-education on attachment theory as well as the attachment needs of children, video-based sensitivity training and video-feedback on parent-child-interaction (see Figure 1). The program was evaluated in a randomized-control-trial between 2006 and 2013 in a non-clinical community sample. Control group participants received group sessions and support in the same frequency and time span as the intervention group including topics like birth preparation, support on breastfeeding and nursing, as well as education on child development, but without explicit focus on attachment topics.

HYPOTHESIS Mothers of the SAFE® group are more emotional available in interaction with their child.

N = 118 MOTHERS

and their
~ 4-month-old
children



■ SAFE® ■ girls
■ Controls ■ boys

MATERIAL & METHODS N= 167 mothers were randomly assigned to the groups. n= 118 mothers and their children had valid data on mother-child-interaction quality in a diapering situation. Socio-demographic background of mothers was high with 75.4 % obtaining a university degree. 86.4 % had their first child. Mothers were on average 33.36 years old (SD= 5.46 range: 16-44). 8 mothers were single mothers.

Mother-child-interaction during diapering was video-taped for approx. 20 min. at two to seven months postnatal and coded with the emotional availability scales (4th edition; Biringen, 2008) (M= 3.94 months) by two reliable coders who were blind to the group of the subject.

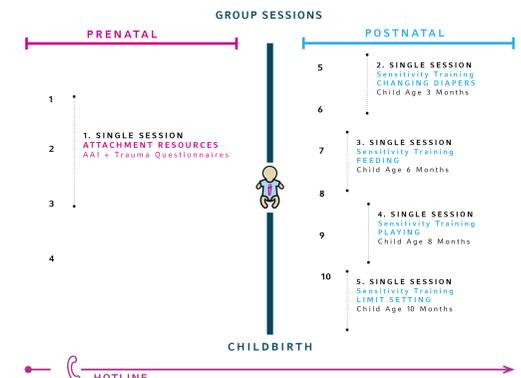
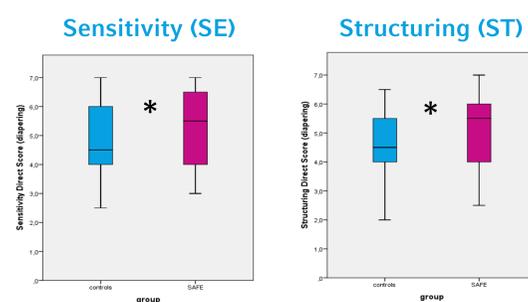
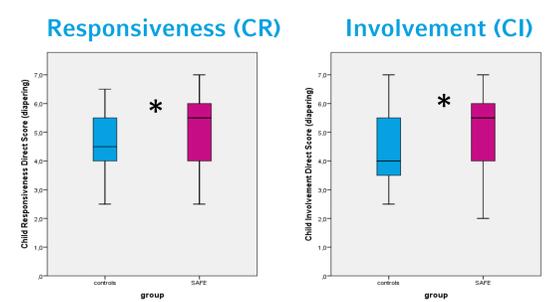


Figure 1: Course of the SAFE® program.

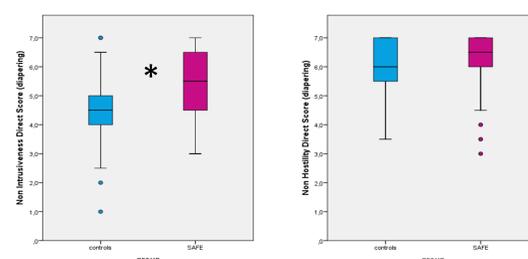
Mothers' EA



Children's EA



Non Intrusiveness (NI) Non Hostility (NH)



■ Controls ■ SAFE
* significant univariate effect of group

Figure 2: Distribution of emotional availability of mothers in control and intervention group.

Table 1: Means and SD for groups

Emotional Availability (Biringen, 2008)	SAFE® M (SD)	Controls M (SD)
Sensitivity (SE)	5.32 (1.20)	4.70 (1.13)
Structuring (ST)	5.20 (1.20)	4.50 (1.04)
Non Intrusiveness (NI)	5.33 (1.21)	4.41 (1.17)
Non Hostility (NH)	6.23 (1.09)	6.01 (1.05)
Child Responsiveness (CR)	5.12 (1.15)	4.58 (1.10)
Child Involvement (CI)	4.90 (1.37)	4.28 (1.10)
Clinical Screener (CS)	7.53 (1.26)	6.93 (1.36)

RESULTS A MANCOVA with child's age as covariate was conducted to analyze group differences regarding the six dimensions of emotional availability (see Figure 2 and Table 1). A significant multivariate group effect was found ($F(6,110)= 3.00, p=.009; \eta^2_{partial}=.14$).

Significant univariate effects were found on four of six dimensions: SE ($F(1,110)= 7.60, p=.007$), ST ($F(1,110)= 9.71, p=.002$), NI ($F(1, 110)= 15.63, p\leq .001$), CR ($F(1,110)= 6.98, p=.009$), and CI ($F(1,110)= 7.62, p=.007$). Effect sizes are in the range medium effects ($\eta^2_{partial}SE=.06, \eta^2_{partial}ST=.08, \eta^2_{partial}NI=.12, \eta^2_{partial}CR=.06$ and $\eta^2_{partial}CI=.06$).

CONCLUSIONS In the intervention group, mothers were more sensitive, more adequately structuring and less intrusive and children more responsive and more active in involving the mother in positive interaction. Results indicate that mothers and children benefit from the SAFE® program – probably especially from prenatal video-based sensitivity training and reflection of own attachment experiences.