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Study At Aarhus University

The Relations Between Infants And Vulnerable First Time Mothers



1. The Study Subject

Ingeborg Hedegaard Kristensen (RN, MPH, PhD Student, Section for Nursing, Department for Public Health, Aarhus University, Denmark) commenced a 3-year's study at Aarhus University on the relations between infants and vulnerable first time mothers.

2. The Protocol

The protocol on this study reads as follows:

PROTOCOL FOR INTERVENTION STUDY IN A
COMMUNITY SETTING

The Relations Between Infants And Vulnerable First Time Mothers.

*Does Video Guidance With The Marte Meo
Method Promote The Process?*

Intervention Study In A Community Setting

Background

Infants develop their mental, social and psychological competencies through the relationship with their parents, and sensitive and responsive caregiving is important for the infant's healthy development.

During home visits, Danish health visitors have the opportunity to support the parents to develop their relationship with the infants.

Some health visitors use video-guidance with the Marte Meo method, but knowledge about the effect of the video-guidance method is lacking.

The study will include 25-30% first time mothers at risk of developing unhealthy relations:

- postpartum depression,
- preterm infants,
- insecurity and who have infants who from the mother's perspective cry persistently or do not sleep well.

About 5% first time mothers will be excluded because they are so severely at risk that they will be referred to other departments for treatment.

Study 1:

Identification Of Target Group

Aim:

To develop a screening tool that will help health visitors to identify mothers who are insecure about recognising their infant's cues and act on them.

Method:

Intervention mapping with a needs assessment and the development of few questions as the screening tool.

Study 2:

Designing An Evidence-Based Programme

Aim:

To develop a standardised preventive programme TiMM.

Method:

An intervention performed by health visitors during home visits with first time mothers when the infant is between 2 and 6 months.

The intervention includes 2-5 home visits with video-guidance sessions with focus on the mother's responses to the infant's cues.

Study 3:

Intervention Study In Communities

Aim:

To study whether the programme would have an effect on:

- Maternal self-efficacy,
- Maternal mood,
- Maternal stress,
- Maternal responsiveness,
- Infant's social competences.

Method:

- Quasi-experimental design.
- Intervention by health visitors with 18 months training in the Marte Meo method.
- Inclusion of 150 families in the intervention group and matched with 150 families from the control group.
- Test 1 of mothers when the infant is 8 weeks old and test 2 after the intervention stopped, when the infant is 6 months old.
- Test 1 of health visitors when the intervention start and test 2 when the intervention stops.

3. Organisation:

This project is a part of AU Ideas: AU: RECEIV Research Centre for Early Interventions, Aarhus University, Denmark in cooperation with the following municipalities:

- Aarhus
- Favrskov
- Skanderborg
- Skive
- Silkeborg
- Viborg.

4. Supervisors:

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- Community setting
- Infants
- Study, intervention -
- Parental support
- Relations infant-mother
- Research
- Video guidance & Marte Meo Methode

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