

MENTORSHIP AND THE DEVELOPING MIND:

LINKS TO ANXIOUS BEHAVIORS IN CHILDREN WITH EARLY CAREGIVING ADVERSITIES

Erica Niemiec, Anna Vannucci, M.S., Nim Tottenham, PhD

Developmental Affective Neuroscience Laboratory, Columbia University



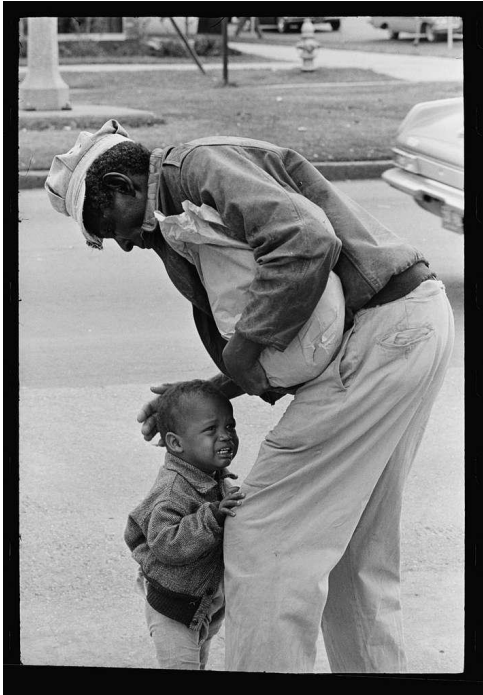


What is the association between mentorship quality and anxious behaviors in children ages 6-13 with various early caregiving experiences?



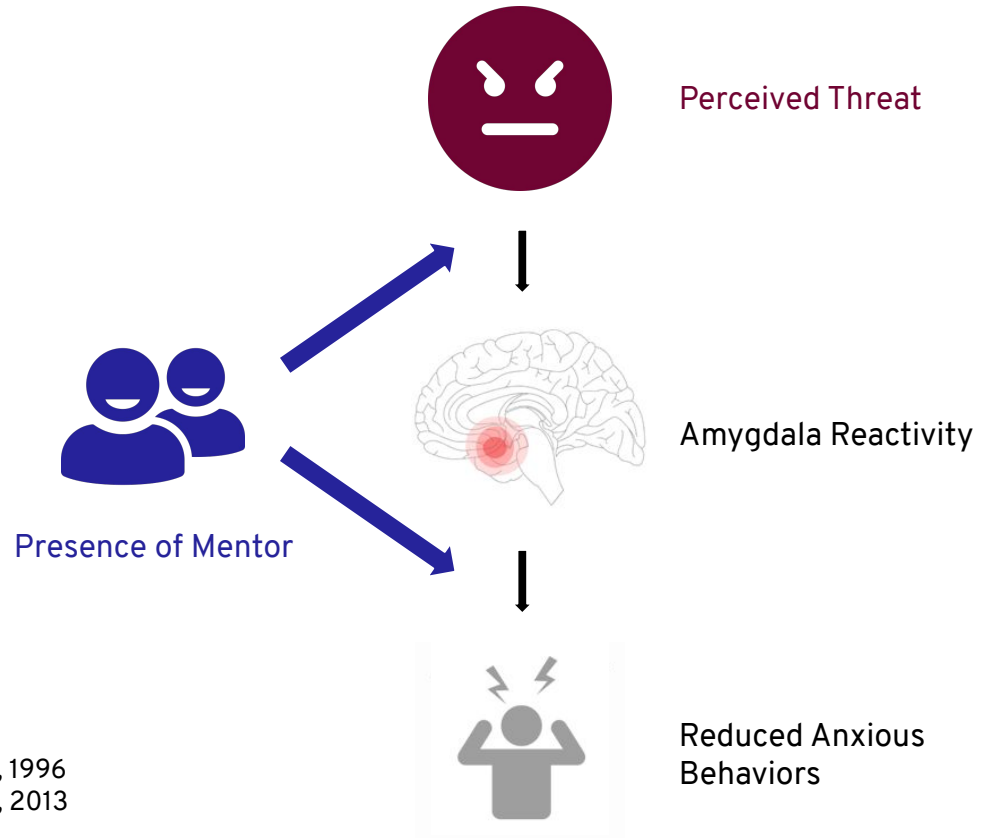
Secure attachment:

Caregiver is secure base



Bretherton, 1996
Bretherton, 2013

Insecure attachment:



Parents and Children Coming Together

n = 290



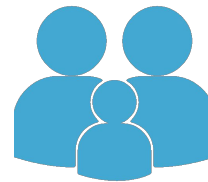
Domestically Adopted (DA)
+ Intl. Foster Care (IFC)

n = 86



Disrupted Caregiving (DC)

n = 38



Previously Institutionalized
(PI)

n = 59



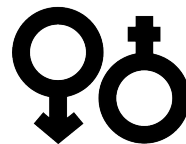
Comparison (C)

n = 107



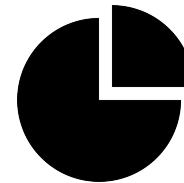
Age

6 - 13
(at baseline)



Gender

147 female
143 male



**Income to
Needs Ratio**

0.25 - 39.27

METHODS AND MEASURES

Mentorship Quality



Independent Variable

Presence of Mentor Scale

- *Youth-Centered*
“My mentor is always interested in what I want to do”
- *Emotional Engagement*
“When I’m with my mentor, I feel excited”
- *Youth Dissatisfaction*
“I wish my mentor knew me better”

Jucovy et al., 2002

Caregiving-Related Early Adversity



Independent Variable

Caregiving Groups

- crEA contrasted with comparison group
- Individual groups (DA and IFC, DC, PI)

Anxious Behaviors



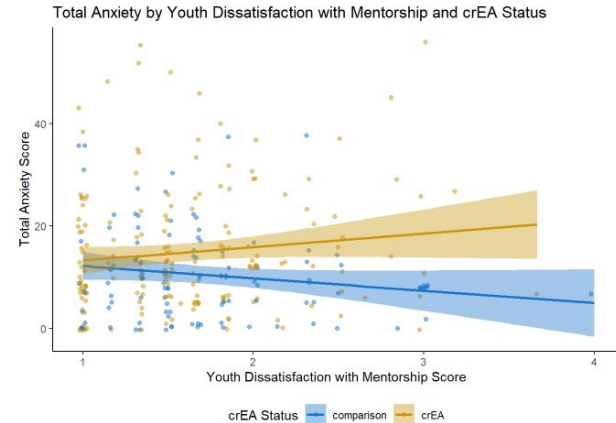
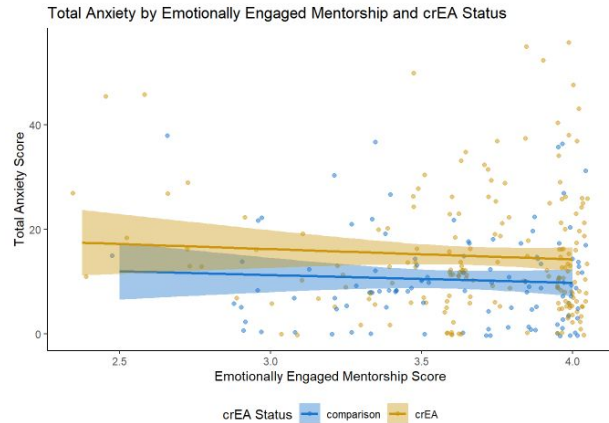
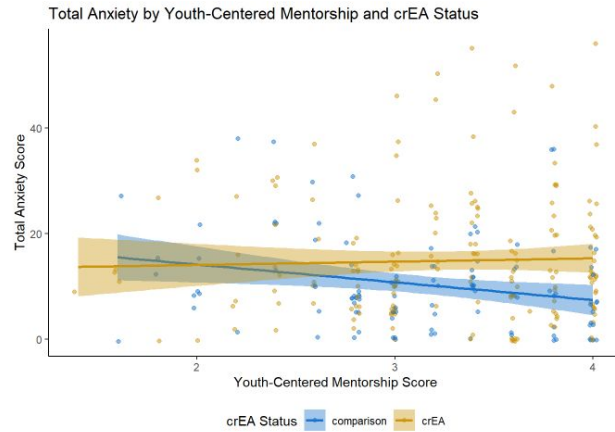
Dependent Variable

Revised Childhood Anxiety and Depression Scale (RCADS)

- Total Anxiety Score
- General Anxiety
- Separation Anxiety
- Social Anxiety

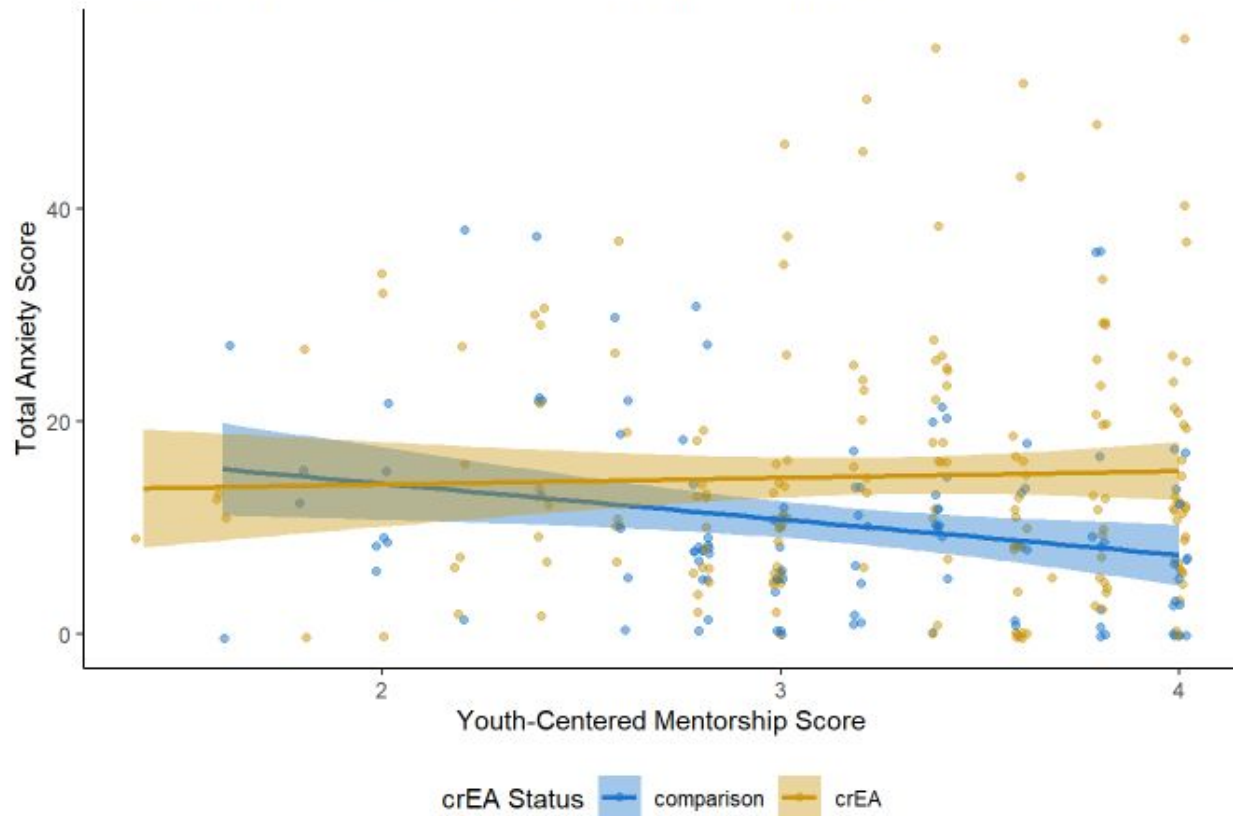
Chorpita et al., 2000

RESULTS

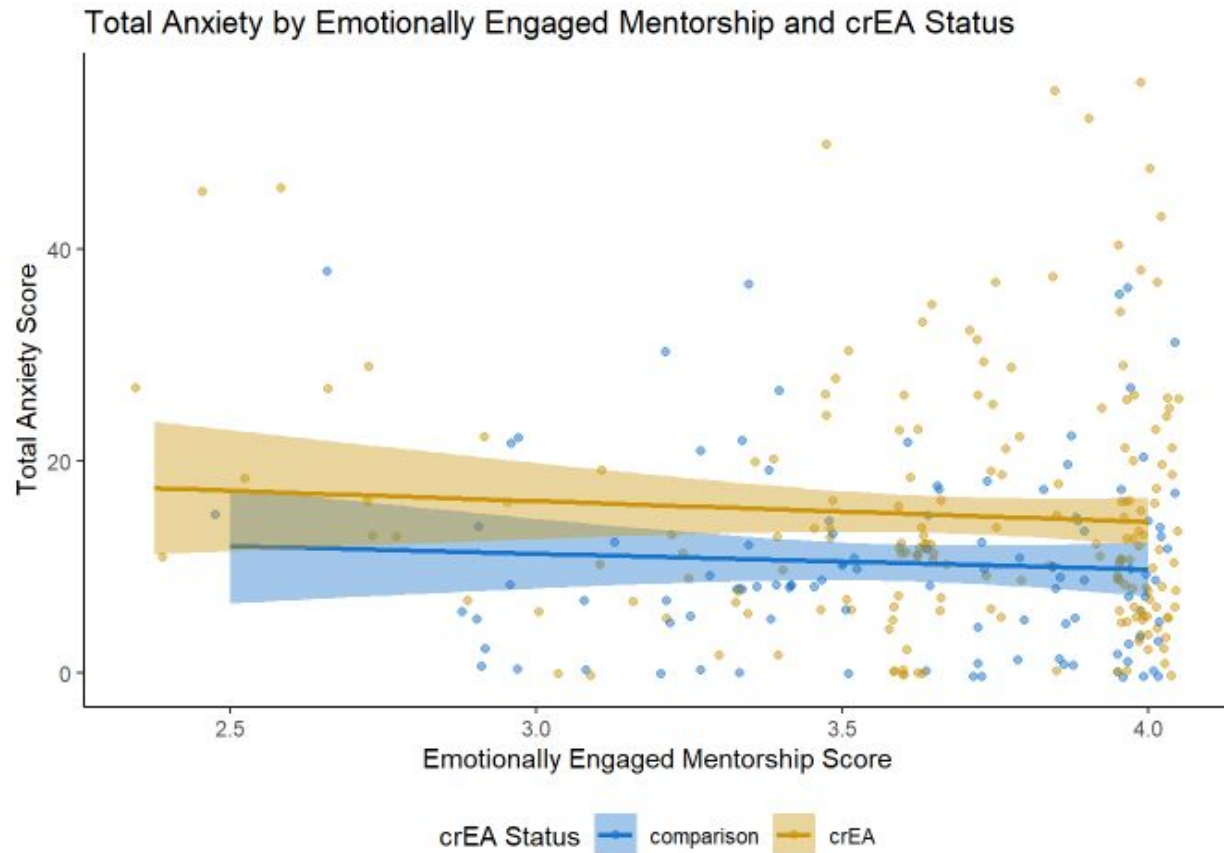


RESULTS

Total Anxiety by Youth-Centered Mentorship and crEA Status

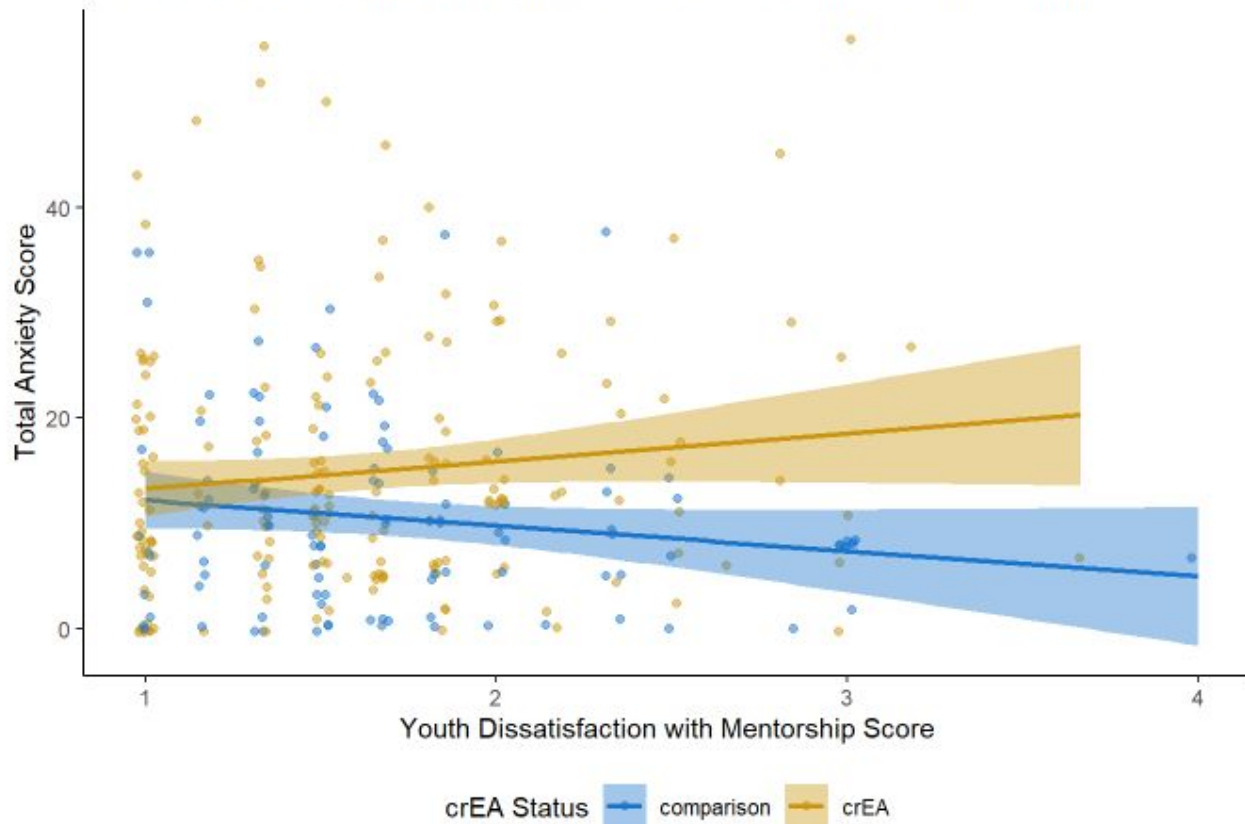


RESULTS



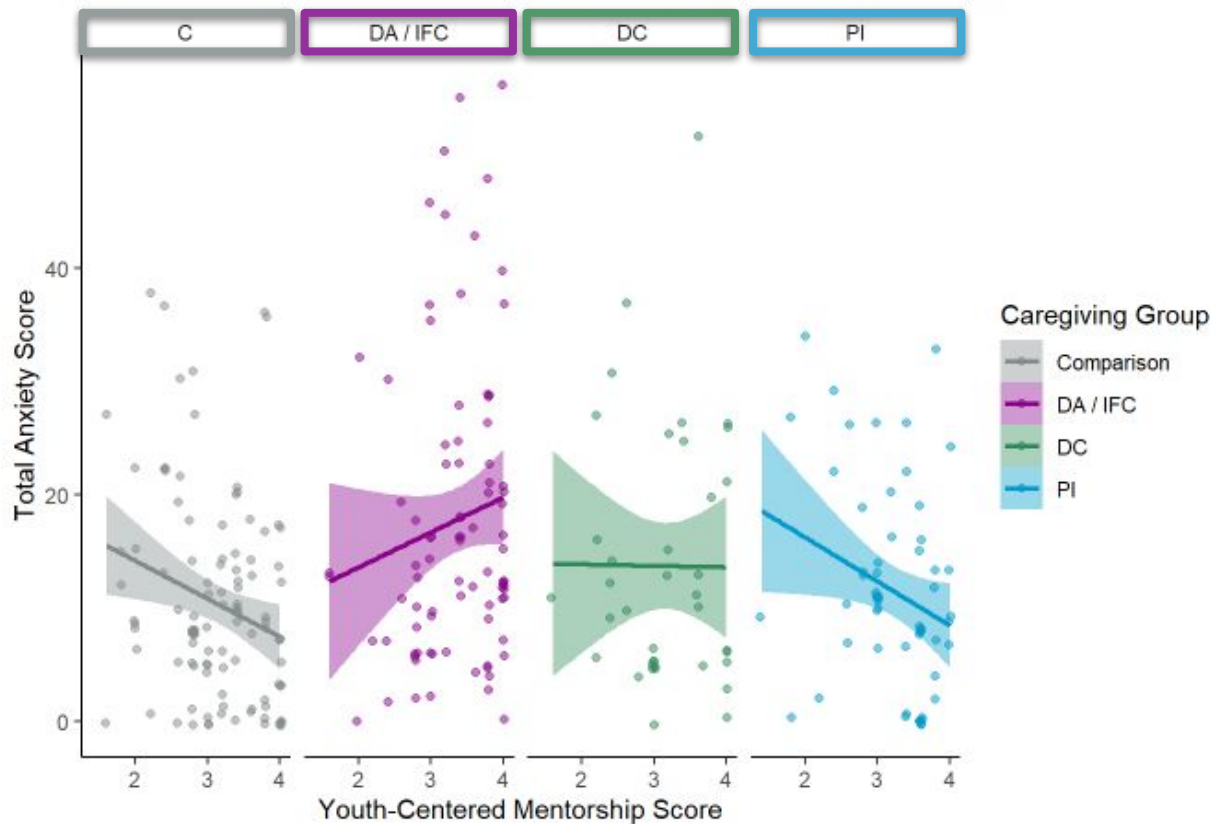
RESULTS

Total Anxiety by Youth Dissatisfaction with Mentorship and crEA Status



RESULTS

Total Anxiety by Youth-Centered Mentorship and Caregiving Group



DISCUSSION

Youth-Centered

“My mentor is always interested in what I want to do”

Sensitivity

Emotional Engagement

“When I’m with my mentor, I feel excited”

Warmth

Youth Dissatisfaction

“I wish my mentor knew me better”



Domestically Adopted (DA)
+ Intl. Foster Care (IFC)



Disrupted Caregiving (DC)



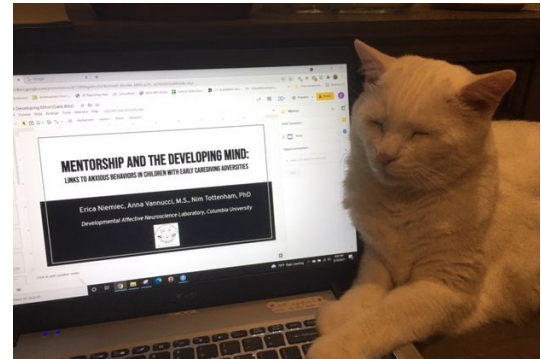
Previously Institutionalized
(PI)



Comparison (C)

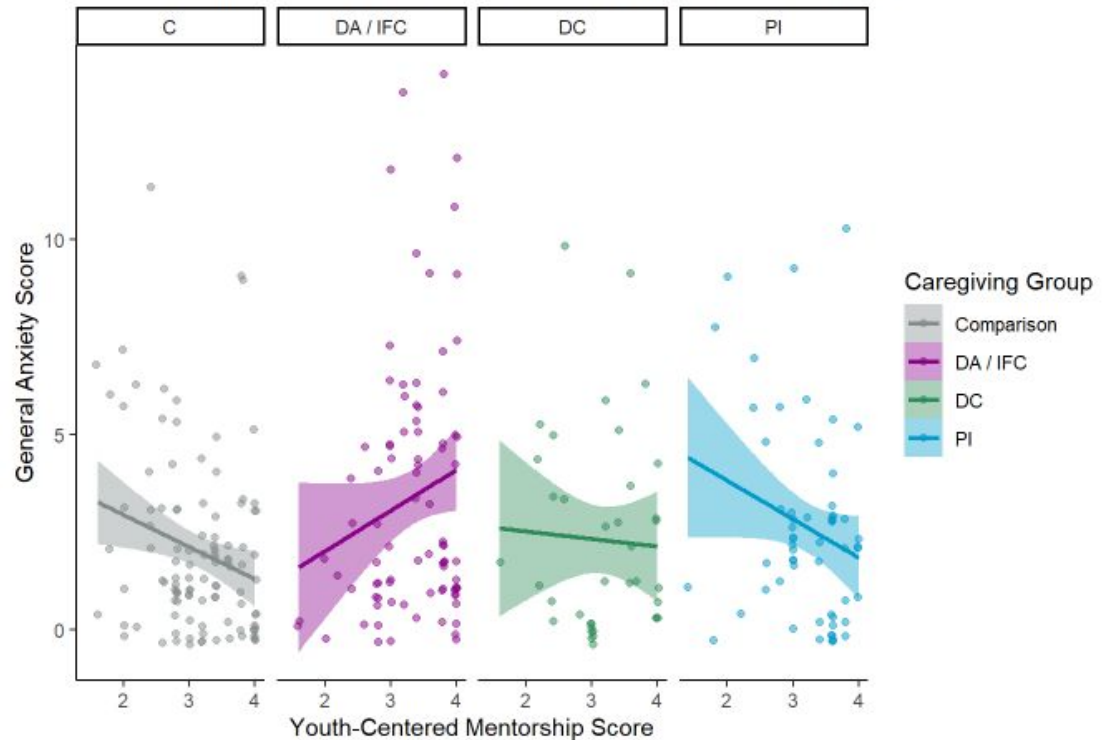
THANK YOU!

- Anna Vannucci, because mentoring adults matters too
- Nim Tottenham and the DAN lab, for allowing me to learn and share data
- PACCT participants, for volunteering their time to advance science
- SIPPS coordinators and facilitators, for an incredible amount of learning in 10 short weeks
- Camila Vicioso, for sharing amygdala expertise and helping dismantle coding challenges
- Ellie Hansen, for security scale coding and R support
- Andrea Fields, for mismatch insights
- Oliver Harris, rehearsal partner
- Isaac Skelton, life partner
- Mike the cat, feline partner



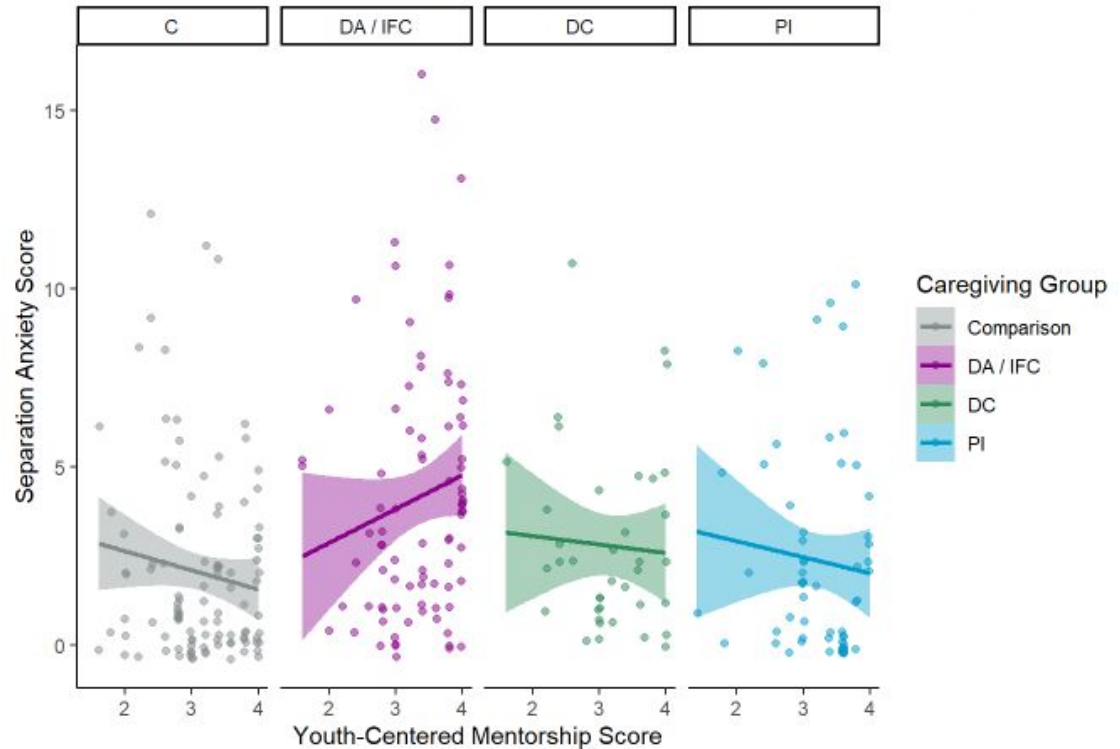
[SUPPLEMENTAL] ANXIETY TYPES: GAD

General Anxiety by Youth-Centered Mentorship and Caregiving Group

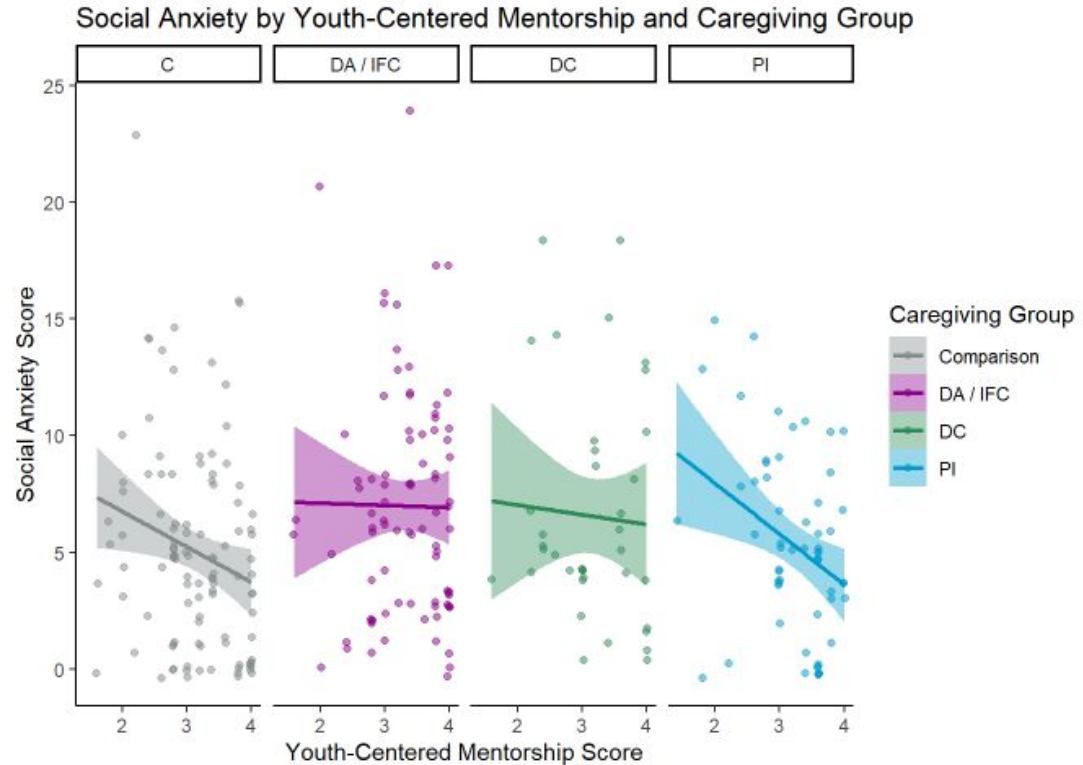


[SUPPLEMENTAL] ANXIETY TYPES: SAD

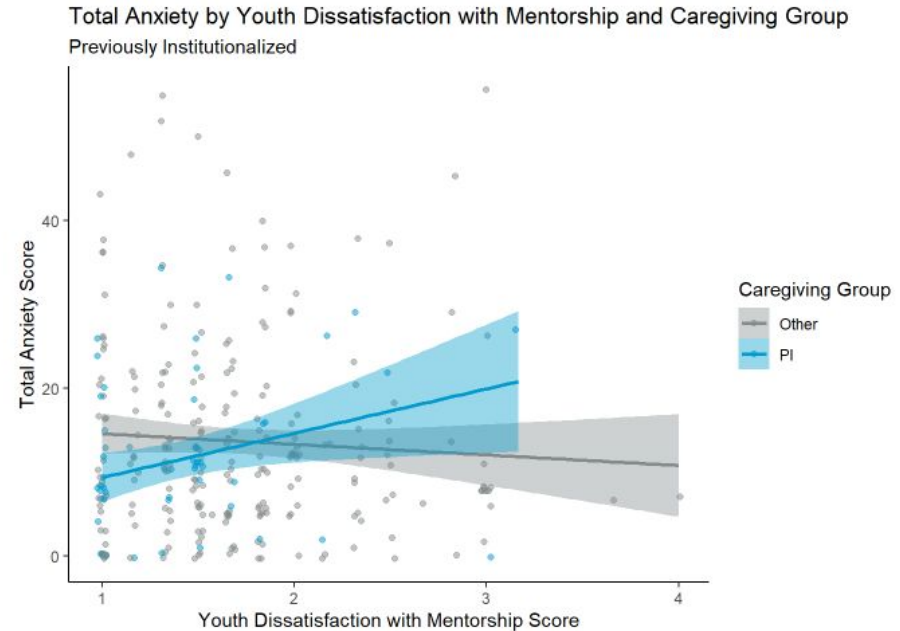
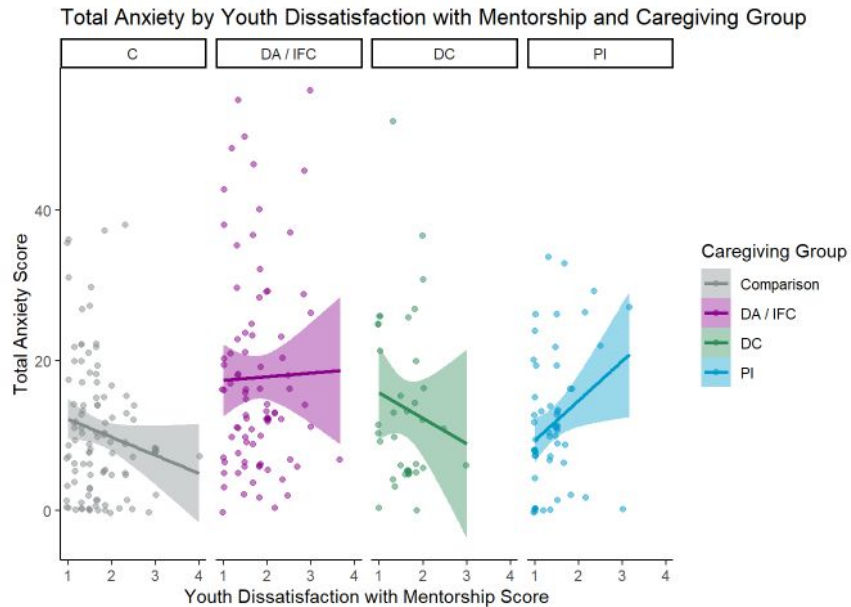
Separation Anxiety by Youth-Centered Mentorship and Caregiving Group



[SUPPLEMENTAL] ANXIETY TYPES: SOC



[SUPPLEMENTAL] YD BY CAREGIVING GROUP



[SUPPLEMENTAL] OTHER ANALYSES

- Age
- Gender
- Income-to-Needs Ratio
- Security (with parent)
 - Continuous
 - Discrete (with cutoff at score of 45)
- No mentor indicated / Mentor indicated

REFERENCES AND ATTRIBUTIONS

Bretherton, I. (1996). Bowlby's Legacy to Developmental Psychology. *Child Psychiatry and Human Development*, 11.

Bretherton, I. (2013). Revisiting Mary Ainsworth's conceptualization and assessments of maternal sensitivity-insensitivity. *Attachment & Human Development*, 15(5-6), 460-484.
<https://doi.org/10.1080/14616734.2013.835128>

Chorpita, B. F., Yim, L., Moffitt, C., Umemoto, L. A., & Francis, S. E. (2000). Assessment of symptoms of DSM-IV anxiety and depression in children: a revised child anxiety and depression Scale. *Behavior Research and Therapy*, 38, 835-855. [https://doi.org/10.1016/s0005-7967\(99\)00130-8](https://doi.org/10.1016/s0005-7967(99)00130-8)

Jucovy, Linda (2002). Measuring the Quality of Mentor Youth Relationships: A Tool for Mentoring Programs.

Presentation template from **Slidesgo** (<https://www.slidesgo.com>)

Icons made by **Freepik** (<https://www.freepik.com>), **Goodware**, **Wanicon**, and **xnimrodx** from **Flaticon** (<https://www.flaticon.com>)