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## 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.

### Helping Questions

- **What helps G to be happy and have fun together with us?**
- **How can I strengthen my relationship with R?**
- **How can I strengthen my relationship with JJ?**
- **How am I reading my child's emotions and helping him express them?**

## 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 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.

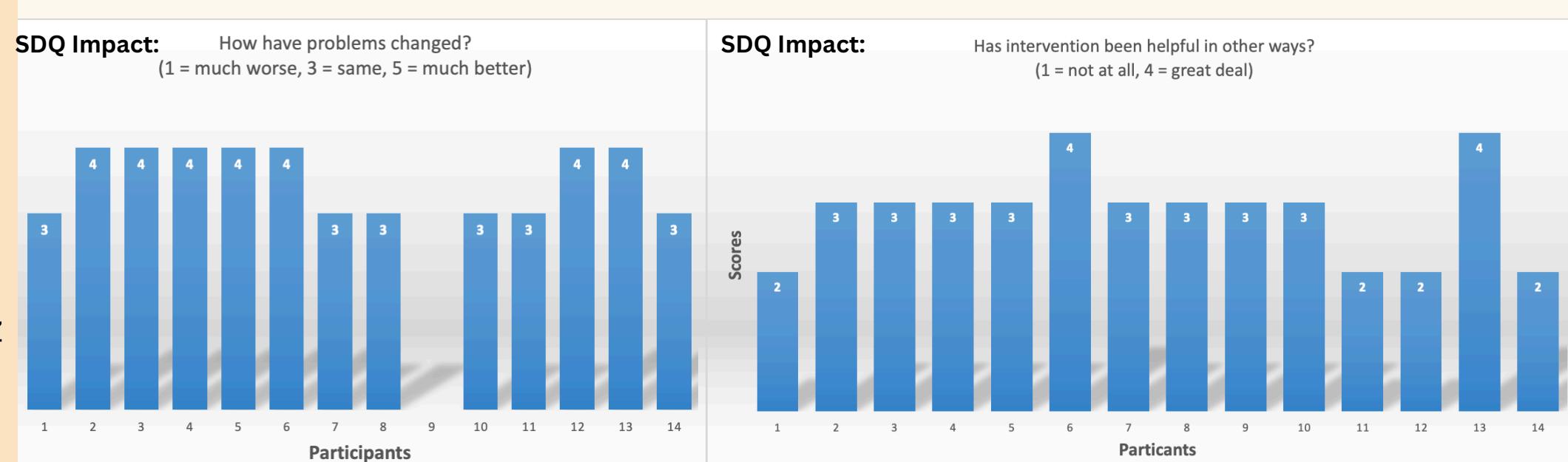
No statistically significant differences were found.

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  $r= 0.36$ )



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"

