

## THE BERGEN RESEARCH STUDY

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In 1992, the ICDP programme was researched and positively evaluated by a team of experts from the University of Bergen, Norway, in a project linked to the Bergen health clinics.

The evaluation of the experimental and control groups was based on comparing the pre- and post-intervention assessments according to the same criteria.

All together 75 caregivers/children participated - 45 in experimental and 30 in the control group.

The participants were chosen from 4 different health clinics in the Bergen area and divided into 3 equal groups (A,B, and C). The following variables were used to determine the levels of psycho-social risk for the 3 groups: education, marital status, mother's age at the time when her child was born, handicap, illness and lack of ability to adjust to the child.

- ❖ In the first part of the project a video was made of all the participants in a play situation and the interaction between mother and child was registered and coded. All mothers were given an extensive questionnaire regarding demographic information, with questions also about their conceptions about child-rearing and their views about child development. An assessment was made by the nurses on the quality of interaction between each mother and child. Information gathered from the mothers about their own views about themselves and their children was recorded, using the Likert scale.
- ❖ During the second part, the ICDP programme was delivered to the experimental group over a period of 3 months. It consisted of meetings with the nurses, which alternated between group meetings without the child present and individual meetings with the mother and child. During the group meetings, there were 5 or 6 mothers present with one nurse.
- ❖ The third part of the project was concerned with making a new video of each mother's interaction with her child and the same questionnaires were used once more.

The questionnaires and the videos used in pre- and post-intervention were all coded in order to systematize and compare the results before and after the intervention.

## RESULTS

The Bergen project was designed to see whether it was possible, through the ICDP programme, to sensitize the mothers involved so that they:

1. Improve their interaction with the child according to certain criteria.
2. Change their view of the child in a positive sense.
3. In addition, the project was to find out how each individual mother benefited from the sensitizing program with regard to herself as well as her child.

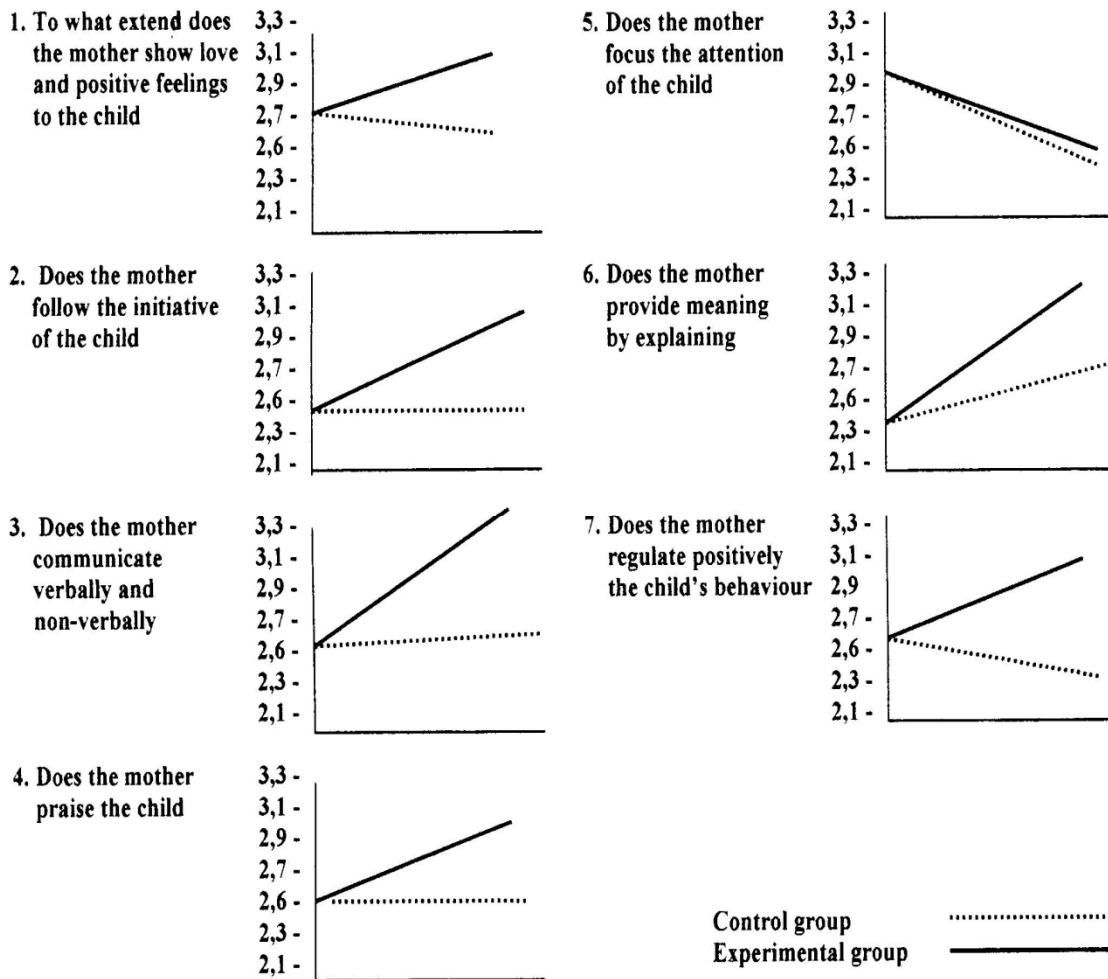
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## CONCLUSION

The outcome of the evaluation proved on the whole to be very positive. This confirmed the assumption, that it is possible to upgrade psycho-social care (which of course, includes the affective side as an essential part of it) for children considerably, through a simple, sensitizing training programme which reactivates existing child-rearing patterns of human care, without introducing any new techniques from outside.

# BERGEN RESEARCH STUDY RESULTS

Results concerning the improvement of interaction are shown in the diagram below.



1. If one compares the experimental with the control group, one can see a clear improvement as far as the criteria for the emotional expressive dialogue are concerned (the first 4 criteria).

With regards to the mediational criteria there is a decrease in the first criteria (focusing) and an increase in the last 3 criteria (mediation of meaning, expansion and regulation of behaviour). This might have been due to the scoring procedure, since an increase in mediation of meaning will lead to a decrease in focusing, or it can be due to developmental changes since it happens in the control group as well.

2. Mothers from the experimental groups expressed the following changes in their perceptions of their child: they now saw their child as more active, independent, intelligent, more socially inclined, confident, peaceful, easier to have around, more loving and happy. This was in contrast with the changes in the control group which were seen to be more negative.

3. The mothers were asked to judge how much they benefited from the course scoring on the 5 point Likert scale: very little, little, medium, much, very much.

The results showed that 60% of the mothers answered 'much' and 40% 'very much'.

When asked how much did they judge their child benefited from the program, 65% answered 'much', 7,5% 'very much', and 27% 'medium'.