Rock-a-bye Baby, Soft Voice, Delicate Massage, Loving Gaze, Gentle Rocking
Effectiveness of Parent-Guided and ATVV Interventions to Reduce Stress in Parents of Preterm Infants in the NICU

Ashley Barker, BSN, RN; Hayley Alexander, BA; Thao Griffith, PhD, RN
Loyola University of Chicago Marcella Niehoff School of Nursing

Results
Nine articles were reviewed
- 8 out of 9 studies found that parent-guided and ATVV interventions decreased stress in parents
- Fathers experienced more stress than mothers

Table 1. Interventions and Outcomes

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Parental Stress Outcomes</th>
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</thead>
<tbody>
<tr>
<td>Auditory(^4,5,9)</td>
<td>Decrease in perceived parental anxiety and stress</td>
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<tr>
<td>ATVV(^3)</td>
<td>Decrease in mother’s perceived anxiety and stress</td>
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<tr>
<td>Family Integrated Care(^3)</td>
<td>Decrease in parental reported stress</td>
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<tr>
<td>Kangaroo Care(^1,8)</td>
<td>Reduction in mother’s stress</td>
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<tr>
<td>Occupational Care(^2)</td>
<td>Decrease in mother’s perceived stress and increase in efficiency of breast feeding</td>
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<tr>
<td>Tactile(^6)</td>
<td>Decrease in mother’s perceived stress</td>
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</tbody>
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Limitations
Self-reports of stress are subject to bias
Intervention terminology is not consistent
Limited generalizability
- Small sample size
- Cross-sectional design

Background
10% of infants are born prematurely\(^1\)
- 70% are admitted to the NICU\(^1\)
Parents experience a multitude of stressors
- Being new parents\(^2\)
- Caring for a premature infant\(^2\)
High parental stress leads to:
- Increased risk mental health issues\(^3\)
- Decreased parent-infant bonding\(^3\)
- Poor infant outcomes\(^3\)
Interventions may reduce the parental stress and its negative impact, i.e., parent-guided and ATVV

Method
Databases: PubMed, CINAHL, and PsychInfo
Keywords: NICU, parent-guided interventions, stress, preterm infant, neonate, baby, and ATVV

Purpose
To investigate the effectiveness of parent-guided and ATVV interventions to reduce stress in parents of preterm infants who are hospitalized in the NICU

Implications for Research and Practice
Further investigation is warrant
- Collect supporting evidence related to the effectiveness of parent-guided and ATVV
- Determine the accessibility and feasibility with consideration for different parental populations

More focus on assessing parental stress
- Reducing stress in parents promotes optimal mental health and parent-infant bonding
