

Understanding the VID-KIDS Intervention from the Maternal Perspective - A Hermeneutic Research Inquiry -

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Background

Post partum depression (PPD) can decrease maternal sensitivity and responsiveness towards their infants (Beck, 1995), negatively affecting the quality of the maternal infant interactions (Field, 1995) increasing stress levels for the mother and infant. This can result in adverse outcome on infants including, impaired development (Letourneau, Watson, Duffett-Leger, Hegadoren, & Tryphonopoulos, 2011).

Evidence suggests parenting interventions that implement video feedback can improve maternal-infant interactions for mothers who have PPD (Tryphonopoulos, 2015). The *Video-Feedback Interaction Guidance for Improving Interactions Between Depressed Mothers and their Infants* (VID-KIDS) is one such example and has been pilot tested and is currently being undergoing testing in a randomized controlled trial in Calgary, Canada. (Target recruitment = 200 mother-infant pairs).

Research Aim

Currently there is a gap related to understanding maternal perspectives related to video feedback interventions. This research aims to interview mothers to understand their perceptions about this type of intervention, in particular VID-KIDS. As a result, of obtaining maternal perceptions of the VID-KIDS intervention, it can be delivered in a manner that matters the most to mothers experiencing PPD

Research Question

How Might We Understand Mother's Experience of the VID-KIDS Intervention?

IN DARKNESS THERE IS HOPE

In reflecting on her experience with post-partum depression....

"There is a City of Colours song and one of the lines of the song is "I heard the church bells through the fog and we found each other in the dark." ..It makes me think that there is always hope and you can find how to connect with your little one....you get through the dark and that is where we are..."

Interpretive Analysis

CONVERSATION IS AT THE HEART OF IT ALL

In reflecting on what the most important part of the VID-KIDS intervention was...

"the initial conversation we had. I felt like you were trying to get know me and kind of what my situation was like and kind of where I was at emotionally. I feel like building a rapport is something that is really, really important and...you get a sense of an idea of where the person is at and what their capabilities are moving forward."

"conversation is the process of coming to an understanding. Thus it belongs to every true conversation that each person opens himself to the other, truly accepts his point of view as valid and transposes himself into the other to such an extent that he understands not the particular individual but what he says."

(Gadamer, 1960/2013 , p.403)

IMMERSED IN PLAY

In reflecting on a moment when Mom was singing to her baby...

"it just feels natural, it feels like I am not forcing it...it is. ..I don't know...I don't really think about it to much, like I am not doing it on purpose I guess...I am just happy and I just want to engage with her and I want to make he laugh and I just want to make her smile"

"Play itself contains its own even sacred seriousness. Yet in playing, all those purposive relations that determine active and caring existence have not simply disappeared, but are curiously suspended. The player himself knows that play is only play and this it exists in a world determined by the seriousness of purposes. But he does now that this in such a way that as the player he actually intends this relation to seriousness. Play fulfills its purpose only if the player loses himself in play ."

(Gadamer, 1960/2013, p.107)

IN LIGHT WE SHINE

In describing how the VID-KIDS intervention gave her a "glimpse of something."

"Just when I saw the way she lit up when I was talking to her, explaining something to her, she was really looking into my eyes, she was like turned towards me and seemed genuinely interested in doing whatever task that I wanted her to do and I felt like she could do anything."

"To shine means to shine on something and so to make that on which the light fall appear. Beauty has the mode of being of light. This means that not only without light nothing beautiful can appear. It also means the beauty of a beautiful thing appears in it as light, as radiance. It makes itself manifest...light is not only the brightness of that which it shines by making something else visible , it is visible itself, and it is not visible in any other way than by making something else visible."

(Gadamer, 1960/2013, p.498)

Research Method

Hermeneutic research or an interpretative inquiry will be used in this study(Moules, McCaffrey, Field, & Laing, 2015). This philosophical underpinning provides an ideal opportunity for mothers to engage in meaningful conversations about their experience with the VID-KIDS intervention. The goal of this research will be to interview mothers (n≤6) who participated in VID-KIDS in the intervention arm.

Interview Questions

1. When you thought about coming here today to talk about this topic, what things came to mind that you thought I would ask?
2. Overall, how you would describe your relationship with your baby? And how might the VID-KIDS intervention have influenced this relationship?
3. How have any concerns or barriers affected your experience related to the VID-KIDS intervention?
4. How might you describe your experience of being involved in the VID-KIDS study? What was the biggest impact and perhaps the biggest disappointment, if any?
5. How would you describe the two most important things about the VID-KIDS intervention that you think I should know? If you were to talk to another mom about this experience, what would you tell her?
6. How do you think the VID-KIDS intervention might be improved? And what would be important to conserve in it?

Relevance for Video Feedback Interventions

1. Conversation between the interventionist and mother is invaluable when delivering video feedback interventions and should be viewed as a fundamental component.
2. It is important for the interventionist to understand what play means to the mother.
3. As an interventionist, it is also important to ensure moments of strength are identified and discussed with the mother.
4. Finally, exploring the concept of hope should be incorporated into video feedback interventions, in particular the idea of hope arriving amidst the struggle and fog.

Acknowledgments

