

Video-feedback intervention in mother-baby dyads with depressive symptomatology and relationship difficulties

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© 2015 Italian Area Group of the Society for Psychotherapy Research. Post-partum depression (PPD) is one of the most common complications associated to maternal suffering, negative effects for the baby, and difficulties in the relationship. Video-feedback is a particularly effective technique used in dyadic early interventions. A brief intervention for mother-infant dyads with maternal depressive symptomatology was implemented using this technique, and was assessed in a longitudinal, quasi-experimental and quantitative study. 61 mother-baby dyads participated, with ages ranged from 18 to 41 years in mothers, and 8,4 to 18,8 months in their babies. The results show an improvement in the quality of the interaction, with a significant increase of maternal sensitivity, and a significant decrease in control. A significant reduction of depressive symptomatology was not found, although the frequency of major depression episodes and bonding risk decreased.