

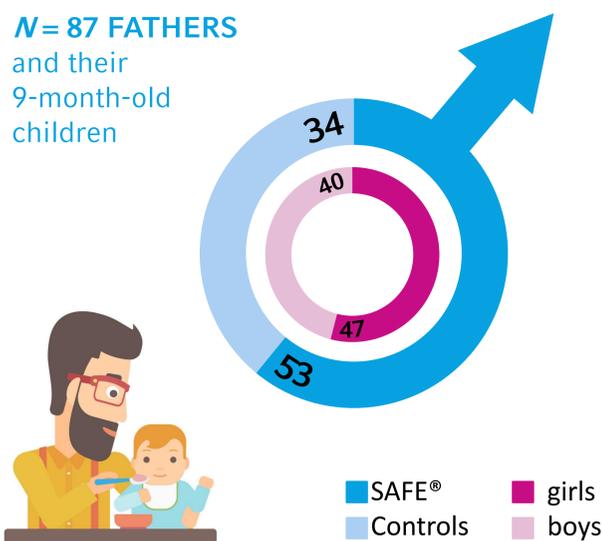
The Attachment-Based Parenting Program SAFE® Promotes Father-Child Interaction Quality (RCT).

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INTRODUCTION Little focus is given to the effects of **attachment-based parenting programs** on fathers (Bakermans-Kranenburg et al., 2003; Taubner et al., 2013), although fathers' sensitivity was found to be important for their children's attachment quality in a meta-analysis (Lucassen et al., 2011). **SAFE®** (Safe Attachment Formation for Educators; Brisch, 2007) is an attachment-based parenting program that aims to include both partners. An important component of the program is **video-based sensitivity training to promote parents' sensitivity**.

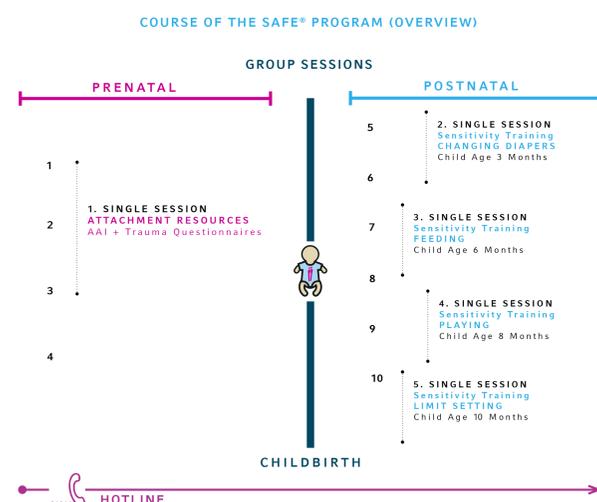
N = 87 FATHERS and their 9-month-old children



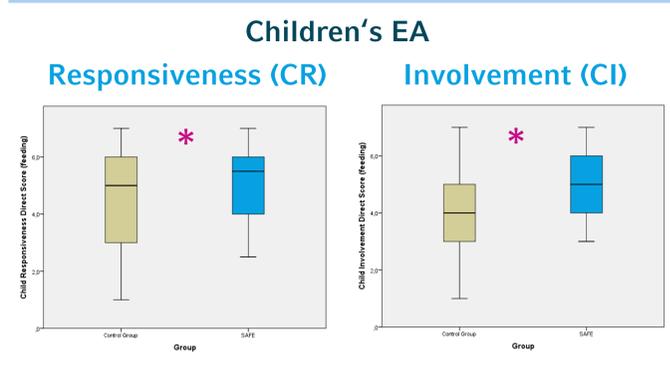
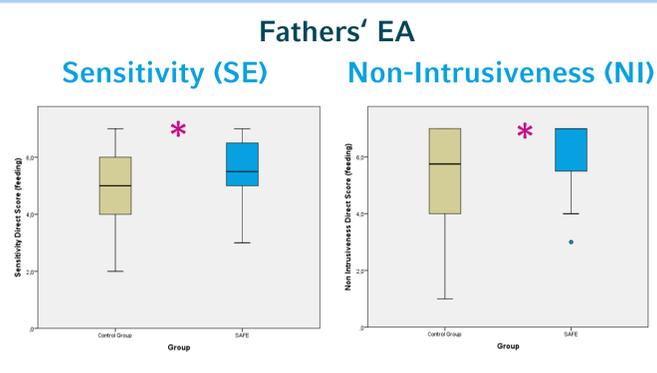
MATERIAL & METHODS A non-clinical sample of fathers was randomly assigned to an intervention and a control group and videotaped for 20 minutes during a **feeding interaction** with their approximately nine-month-old child (**SAFE®**: 9.21 months, $SD = 2.15$; range 6-15 months; Control Group: 9.68 months, $SD = 3.00$; range 4-17 months). Videos were coded by a blinded and reliable coder using the **Emotional Availability Scales (EA-Scales®; Biringen, 2008)**. 20% of videos were double-coded, with the ICC ranging between .50 and .76 for the different dimensions.

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AIMS OF THE STUDY **SAFE®** was evaluated in a longitudinal RCT-study. Here, we will investigate whether fathers' emotional availability differs between the intervention (**SAFE®**) and control group (same dose, but no focus on attachment and no sensitivity training).



RESULTS A MANCOVA with child's age as covariate was used to analyze group differences regarding the six dimensions of emotional availability. A nearly significant multivariate group effect was found ($F(6,79) = 2.11, p = .062$). For the hypothesis that fathers in the intervention group would show a higher emotional availability, **significant univariate effects were found on four of six dimensions: SE** ($F(1,84) = 4.19, p = .044$), **NI** ($F(1,84) = 5.93, p = .017$), **CR** ($F(1,84) = 7.05, p = .009$), and **CI** ($F(1,84) = 7.98, p = .006$). Thus, in the intervention group, fathers were more sensitive and less intrusive and children more responsive and more active in involving the father in positive interaction. Effect sizes are in the range of small to medium effects ($\eta^2_{partial}SE = .05, \eta^2_{partial}NI = .07, \eta^2_{partial}CR = .08$ and $\eta^2_{partial}CI = .09$).



| EA-Scales® (Biringen, 2008) | SAFE® M (SD) | Controls M (SD) |
|----------------------------------|-----------------|--------------------|
| Sensitivity (SE) | 5.56 (1.16) | 5.03 (1.29) |
| Structuring (ST) | 5.84 (1.51) | 5.71 (1.09) |
| Non Intrusiveness (NI) | 6.09 (1.18) | 5.43 (1.56) |
| Non Hostility (NH) | 6.48 (0.80) | 6.29 (0.98) |
| Child Responsiveness (CR) | 5.32 (1.20) | 4.60 (1.57) |
| Child Involvement (CI) | 5.00 (1.45) | 4.25 (1.48) |

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CONCLUSIONS These results corroborate findings of preliminary analyses with a subsample (Quehenberger et al., 2015) and indicate that fathers and children benefit from the **SAFE®** program. Further analyses will focus on the mutual influence of fathers' and mothers' emotional availability and their impact on the child's attachment to the mother and father at one year.

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