

Interventions to Support Parenting Self-Efficacy



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Self-efficacy

- Albert Bandura (1977)
 - Perceived ability to achieve a desired outcome through their efforts
 - Individuals who predict they will be successful are more persistent



Parenting self-efficacy

- Parent's perceived competence in tasks associated with parenting
- Parent's perception their behavior makes a difference to their child
- Perception of overall parenting ability



PSE Assessment Tool

- Parenting Sense of Competence Scale
 - Brief
 - Free
 - Reliable
 - Valid
 - NOT norm-referenced



Factors that contribute to parenting self-efficacy

- **Enactive mastery experiences**
 - Successfully managing a parenting challenge leads to higher parenting self-efficacy
 - Failure to manage a parenting challenge leads to lower parenting self-efficacy

Factors that contribute to parenting self-efficacy

- Affective states
 - Depression leads to negative evaluations of parenting skills/lower parenting self-efficacy
 - Low parenting self-efficacy may also contribute to depression

Factors that contribute to self-efficacy

- Vicarious experiences
 - Observing other parents successfully manage a parenting challenge leads to higher parenting self-efficacy
 - Especially if the other parent or parenting challenge is similar

- Verbal persuasion
 - Having other people tell parents they are successfully managing a parenting challenge leads to higher parenting self-efficacy

Factors associated with LOW PSE

- Parents' symptoms of depression
- Parents' perceived stress
- Difficult infant temperament/colic
- Child behavior problems

Factors Associated with HIGH PSE

- Parent's perceived social support
- Security of infant-mother attachment



Normal development of
Parenting Self-Efficacy:
Study comparing
development in mothers
of irritable and
nonirritable infants

Observer assessment of Infant Irritability

- Neonatal Behavioral Assessment Scale (Brazelton, 1973)
 - ≥ 6 on NBAS “irritability cluster” at 3 and 4 weeks (Kaye, 1978; Crockenberg, 1981; van den Boom, 1994)
 - Peak of excitement – peak distress and consolability
 - Rapidity of build-up – amount of stimulation before baby exhibits distress
 - Irritability – number of times the baby exhibits distress

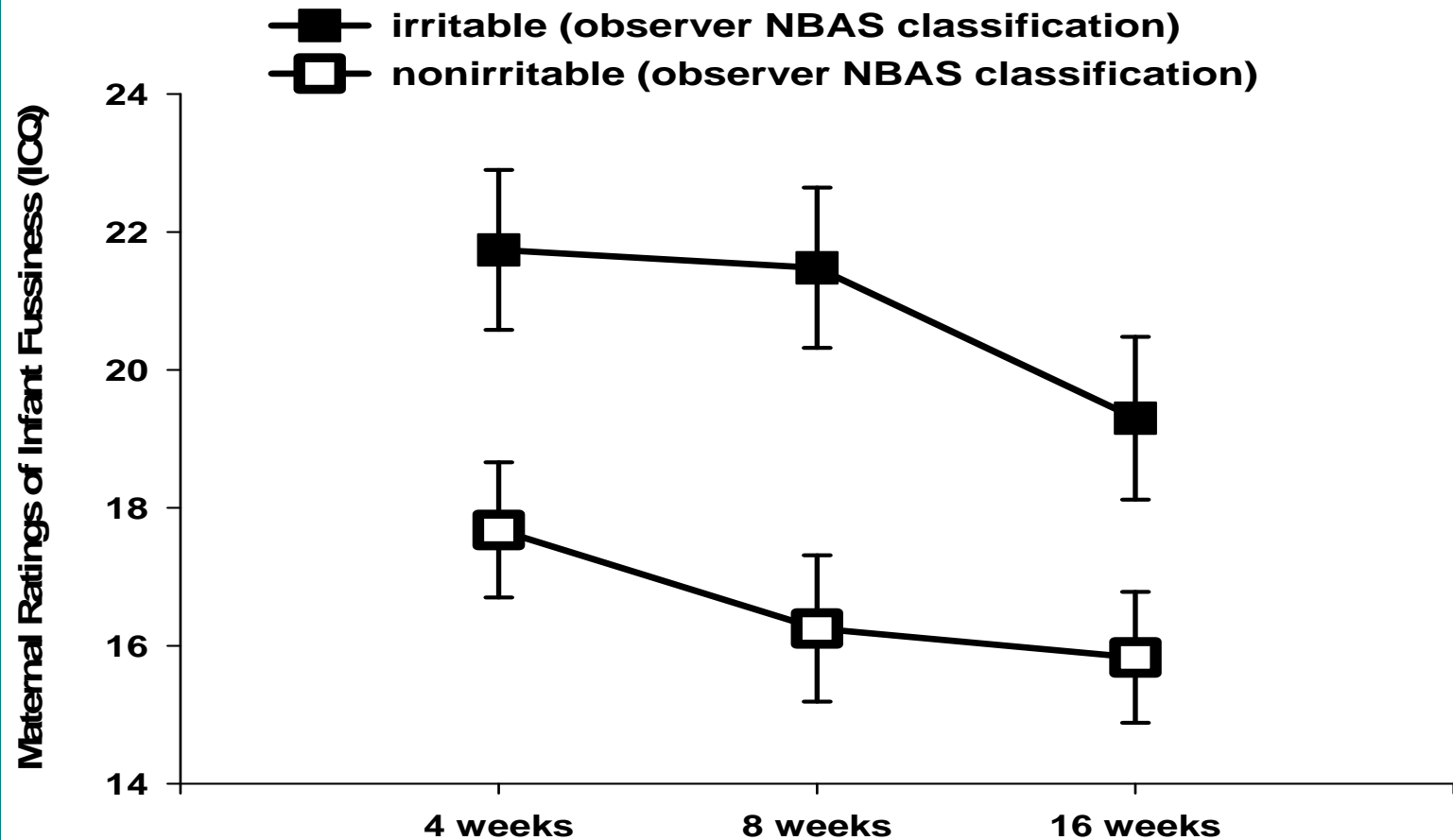
Recruitment and Screening

- 117 infants
 - recruited from birth records and advertisements
 - completed NBAS at 3 weeks
- 111 infants
 - completed a second NBAS at 4 weeks
 - 24% met criteria for irritability

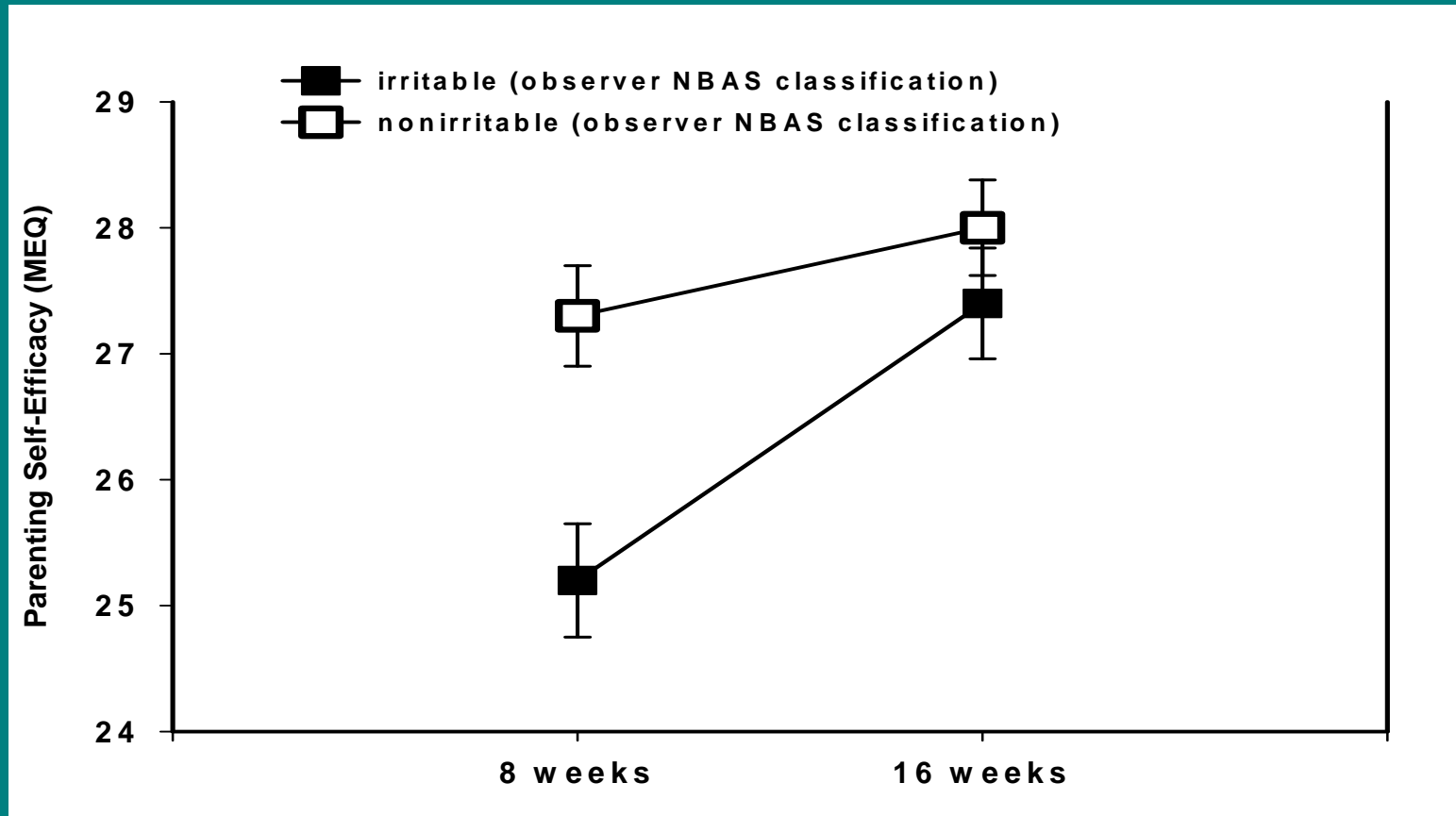
Participants in Longitudinal Study

- 24 irritable infants
- 29 nonirritable infants
 - randomly selected from infants not meeting irritability criteria

Maternal Ratings of Infant Negative Emotionality at 4, 8, and 16 weeks



Parenting Self-Efficacy at 8 and 16 weeks



Mothers of irritable infants feel less efficacious than nonirritable infants at **Getting baby to have fun with mom**



Implications for Intervention

- Coping with a parenting challenge can lead to an increase in parenting self-efficacy
- Parenting self-efficacy may result from
 - positive changes in the baby
 - even if baby still differs from other babies



Implications for Intervention

- Provide parent an opportunity to:
 - Describe specific parenting tasks she struggles with
 - May not be what we think
 - Describe positive changes in child
 - Give herself credit for positive changes

What self-efficacy theory predicts regarding effective interventions

- Effective interventions emphasize
 - Individual's ability to address problems through
 - Their own skills
 - Their own efforts

What self-efficacy theory predicts about interventions that are not effective

- Ineffective interventions
 - Solve the problem for the individual
 - Provide the individual with strategies they are unable to implement
 - Provide the individual with strategies that are ineffective

Strategies to use cautiously when goal is to enhance parenting self-efficacy

- Modeling
 - Without parent practice and feedback
- Recommendations/advice
 - Too many
 - Too difficult to implement

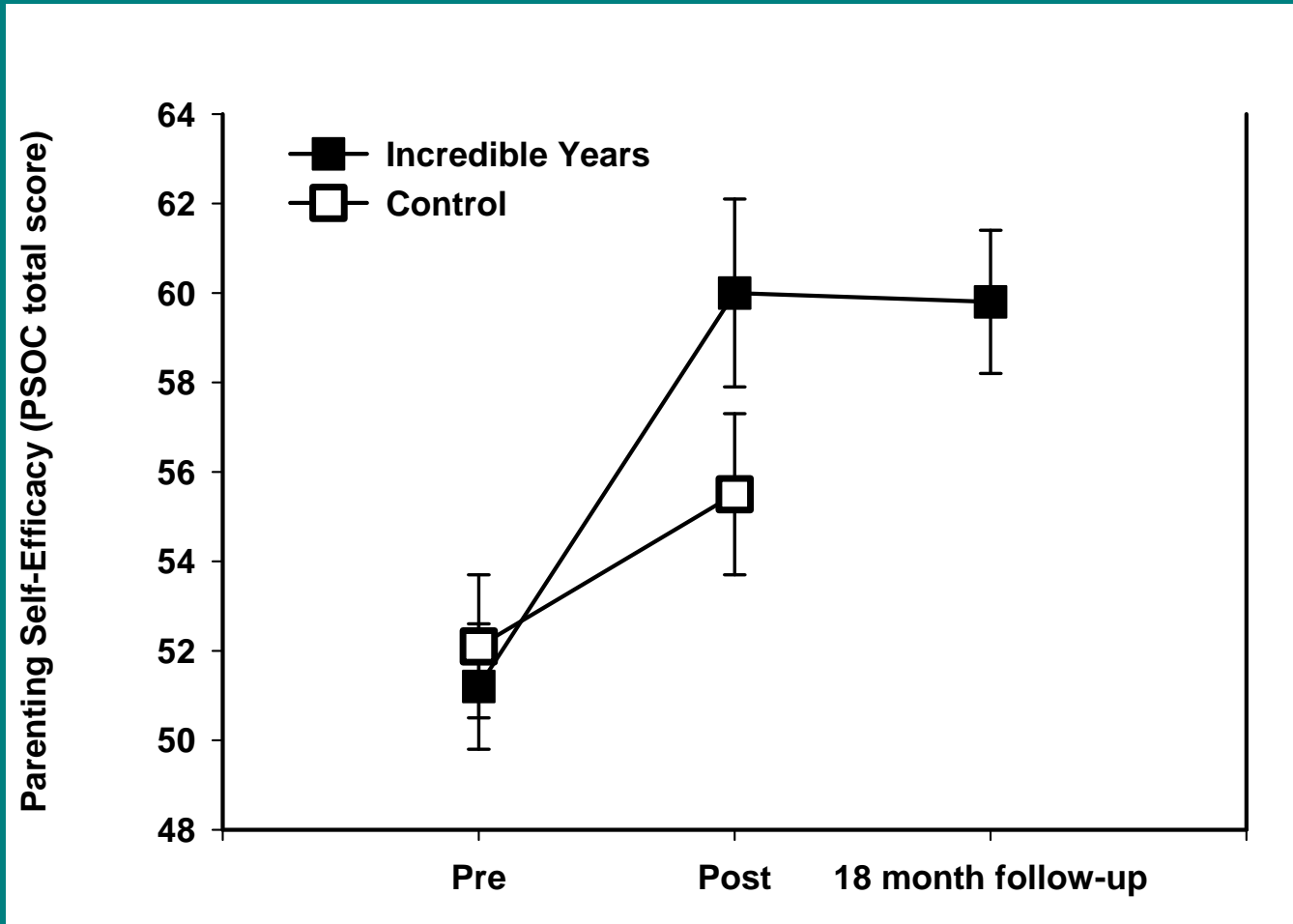


Strategies to use generously when goal is to promote parenting self-efficacy

- Emotional support for mother's parenting struggles
- Achievable goals
- Noting the positive effect their efforts have on their child



Effect of Incredible Years on Parenting Self-Efficacy



Effect of Parent-Child Interaction Therapy on Parenting Self-Efficacy

