

The attachment-based parenting program SAFE® promotes father-child interaction quality: First results of an RCT.

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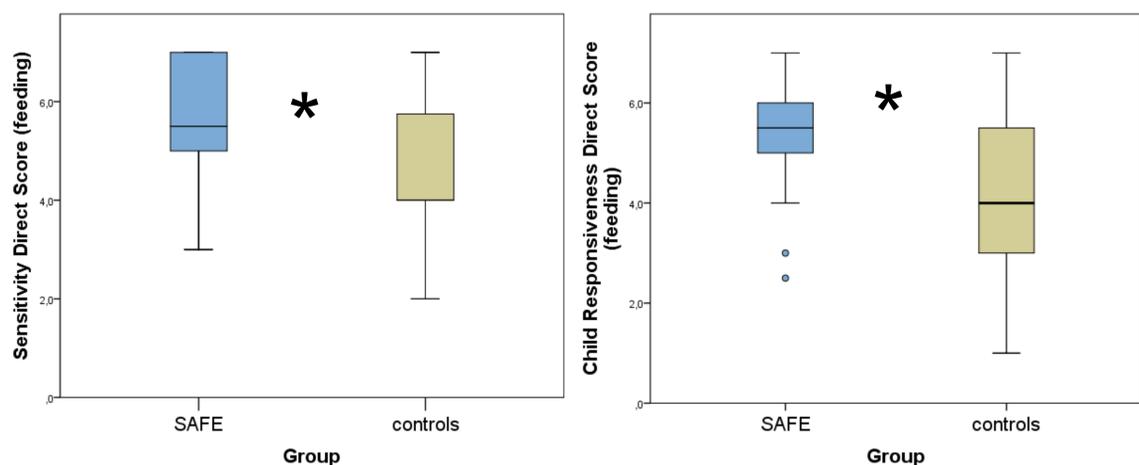
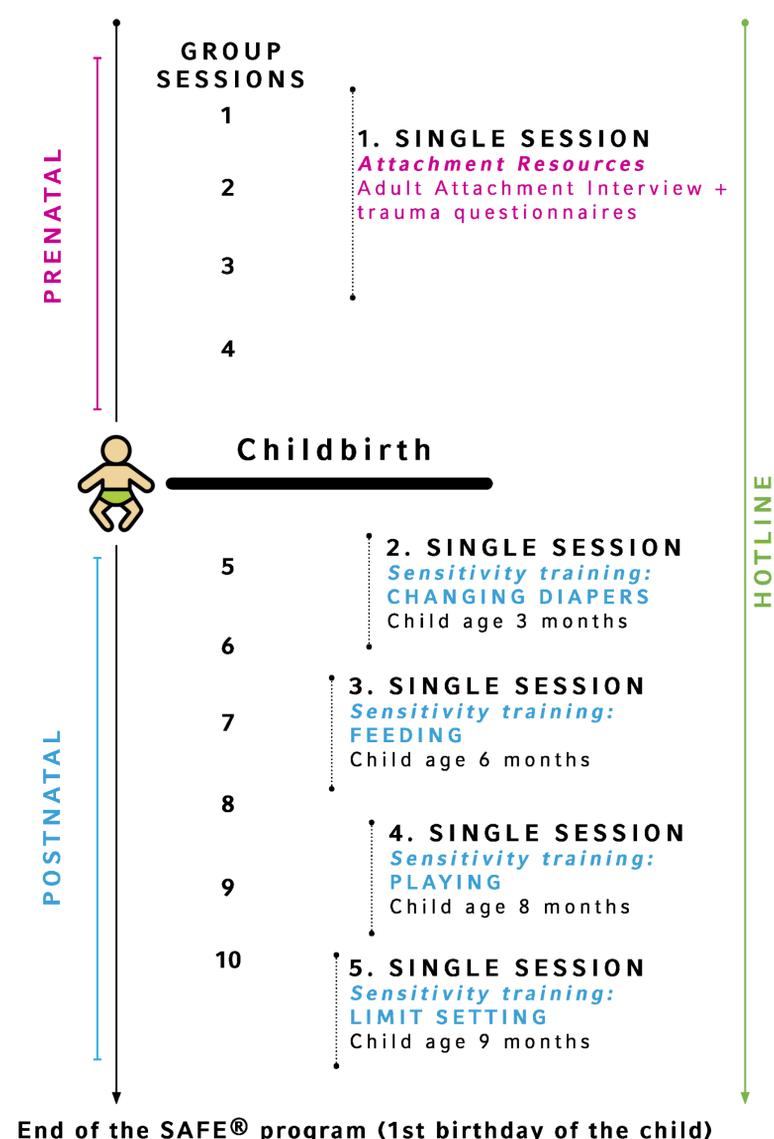
INTRODUCTION Little focus is given to fathers regarding the effects of attachment-based parenting programs (Bakermans-Kranenburg, van IJzendoorn & Juffer, 2003; Taubner et al., 2013). SAFE® (Safe Attachment for Educators; Brisch, 2007) is an attachment based-parenting program including video-based sensitivity training to promote parents' sensitivity and children's secure attachment behavior: The program, which focuses specifically on couples, consists of 10 full-day group sessions that start prenatally and continue throughout the first year of life. For this pilot study data were used that were gathered from 2005 to 2013, when SAFE® was evaluated through a longitudinal RCT-Study. Here, we will investigate if fathers' sensitivity and children's responsiveness (dimensions from the Emotional Availability Scales, Biringen, 2008) differ between intervention (SAFE®) and control group (no focus on attachment and no sensitivity training).

SAMPLE & METHODS A non-clinical subsample of N= 41 fathers was randomly assigned to intervention (n= 21, M_{age}= 39.3 years, range= 23-48 years) and control group (n= 20, M_{age}= 39.0, range= 28-57 years) and videotaped for 20 minutes during a feeding interaction with their approximately nine month old child (SD= 2.47 months). Videos were coded by a blinded and reliable coder with the Emotional Availability Scales (Biringen, 2008).

RESULTS A MANOVA was used to compare the fathers' sensitivity and children's responsiveness means of the intervention and control group. A significant multivariate effect was found. Significant univariate effects were found on both dimensions: fathers' sensitivity (F(1,37)= 6.70, p< .05) and children's responsiveness (F(1,37)= 7.01, p< .05). Thus, in the intervention group, fathers were far more sensitive and children far more responsive, as shown by the large effect sizes (η^2_{partial} sensitivity= .15 and η^2_{partial} responsiveness= .16).

Course of the SAFE® program (Overview)

Beginning of the SAFE® program 22th week of pregnancy



DISCUSSION These preliminary findings are promising and indicate that fathers and children benefit from the SAFE® program. One future aim of the SAFE® evaluation study is to examine, if these findings are applicable to the entire study sample.

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