

Measuring the Infant-Parent Relationship

Outcome measures for 0-3 year-olds and the parent-child relationship in Child and Adolescent Mental Health Services

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Key Message

To keep infant-parent relationship as a focus of assessment and treatment via good enough outcome measures.



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Infant Mental Health Issues in CAMHS

- **Infant Referral Indications:**
 - multiple and complex needs that have not responded to other interventions including:
 - Persistent difficulties with sleeping, settling, eating; behavioural problems; Parent-child relationship problems; Severe anxiety disorders, including persistent separation anxiety; Failure to thrive with no organic basis; Selective mutism; Significant behaviour change following trauma
- **Services**
 - Infant-Parent Assessment and Therapy
 - PAIRS – 10 week group programme
 - Consultation
 - We have used outcome measures as part of clinical research programme in the past (data pending)

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Setting the Context

“The environment provided by the child's first caregivers has profound effects on virtually every facet of early development ...”

Greenough et al. (2001)

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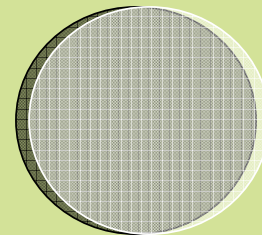
Infant-parent relationships

- Infants depend on adult caregivers to meet their physical as well as emotional needs
- Nurturing and sensitive adult-child interactions are the building blocks of social, emotional and mental wellbeing, reducing the risk mental health problems in later life
- The infant brings as much to the relationship as the parent: e.g. “A parent's smile provokes an infant's gaze and similarly the gaze provides a stimulus for smiling responses from the parent” (Street, 1986).
- It is as important to measure the quality of the relationship as it is to measure other symptoms in infants and young children, aged 0 to 3...

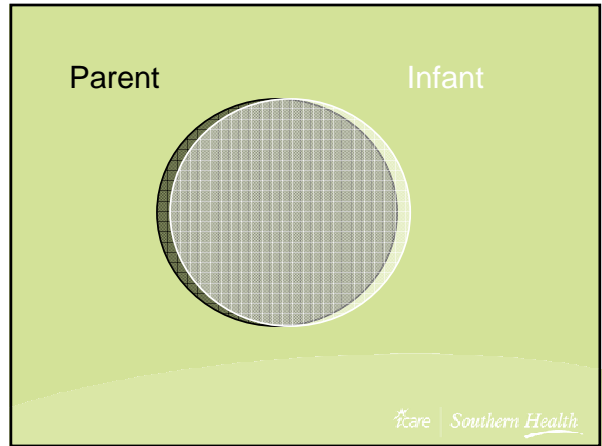
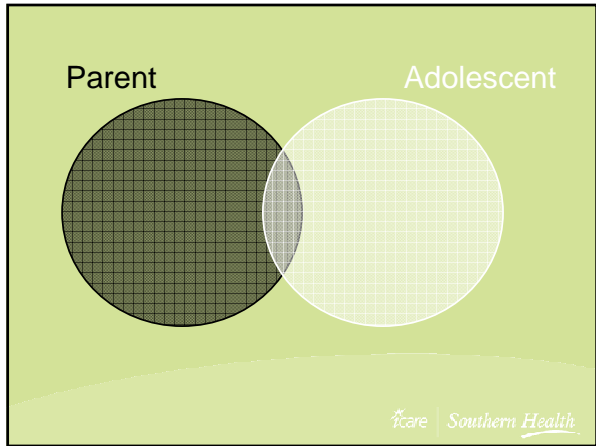
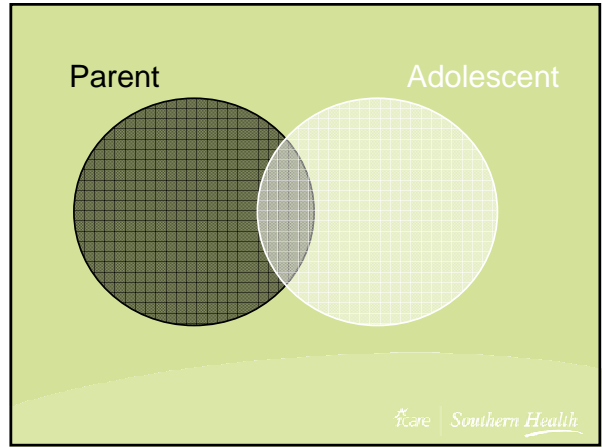
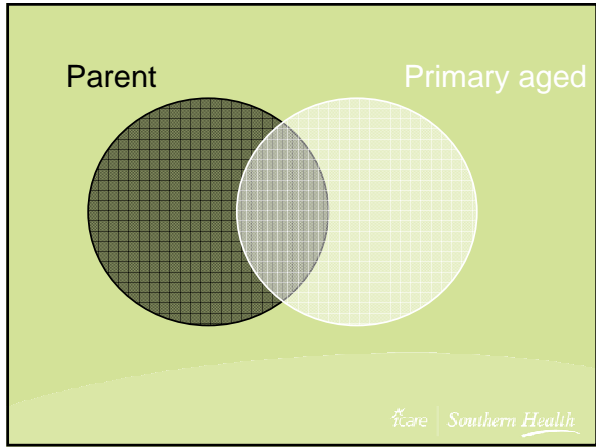
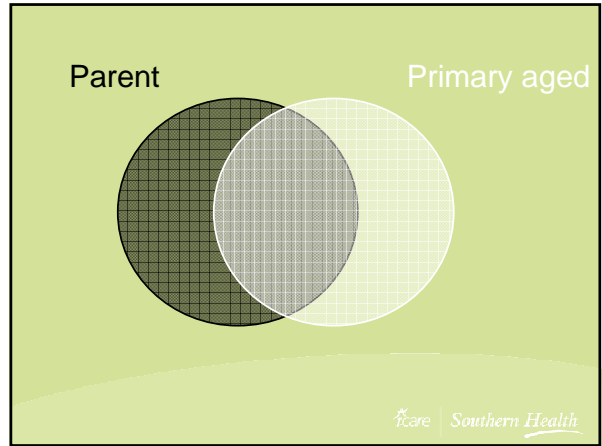
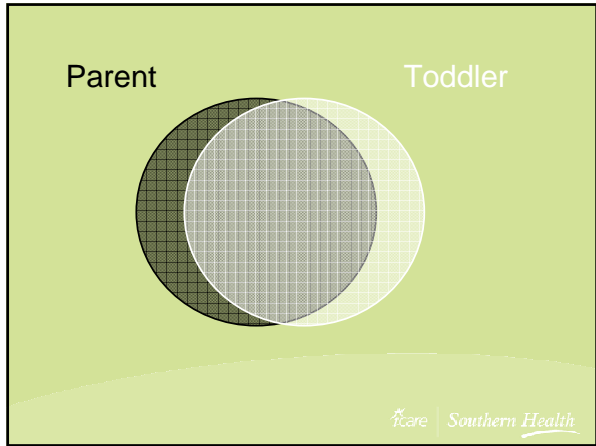
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Parent

Infant



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Measuring mental health outcomes in infants and young children

- National standard for measuring symptoms and outcomes are routinely used for the 4-18 year old age group
- Recent CAMHOEG review undertaken for measuring symptoms and outcomes in 0-3's
- We identified the need to review relationship measures for SH CAMHS clinical programmes

What are the components of relationship assessment?

Parent's view of infant & r'ship Parent behaviour Relationship Interaction Infant Behav. Infant's view of parent/r'ship



What are the components of relationship assessment?

- **Well adapted:**
 - Able to play and laugh together
 - Able to be sad or angry together
 - Feeling of safety and comfort
 - In tune with each other
- **Less well adapted:**
 - One or both are avoidant or intrusive
 - Sustained feeling of tension
 - Difficult to manage conflict
 - Seem to miss each other

Infant-Parent relationship measures

- For clinical purposes, we reviewed parent-infant relationship measures:
 - Difficult to find appropriate measures
 - Hope to share our experience of trying to find a suitable option
 - Note that this was a qualitative review was for clinical purposes
- Criteria of what we were looking for:
 - Clinician-Rated (increased objectivity – rated by third party)
 - Brevity
 - Consistency
 - Objectivity
 - Efficiency
 - Accessibility
 - Clinical Utility

We have not reviewed comprehensive relational Ax measures

Review of IP relationship measures

Measure (Clinician Rated)	Parent View	Parent Behav.	R/S	Infant Behav.	Infant View
PIR-GAS	✓	✓	✓	✓	
Dyadic Mutuality Code		✓	✓	✓	
Emotional Availability Scales		✓	✓	✓	
Paediatric Infant Parent Exam		✓	✓	✓	
Crowell problem solving procedure		✓	✓	✓	

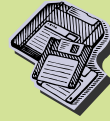
Other Measures

- We also considered:
 - Adult attachment interview
 - Alarm Distress Baby Scale (ADBB)
 - Caregiver behaviour classification system
 - Emotional sensitivity scale
 - Louis-Macro Maternal behaviour rating scale
 - Parent Caregiver Involvement scale
 - N-CAST
 - Parent behaviour progression
 - Post-partum Bonding Questionnaire
 - Working model of the child interview
- We excluded parent-rated measures as they, by definition, capture mainly the parent's view of the infant and relationship

Within SH CAMHS ...

- Routine measure:
 - PIR-GAS
- More extensive observational assessment
 - DMC
 - EAS (although requires training)
- Trialled within SH CAMHS
 - PIR-GAS and DMC

Where to from here?



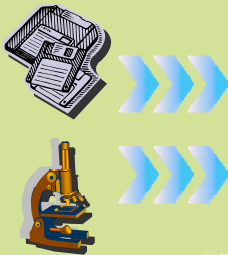
Where to from here?



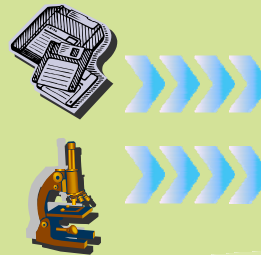
Where to from here?



Where to from here?



Where to from here?



Where to from here?



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Where to from here?



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Where to from here?



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References

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