



Evaluation of an intervention aimed at supporting new parents: the Baby Newsletter project

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Anticipatory guides in the first year of life as part of child care

- Improving parents' knowledge about child development stages
- Supporting educational parents' skills to better develop children's abilities and competences



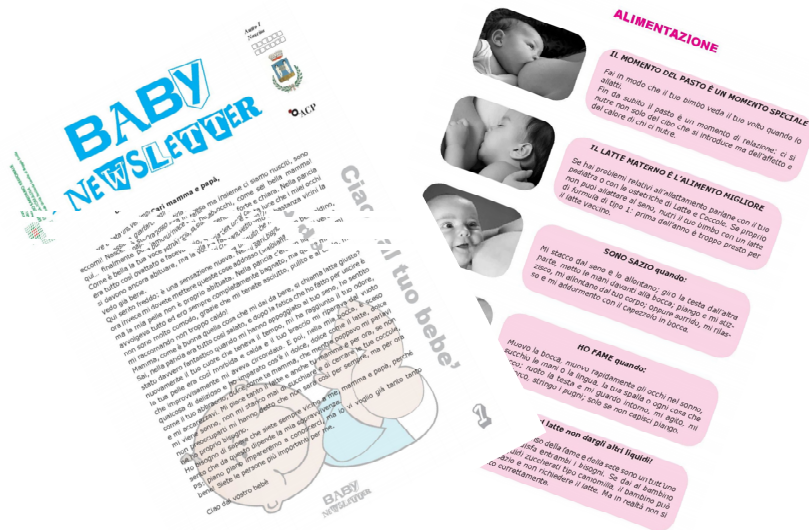
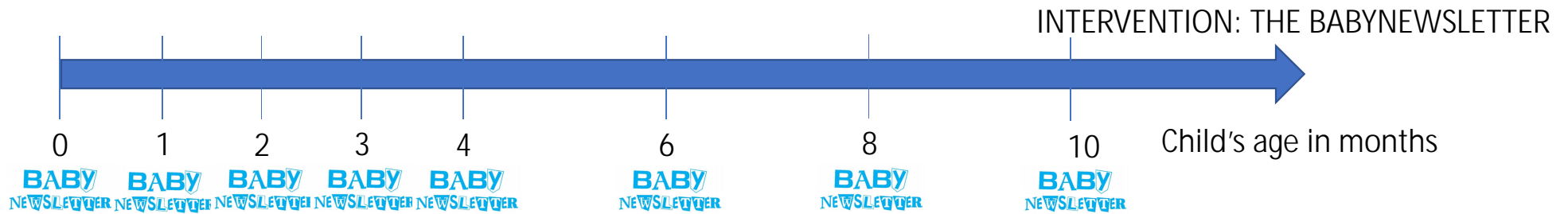
Objective of the evaluation study

To evaluate the efficacy of the [Babynewsletter Project](#) to support and improve parenting skills



Objectives of the intervention

- To improve parents' knowledge about child growth and development
- To reduce disadvantages of the population groups at risk of low parenting skills
- To promote participation in community activities



Newsletter contents:

1) educational-paediatric contents (EBM)

- Steps in child's development
- Parents' behaviors
- The parents' couple dynamics
- Insights for child safety
- Insights for family activities

2) community initiatives

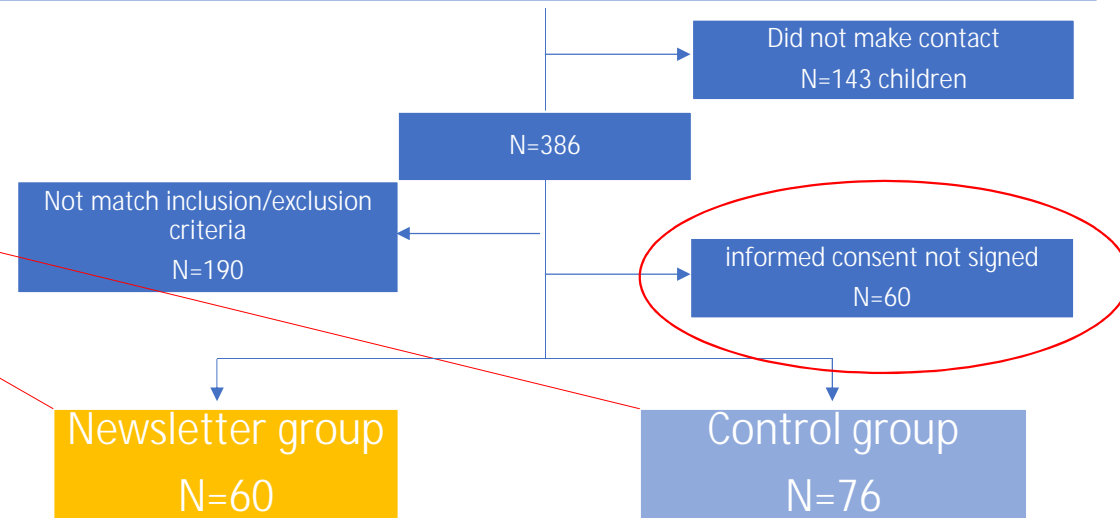
- Information about community initiatives for families
- Information about the municipal library

3) synoptic table (A3 format) to attach with a recall with all the things "to do" with or for the child (0-3m; 3-6m; 6-9m; 9-12m)

METHODS: STUDY DESIGN



All the parents of newborn resident in the S. Ilario d'Enza municipality and resident in Montecchio district born in Montecchio hospital between 09/2014 and 12/2015.
N=529 children



Other inclusion criteria

Having good comprehension of the Italian language

Exclusion criteria

delivering in other facilities than the Montecchio hospitals (only for controls)

parents of newborns with pathological conditions at born

parents of newborns that were transferred to another hospital immediately after born due to clinical reasons

parents of pre-term newborns

Newsletter group
N=60 children

Control group
N=76 children

T0 N=116
questionnaires

T0 N=149
questionnaires

T2 N=78
questionnaires

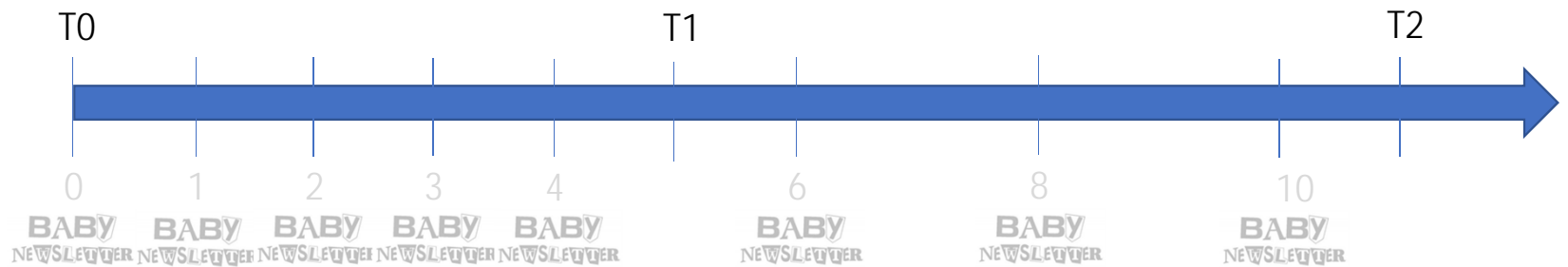
T2 N=106
questionnaires



METHODS: OUTCOMES AND COVARIATES

1. emotion and affection
2. play and enjoyment
3. empathy and understanding
4. Pressure control
5. self-acceptance
6. learning and knowledge

<http://www.topse.org.uk/site/>



TOPSE

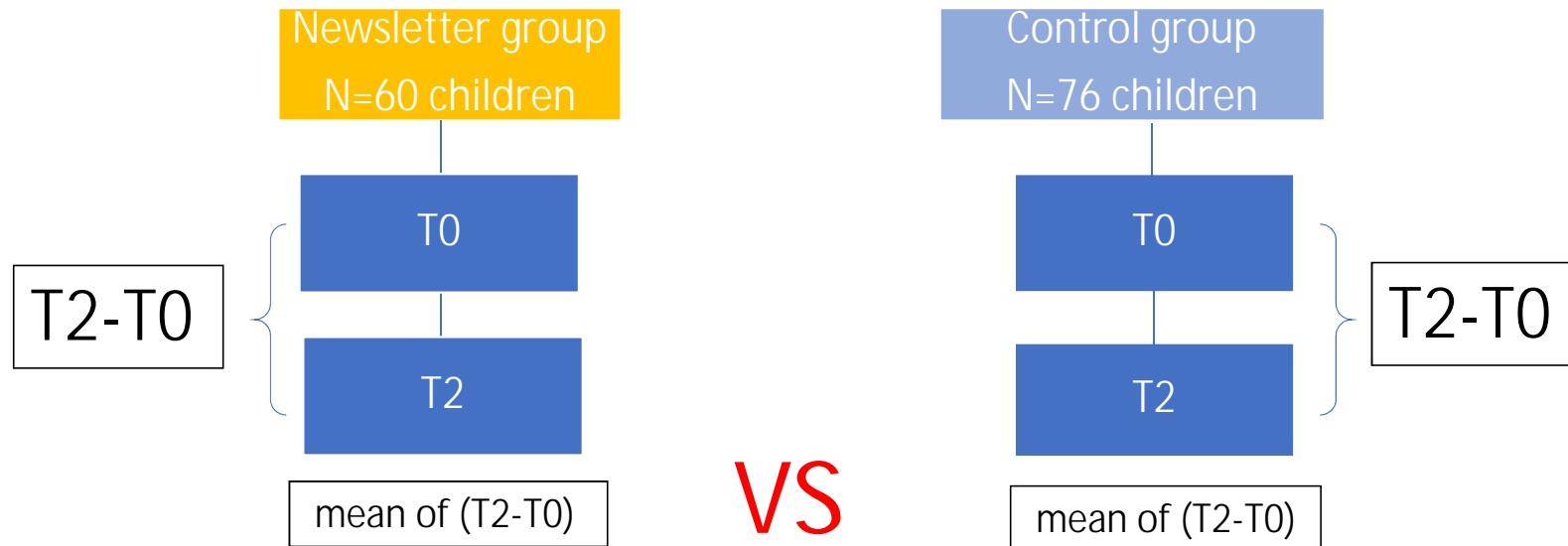
TOPSE

TOPSE

Outcome
Covariates

socioeconomic
characteristics and
HABITS
QUESTIONNAIRE

HABITS
QUESTIONNAIRE



1. Individual parent was the unit of analysis (were considered as statistical units).
2. Individual changes were calculated as difference in TOPSE score between T2 and T0 in each group
3. "Difference in differences analysis": comparison of mean of individual changes between the two groups
4. Main analyses were adjusted by whether first born (yes/no), educational level of the parents, child sex. (Adjusted linear regression model)
5. Subgroup analyses have been conducted by first born and parent's educational level.

Newsletter and control groups are similar by sociodemographic characteristics and habits

Parenting dimensions: EMPATHY and PRESSURE CONTROL present some differences that have been taken into account in the statistical analyses

Mean of TOPSE score at baseline, by group

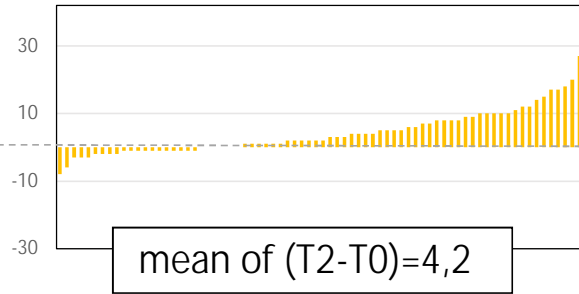
	Newsletter group		Control group	
	mean	95% CI	mean	95% CI
EMOTION	50.6	49.25; 52.03	50.8	49.83; 51.69
PLAY	53.2	51.88; 54.56	52.1	50.99; 53.22
EMPATHY*	50.6	49.16; 51.98	48.4	47.11; 49.66
PRESSURE CONTROL**	47.9	46.15; 49.69	42.6	40.86; 44.28
SELF-ACCEPTANCE	51.8	50.42; 53.10	51.0	50.07; 51.99
LEARNING	50.9	49.67; 52.21	49.3	48.22; 50.47

* t-test with p-value<0.05

** t-test with p-value<0.0001



NEWSLETTER GROUP



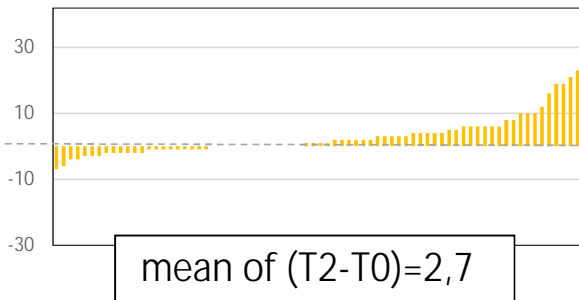
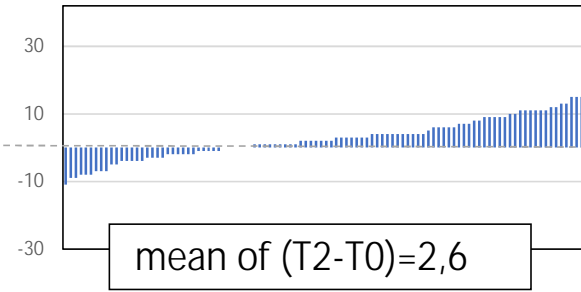
p-value from adjusted linear regression

EMOTION

p-value=0,230

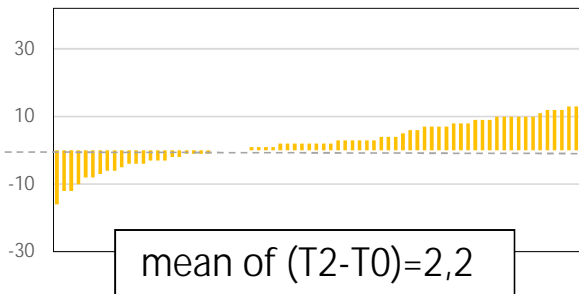
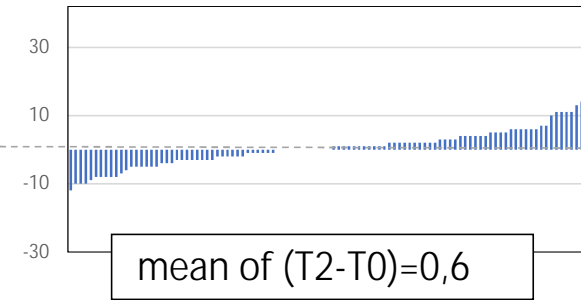
RESULTS: MAIN ANALYSIS

CONTROL GROUP



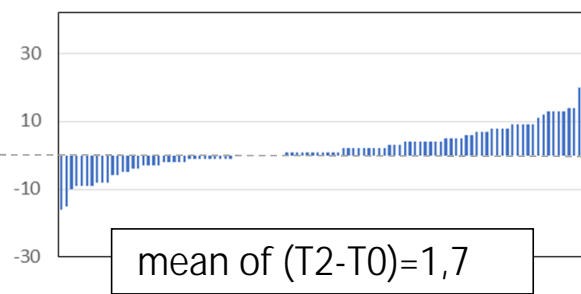
PLAY

p-value=0,038



EMPATHY

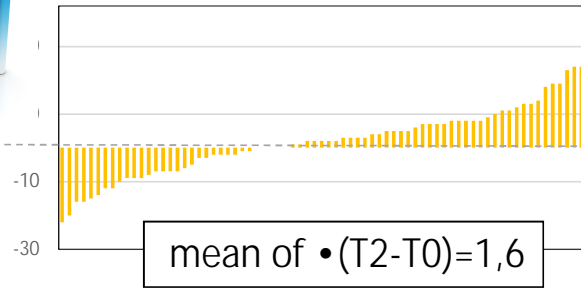
p-value=0,584



Distribution of individual changes expressed as difference in TOPSE score between T2 and T0, by domain



NEWSLETTER GROUP



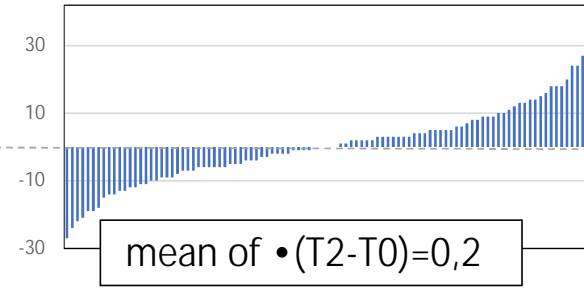
p-value from adjusted linear regression

PRESSURE CONTROL

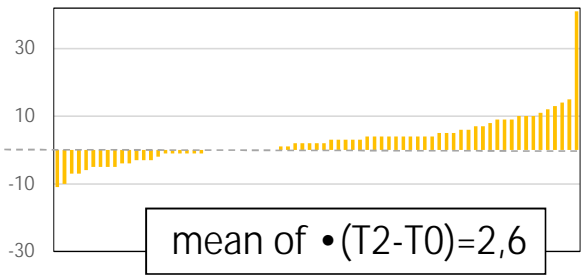
p-value=0,671

RESULTS: MAIN ANALYSIS

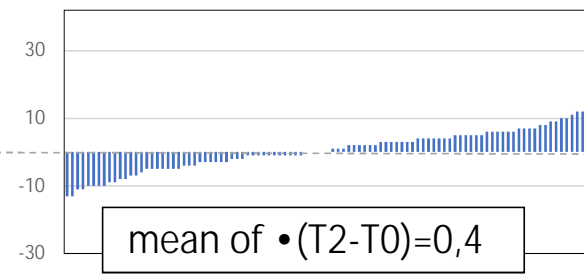
CONTROL GROUP



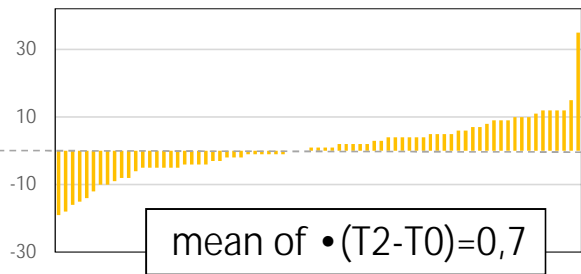
SELF-ACCEPTANCE



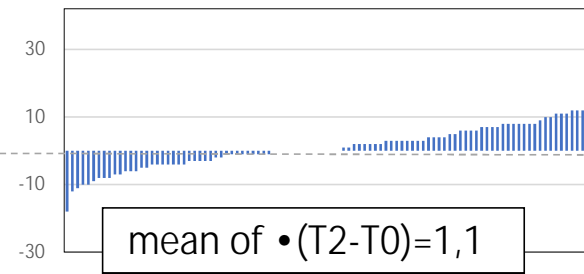
p-value=0,059



LEARNING



p-value=0,724



Distribution of individual changes expressed as difference in TOPSE score between T2 and T0, by domain

FIRSTBORN or SECOND-BORN

- The intervention has no effect on who has already a child.

PARENT'S EDUCATIONAL LEVEL

- The improvements are only for parents with high/medium educational level.
- For pressure control and emotions, the intervention had a negative effect on the parents with the lowest level of education.



- The intervention proved to be effective in increasing parenting skills for PLAY.
- Overall, all outcomes show a slightly more marked improvement in the Newsletter group compared to the control group, except for learning.
- The intervention has no effect on who has already a child.
- The efficacy of the intervention depends on the parent's educational level

YES or NO



KEEP
CALM,
BUT THE ANSWER STILL IS
'IT DEPENDS'

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THANK YOU

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