Pivoting to Telehealth Implementation of Attachment and Biobehavioral Catch-up

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Mary Dozier
Attachment and Biobehavioral Catch-up

10 sessions
In the home
Nurture when distressed
Follow the lead
Follow the lead
Avoid frightening behavior
Attachment and Biobehavioral Catch-up

Enhances child behavioral and brain development
ABC effects on child outcomes

- Infancy
  - Attachment (Bernard et al., *Child Development*, 2012)
  - Cortisol production (Bernard et al., *Development and Psychopathology*, 2015)
  - DNA methylation (Hoye, Roth, et al., *Development and Psychopathology*, 2020)

- Early childhood
  - Inhibitory control (Lind et al., *Child Development*, in press)
  - Set-shifting (Lewis-Morrarty et al., *Journal of Adolescent Health*, 2012)
  - Emotion expression (Lind et al., *Child Abuse and Neglect*, 2014)
  - Cortisol production (Bernard et al., *Development and Psychopathology*, 2015)
  - Language development (Raby et al., *Developmental Science*, 2020)

- Middle childhood
  - Cortisol production (Garnett et al., *Psychoneuroendocrinology*, 2020)
  - Brain activation (Valadez et al., *American Journal of Psychiatry*, 2020)
  - Neural activity (Bick et al., *Biological Psychiatry*, 2019)
  - ANS regulation (Tabachnick et al., *Biological Psychology*, in press)
Attachment and Biobehavioral Catch-up

Make “in-the-moment” comments
Good job nurturing him - he’s crying and you’re holding him, even though it’s hard for him to settle down. That lets him know you’re
Comments can have 1-3 components

1. Description of parent behavior
   “He’s crying and you’re holding him”

2. Link parent behavior to intervention target
   “Good job nurturing him”

3. Link parent behavior to child outcome
   “That lets him know you’re there for him”
ABC model of effects

Enhanced Parenting
- Nurture
- Follow child’s lead
- Avoid harsh behavior

ABC Intervention

In the Moment Comments

Behavioral regulation

Biological regulation
Attachment and Biobehavioral Catch-up

In home program
In-the-moment comments as active ingredient
She reached for you. She made a slightly fussy sound and you picked her right up. When in doubt, nurture…
1. Description of parent behavior
   “She reached for you. She made a slightly fussy sound and you picked her right up.”

2. Link parent behavior to intervention target
   “When in doubt, nurture....”

3. Link parent behavior to child outcome
<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Comments/minute</td>
<td>1.39</td>
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<tr>
<td>On-target comments</td>
<td>89%</td>
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<tr>
<td>Number of components/comment</td>
<td>1.38</td>
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</tbody>
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Roben et al., in press
Changes in parenting – ABC telehealth

Average Score

*Sensitivity*

*S Intrusiveness*

*pre*  *post*

* = *p* < .05, ** = *p* < .01,
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