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Simulation Study to Predict How Resilience-Building Programs Will Impact Parenting Stress in Mothers with Adverse Childhood Experiences

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Jones, Victoria and Morelen, Diana, "Simulation Study to Predict How Resilience-Building Programs Will Impact Parenting Stress in Mothers with Adverse Childhood Experiences" (2020). *Appalachian Student Research Forum*. 15.

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BACKGROUND

- Adverse childhood experiences (ACEs) can reduce parents' stress tolerance, impacting their ability to provide sensitive and regulated caregiving
- ACEs are intergenerationally transmitted, so if not combatted, children can develop their own ACEs
- ACEs are positively correlated with parenting stress
- Mom Power (MP) intervention engages mothers with ACEs to help break intergenerational cycles of risk
- MP reduced parenting stress in mothers with ACEs (see QR code)

AIMS/HYPOTHESES

- 2Gen: Feeling Better Project (2Gen) is the overarching study examining parent-child coregulation and physiological synchrony
- Mothers are randomized to receive either a brief emotion-based (EB) or behavior-based (BB) interventions
- This study's goal is to examine how the interventions impact parenting stress
- Hypothesis: Parenting stress will decrease for all participants but more drastically for those in the EB intervention group

METHODS

- The 2Gen Study is in preliminary data collection. As such, this poster simulates data to guide hypotheses
- Parenting Stress Index-Short Form (PSI-SF) scores were simulated in a normal distribution by using MP study data (see QR code)

RESULTS

- A 2x2 factorial ANOVA was conducted to examine how intervention type (EB vs BB) and time (pre and post) impacted parenting stress scores
- There were significant main effects for intervention type ($F(1, 96) = 5.436, p = 0.021$) and time ($F(1, 96) = 7.572, p = 0.006$)
- EB group had lower PSI-SF scores at pre and post than BB group
- Post PSI-SF scores were lower than pre-scores for both groups
- There were not significant interaction effects between intervention type and time ($F(1, 96) = 2.450, p = 0.119$)

Simulation Study to Predict How Resilience-Building Programs Will Impact Parenting Stress in Mothers with Adverse Childhood Experiences

PRESENTER: Victoria Jones

2Gen: Feeling Better Project, a brief video-based resilience-building intervention, is predicted to reduce parenting stress in mothers with adverse childhood experiences

Figure 1. Prevalence of ACEs for CDC-Kaiser ACE Study Participants

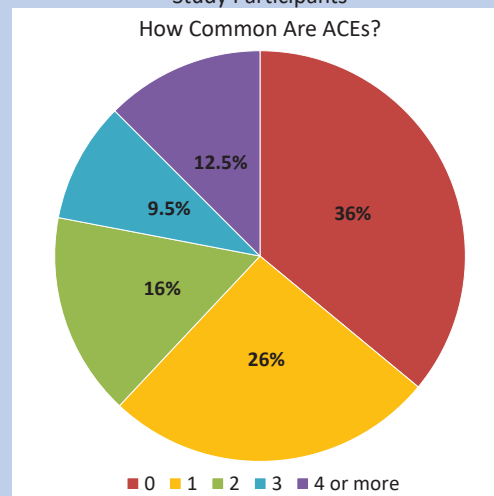
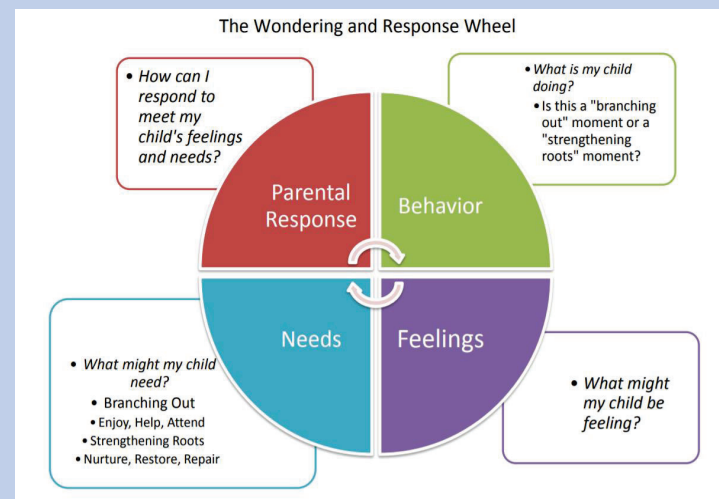


Figure 2. Emotion-Based Curriculum's Wonder and Response Wheel



DISCUSSION

- Both EB and BB brief interventions are likely to lower parenting stress
- Cannot conclusively say which intervention is more effective at reducing parenting stress
- Potential to help reach underserved populations like people in rural areas since interventions are delivered via brief internet videos
- Telehealth interventions like this are beneficial since they are not resource intensive like MP
- Limitation in that a random number generator was used to simulate data
- Limitation in that MP's control was an EB program sent via mail rather than a BB program

Table 1. Resilience-Building Curriculum Video Topics

Week	Emotion-Based Topics	Behavior-Based Topics
1	Attachment/The Tree	Developmental Milestones
2	Wondering and Response Wheel/Flipping Lids	Healthy Eating
3	Emotion Coping	Healthy Sleep
4	Background Music/Rings of Support	Toilet Training
5	Cup of Well-Being/Deep Breathing	Positive Behavior
6	Soothe/Progressive Muscle Relaxation	Negative Behavior
7	Emotion Coaching	Getting Ready for School
8	Putting It All Together	Putting It All Together

Figure 3. Changes in Mean Parenting Stress Scores at Pre and Post

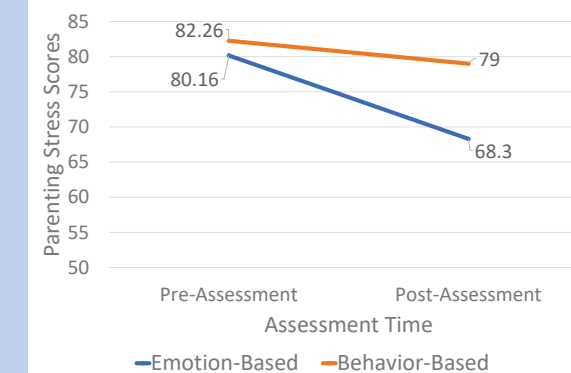


Figure 3. Parenting stress scores measured with the Parenting Stress Index-Short Form (PSI-SF). Possible scores range from 36-180.

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