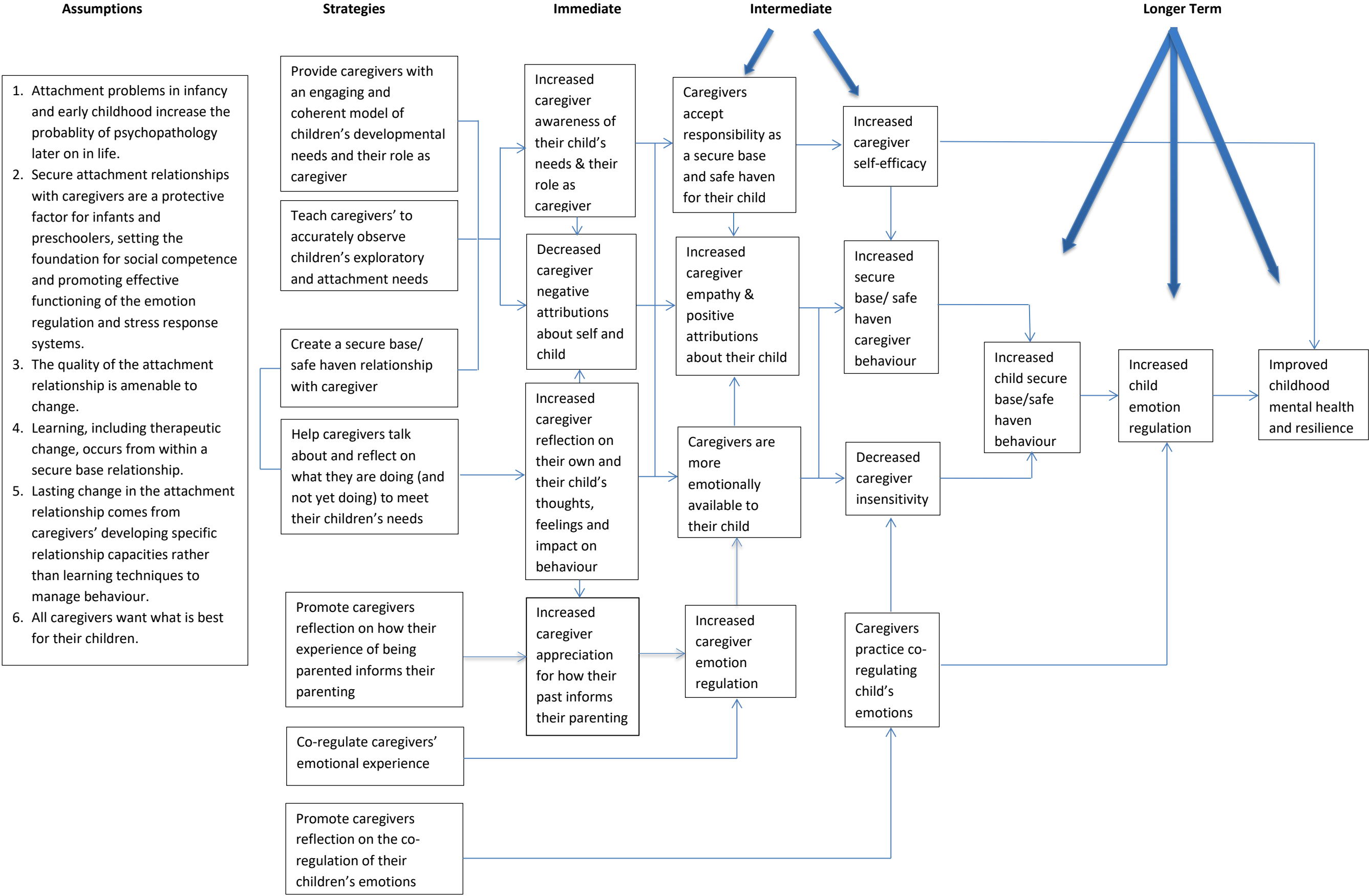


COSP Theory of Change



Possible measures of various constructs in the model:

Proximal Outcomes:

1. Increased caregiver awareness of their child's needs and their role as caregiver:
 - a. Secure base scripts: Waters, H.S., & Rodrigues, L.M. (2004). Narrative assessment of adult attachment representations: The scoring of secure base script content. Unpublished manuscript: Department of Psychology, State University of New York at Stony Brook.
 - b. COSI: Huber coding manual
 - c. Questionnaires??
 - d. Parental investment scale
 - e. Dozier's welcoming back diary
2. Decreased caregiver negative attributions about self and child:
 - a. Coping with Toddler's Negative Emotions Scale (Spinrad et al., 2007)—maternal response to child distress
 - b. Tool to Measure Parenting Self-Efficacy (TOPSE): <http://www.topse.org.uk/site/>
3. Increased caregiver reflection on their own and their child's thoughts and feelings and impact on behaviour:
 - a. [Parental Reflective Functioning Questionnaire]; Luyten P, Mayes L, Sadler L, Fonagy P, Nicholls S, Crowley M, Slade A. The Parental Reflective Functioning Questionnaire – 1 (PRFQ-1) University of Leuven; Leuven, Belgium: 2009
 - b. Perspective taking
 - c. Five Minute Speech Sample protocol (FMSS; Gottschalk & Gleser, 1969), coded for RF (Adkins & Fonagy, unpublished)
 - d. Working Model of Child Interview, coded for RF (Rosenblum, et al, unpublished coding manual)
4. Increased caregiver emotion regulation:
 - a. Difficulties in Emotion Regulation Scale: Gratz K, Roemer L. Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial validation of the difficulties in emotion regulation scale. *Journal of Psychopathology and Behavioral Assessment*; 2004;26(1):41-54.
 - i. DERS-Short Form: https://www.researchgate.net/publication/286385930_DERS-SF_scoring_and_measure
 - b. Emotion Regulation Questionnaire: <https://www.ocf.berkeley.edu/~johnlab/pdfs/ERQ.pdf>
 - c. BRIEF-A; Behavior Rating Inventory of Executive Function-Adult Version (BRIEF®A) [Internet]. Available from: <http://www4.parinc.com/Products/Product.aspx?ProductID=BRIEF-A>
 - d. Parental Self-Regulation—Me As A Parent Scale: Hamilton, V., Matthews, J. & Crawford, S. (2015). Development and preliminary validation of a parenting self-regulation scale: “Me as a Parent”. *Journal of Child & Family Studies*. 24(10), 2853-2864. (pdf Available on Research Gate). <https://doi.org/10.1007/s10826-014-0089-z>

Intermediate Outcomes:

1. Caregivers accept responsibility as a secure base and safe haven:
 - a. Parental Investment in Child: https://www.researchgate.net/profile/Leanne_Whiteside-Mansell/publication/249707960_Similarities_and_Differences_in_Parental_Investment_for_Mothers_and_Fathers/links/56339cdd08ae88cf81ba4bfd.pdf?origin=publication_list
 - b. Indicators from COSI interview perhaps?
 - c. ?? Adapt the “This is my Baby” Interview; Bates B, Dozier M. Unpublished manuscript. University of Delaware; Newark: 1998. “This is My Baby” coding manual.
2. Increased caregiver empathy & positive attributions about their child:
 - a. Empathy/Connection Scale from the Parent Emotional Style Questionnaire: https://www.researchgate.net/publication/227537629_Maternal_Emotional_Styles_and_Child_Social_Adjustment_Assessment_Correlates_Outcomes_and_Goodness_of_Fit_in_Early_Childhood
 - b. Ainsworth Scales: Acceptance vs Rejection of Baby's Needs
 - c. Mind-Mindedness
3. Increased caregiver appreciation for how their past informs their parenting

- a. ?
- 4. Caregivers are more emotionally available to their child:
 - a. Emotional Availability Scales
 - b. Ainsworth Scales: Physical and Psychological Availability vs Ignoring and Neglecting
 - c. Levels of Emotional Awareness Scale (LEAS); <http://psychiatry.arizona.edu/research/leas>

Intermediate Outcomes:

- 1. Increased caregiver self-efficacy (for a recent review: <https://link.springer.com/article/10.1007/s10826-017-0830-5>) :
 - a. Parenting efficacy subscale from the Caregiver Helplessness Questionnaire
 - b. Parent efficacy scale from the PSOC
 - c. Karitane Parenting Confidence Scale (0-12mos): <https://www.pdfFiller.com/jsfiller-desk3/?projectId=213709675&expld=3726&expBranch=2#f455bc7f973a49be82285af5255d81e8>
- 2. Increased secure base/safe haven caregiver behaviour:
 - a. Mini Maternal behaviour Q Set
 - b. Ainsworth Scales: Cooperation vs Interfering with Baby's Ongoing Behaviour (secure base?)
 - c. Ainsworth Scales: Sensitivity vs Insensitivity to Baby's Signals (Safe haven?)
 - d. Emotional Availability Scales
- 3. Decreased caregiver insensitivity:
 - a. AMBIANCE scale
 - b. Ainsworth Scales
 - c. Emotional Availability Scales
- 4. Caregivers practice co-regulation of their child's emotions:
 - a. Specific indicators? Possible survey items? Observational measures?
 - b. ? Mindfulness Awareness Scale: Brown KW, Ryan RM. The benefits of being present: mindfulness and its role in psychological well- being. J Pers Soc Psychol. 2003; 84(4):822–48. doi: [10.1037/0022-3514.84.4.822](https://doi.org/10.1037/0022-3514.84.4.822) PMID: [12703651](https://pubmed.ncbi.nlm.nih.gov/12703651/)
 - c.

Outcomes:

- 5. Increased child secure base/safe haven behaviour:
 - a. Attachment Q Set
 - b. Strange Situation Procedure
 - c. Emotional Availability Scales: Child scales
- 6. Increased child emotion regulation/executive functioning
 - a. Puppet-Says task (Kochanska, Murray, Jacques, Koenig, & Vandegeest, 1996)
 - b. Dimensional Change Card Sort (DCCS; Zelazo, Frye, & Rapus, 1996)
 - c. Minnesota Executive Function Scale (S. Carlson and Co: <http://reflectionsociences.com>)

Long-term Outcomes (Most Distal):

- 7. Improved child mental health and resilience
 - a. Strengths and Difficulties Questionnaire (4 years +)
 - b. Youth Outcome Questionnaire (4 years+)
 - c. Child Behavior Checklist (18 months +)

- d. Behavior Assessment System for Children (2 years +)

Potential Moderator Measures/what works for whom:

1. State of Mind re Attachment
 - a. AAI
 - b. AAI projective
 - c. WMCI
 - d. Experiences in Close Relationships scale (Brennan, Clark, & Shaver, 1998; Wei, Russell, Mallinckrodt, & Vogel, 2007)
2. Caregiver depression/psychiatric symptoms/history of trauma/loss
 - a. Hospital Anxiety and Depression Scale (HADS); <http://hqlo.biomedcentral.com/articles/10.1186/1477-7525-1-29>