

**Titel**

Video feedback promotes the early relations between Infants and vulnerable first time mothers. A quasi-experimental study of the Marte Meo method

**Præsentation**

Mundtlig session eller workshop.

**Forfattere**

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**Stikordsliste**

Sundhedspleje, relationsdannelse, mental sundhed for mor og barn, video-feedback med Marte Meo-metoden.

**Abstract**

**Background:** Support to strengthen early mother-infant relationship has been recommended to ensure infants' future health. The aim of this study was to investigate whether the use of video feedback using the Marte Meo method promotes the establishment of a healthy early relationship between infants and vulnerable first-time mothers. Video feedback or care as usual was delivered by health visitors during home visits in Danish municipalities.

**Methods:** The quasi-experimental study included pre-and post-test of 278 vulnerable mothers and their infants. Mothers were allocated to an intervention group (n=69), a comparison group (n=209) and a matched video subsample from the comparison group (n=63). Data consisted of self-reported questionnaires and video recordings of mother-infant interactions. Outcomes were mother-infant dyadic synchrony (Infant CARE-Index), maternal confidence (KPCS), parental stress (PSS), maternal mood (EPDS) and infant social emotional behaviours (ASQ:SE). Data were analysed using descriptive and linear multiple regression analysis.

**Results:** At follow-up, the intervention group had improved significantly in level of the dyadic synchrony compared with the matched video subsample from the comparison group ( $p < 0.001$ ) with a mean score of 9.51 (95%CI;8.93-10.09) compared with 7.62 (95%CI;7.03-8.21). The

intervention group also showed a higher level of maternal sensitivity with a mean score of 9.55 (95%CI;8.96-10.14) compared with 7.83 (95%CI;7.19-8.46) in the matched video subsample ( $p<0.001$ ). Concerning infant cooperation, a similar improvement was found with a mean score of 9.43 (95% CI;8.88-9.99) in the intervention group compared with 7.73 (95%CI;7.13-8.33) in the matched video subsample from the comparison group ( $p<0.001$ ). Furthermore, mothers in the intervention group reported a significantly lower level of parental stress at follow-up with a mean score of 32.04 (95%CI;30.13-33.94) compared with 35.29 (95%CI;34.07-36.52) in the comparison group ( $p=0.03$ ) and a higher level of maternal confidence with a mean score of 41.10 (95%CI;40.22-41.98) compared with 40.10 (95%CI;39.65-40.56) in the comparison group ( $p=0.04$ ). No significant differences were found concerning EPDS and ASQ:SE.

**Conclusion:** The findings support the assumption that video feedback may strengthen the relation between infants and vulnerable first-time mothers and the mother's psychosocial functioning. Further research is needed to assess long-term effects of the video feedback intervention using the Marte Meo method.

**Clinical trials registration:** ClinicalTrials.gov identifier: NCT01799447.

**Key Words:** Mother-infant interaction, health visitor, Infant CARE Index, Marte Meo method, vulnerable mothers, first-time mothers, video feedback, home visiting programme.

#### **Reference**

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