CHRD 2022: Abstract & Poster Submission Form

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Presenter Status

○ Undergraduate Students

⊙ Masters Student

○ PhD Student

○ Post-Doctoral Fellows

○ Residents

○ Non-Trainee

Research Category

○ Basic Science

⊙ Clinical

○ Community Health / Policy

Role in the project

☐ Design

☐ Perform Experiments

☑ Analyze Data

☑ Write Abstract

☐ _____

Title

Observed Changes in Maternal Sensitivity Following a DBT + Parenting Intervention for Depressed Mothers of Preschoolers

Background

Maternal sensitivity is an important predictor of positive child developmental outcomes. Both depression and parenting stress threaten maternal sensitivity, putting children at risk of adverse outcomes. There is a lack of interventions that pair together both parenting strategies and mental health interventions for mothers experiencing depression.

Objective

It was hypothesized that the effects of this paired intervention will improve maternal sensitivity.

Methods

Before and immediately following a Dialectical Behaviour Therapy (DBT) Skills Group and parenting intervention, (N = 40) mother-child dyads completed questionnaires and an assessment where they were led through a series of tasks to compare changes in maternal sensitivity. Trained coders assessed maternal sensitivity with the Pre-School Maternal Sensitivity Q-sort.

Results

Participants were excluded if they could not make group times (6%), mothers were too young (16%), and they did not meet PHQ-9 eligibility (43%). Most mothers (62.5%) were married or living with a common-law partner while the median income was in the $40-60k range. Children's average age was 4.3 years. Negative correlations were found between Q-sort change and changes in emotion dysregulation, $r(30) = -.434$, $p < 0.05$. Changes in the Q-sort were negatively associated with changes in parenting behaviours $r(29) = -.542$, $p < 0.01$ and mental health symptoms, $r(30) = -.502$, $p < 0.01$. Positive changes in mental health symptoms significantly predicted positive changes in Q-sort scores, while changes in parenting behaviour scores were found to be a non-significant predictor on its own.

Conclusion

The results of this study supported our hypothesis on the paired intervention as maternal sensitivity improved following the intervention. This study was one of the first to adapt and assess maternal sensitivity through the MBQS completely remotely.

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Authors

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