

McManus, B., Blanchard, Y., Singer, J., Murphy, N., Nugent, J. K. (2018). [The NBO improves Maternal Mental Health and Infant Attention and Social Skills](#). Presented at the International Conference “Celebrating Berry Brazelton and the Work he Inspires”, Meyer Children’s Hospital, Florence, May 2018.

**Aims:** The purpose of this proposal is to test the effectiveness of the NBO as a model of care in a large sample of EI infants with developmental disabilities or delays to determine its effect on infant cognitive and social-emotional function and maternal depression.

**Methods:** The sample for this multi-site pragmatic trial included 38 infants who were randomized to receive the NBO (n=16) or usual care (n=22). The NBO group received weekly visits by an NBO provider who received advanced (Level II NBO) training. Infant development was measured at EI entry, 3-months, and 6-months. Maternal depressive symptoms were measured at 3-months and 6-months.

**Results:** Infants who were randomized to receive weekly NBO visits during the newborn period had improved attention and social skills at 6 months. However, we found no differences in adult interaction or communication skills. Positive intervention effects for mothers suggesting the NBO reduces symptoms of maternal depression and anxiety were also found. This is particularly powerful because the mothers in the NBO group had much higher baseline CES-D scores.

**Conclusions:** This study has important implications for developing a sustainable model of NBO-EI service delivery and can serve as a research framework for other NBO studies.

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