**The building early attachment & resilience (bear) study- support for mums and babies - interim findings**

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Introduction: Attachment organisation in infancy is crucial for the development of relational

functioning, affect regulation and general psychological well-being of the infant. Parental mental health difficulties and psycho-social stressors can disrupt the process of attachment with a new infant. It is unclear whether early group interventions and in particular, which types of interventions, in addition to treatment as usual, could potentially reduce negative effects of parental mental health difficulties on the attachment relationship.

Aims: to examine the effect of two early group interventions: The MindBabyBody (MBB) and Parenting with feeling (PWF) programs, on maternal mental health, parental reflective functioning, parent-infant relationship and infant neurodevelopment.

Method: The MBB and PWF programs in pregnancy and early postpartum are manualised group interventions developed by the authors. The study is a four arm parallel group, quasi RCT with a repeated measures design. Participants (n = 150) are recruited via the mental health service of a large maternity hospital. Participants have a range of mental health risk factors, including a background of trauma, a history of mental health problems and psychosocial adversity. Participants are randomised to one of four groups. Two groups receive one of either of the group programs, one group receives both of the programs and the last group receives treatment as usual (control).

Results: results will be presented of the MBB (pregnancy) intervention for the first three years and PWF for first two years as the study is still in progress.