

## 1 Aims

- This study adopts an embedded mixed methods, quasi experimental design to explore the benefits of using the video feedback method, Video Interaction Guidance (VIG), to support adoptive families. It examines:
- The impact of VIG on parenting confidence and sensitivity (attunement)
- Effects on children's Psychopathology & Pro-social behaviour (SDQ)
- Whether VIG positively influences the problems participants present with ("problem questions")
- Identify which aspects of VIG are perceived as most helpful by both clients and practitioners

## 2 Sample

There was a total of **fourteen participants** from eleven adoptive families.



The involved adopted children/ young people included 4 girls and 7 boys. All were 'late placed' adoptees with a history of local authority care.

## 3 Method

- Participants received **3–5 cycles of VIG**
- Participants completed pre and post measures:
  - Parenting Confidence Rating Scale
  - Strengths and Difficulties Questionnaire
  - Target Monitoring Evaluation (TME)
- Parenting sensitivity was assessed through **micro-analysis of minutes 2–6** from the first and last video, using principles of attuned interaction and guidance
- Thematic analysis was conducted on client and practitioner responses to two TME open-ended questions:
  - "What stands out as the most helpful part of VIG in this situation?"
  - "Describe any ways that you think the VIG work could have been improved in this situation?"

## Impact on parenting confidence

A Wilcoxon Signed-ranks test showed that the total PCRS score post VIG intervention was statistically significantly higher than the total PCRS score obtained pre VIG,  $Z = -3.062$ ,  $p = .002$ .

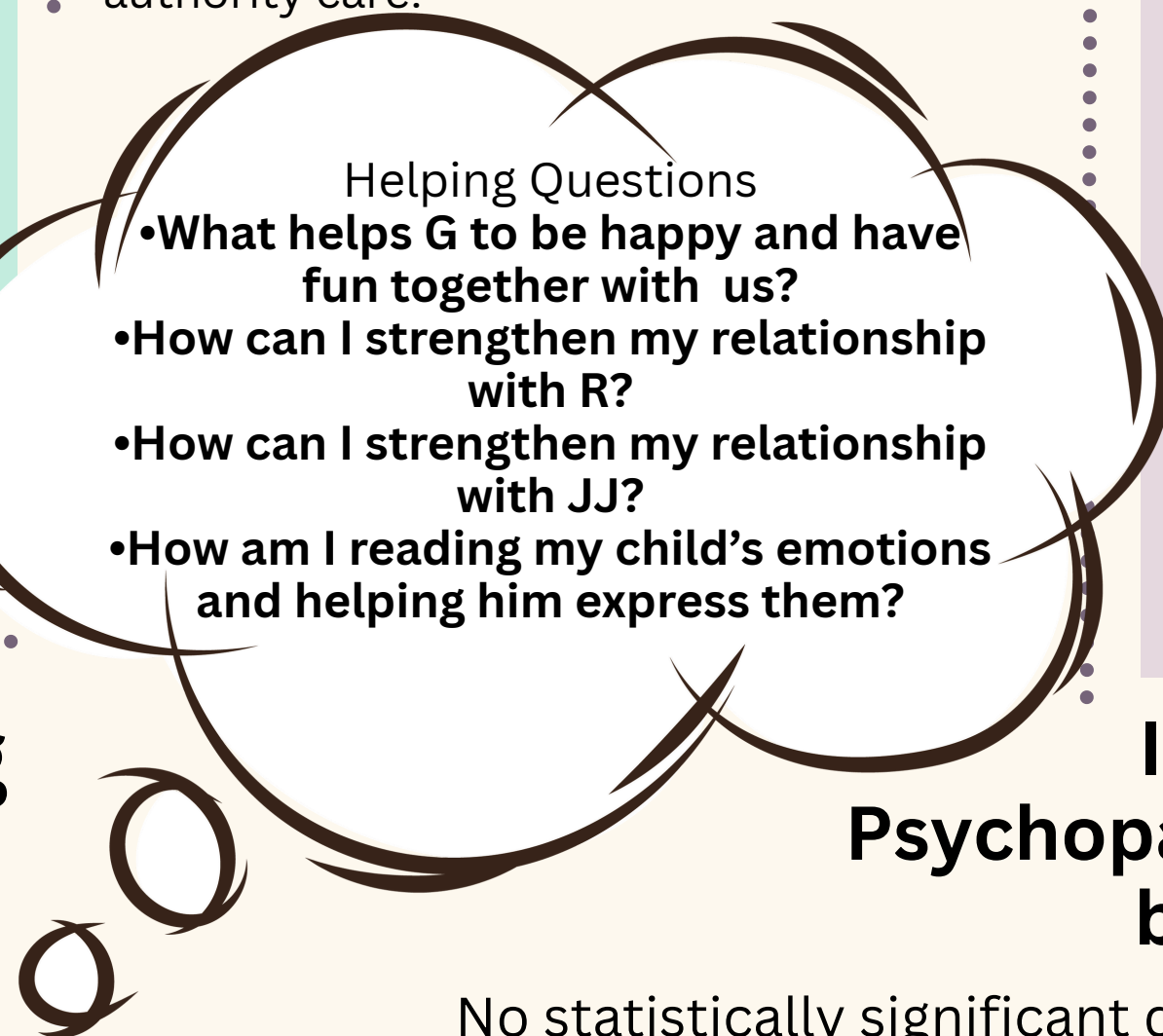
## Impact on CYP's Psychopathology and Pro-Social behaviour (SDQ)

No statistically significant differences were found. However:

**Behavioural difficulties** (Small effect size  $r = 0.28$ )

**Hyperactivity and Attention Difficulties** (medium effect size  $r = 0.32$ )

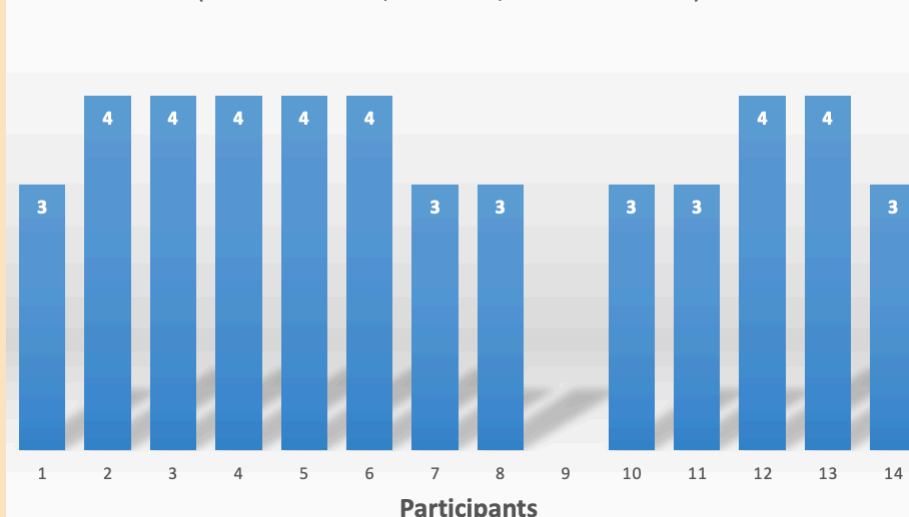
**Difficulties getting along with other children** (medium effect size  $r = 0.36$ )



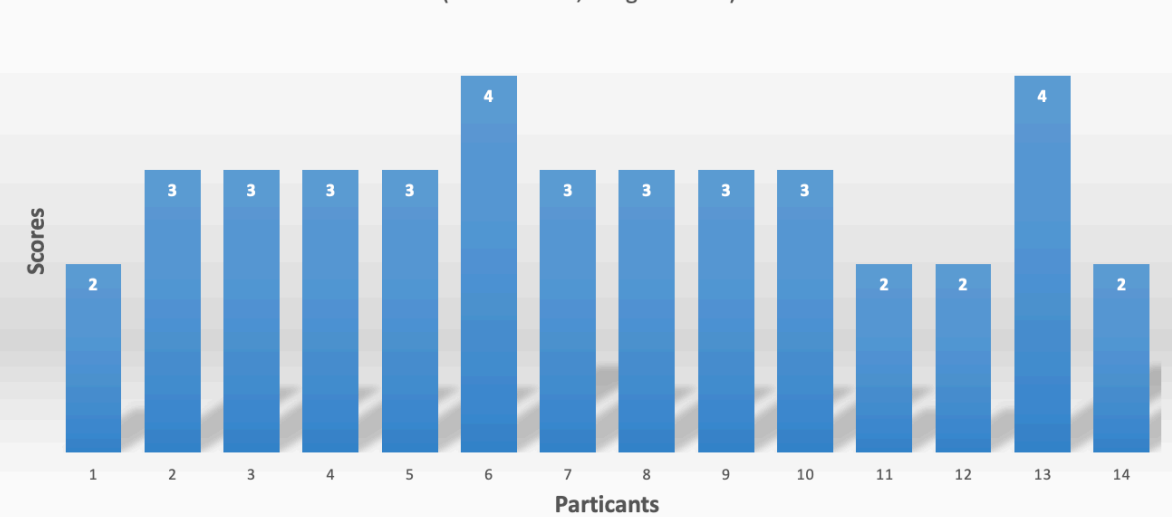
### Impact on Parenting Sensitivity

- Significant reduction in parent initiatives and corresponding increase in child initiatives ( $Z = -2.31$ ,  $p = .021$ ).
- Significant increase in number of turns observed within interactions ( $z = 2.492$ ,  $p = 0.13$ )
- No statistically significant changes were detected in parent attuned, discordant, or missed responses pre and post VIG.

SDQ Impact: How have problems changed? (1 = much worse, 3 = same, 5 = much better)

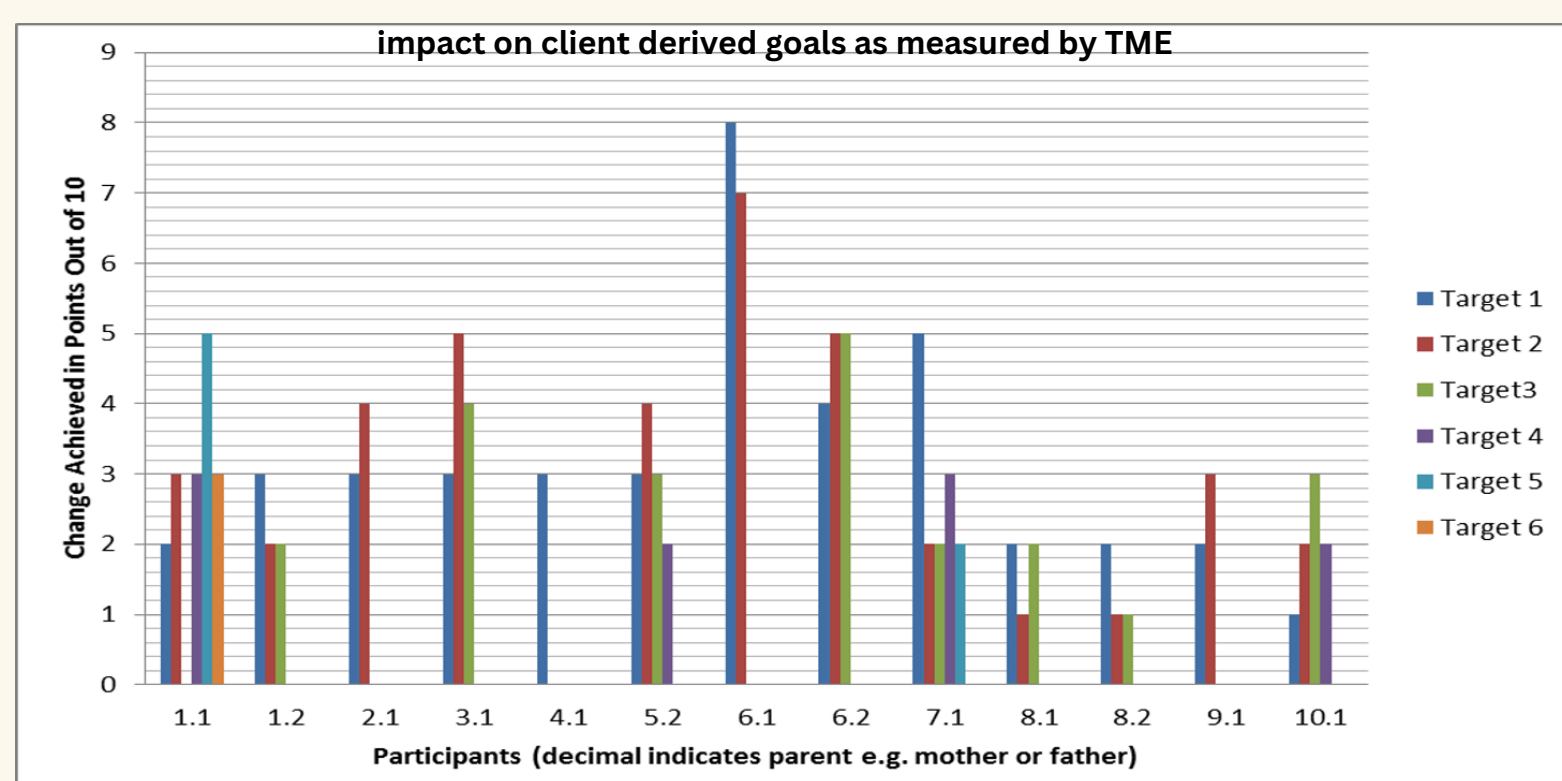


SDQ Impact: Has intervention been helpful in other ways? (1 = not at all, 4 = great deal)



Qualitative analysis revealed two main themes:

1. **VIG Intervention** – reflections on the experience and helpful aspects of the process.
2. **VIG Impact** – perceived changes in parent-child relationships and parenting behaviours.



What parents say about VIG

- "It helped me to see how affectionate my child is."
- "It helped me to see that we are really close and that we do have a good relationship. This is more than I thought!"
- "It helped me to see that I am using PACE and that I am doing this generally. I don't need to put aside a specific time for this."
- "It helped me to feel more confident about my parenting"
- It helped me to understand my child and how I can communicate with her better.
  - "We can stand up more when others are judgmental."
  - "It's cemented the fact we do have fun"