



**Salomonsson et al.**  
 Stockholm  
 Review by Riikka Tolsa-Saloheimo

# An interesting short-term psychodynamic intervention trial (SPICIC) in Stockholm area

Salomonsson et al. have done an interesting psychodynamic infant-parent short-term intervention at six Child Health Centers (CHC) in Stockholm and reported the results in the Journal of Infant Mental Health.

The mothers to the clinical group were recruited to the intervention by the CHC nurses. It comprised of mothers (N=100) and their infants (under 2 years of age). Participation of the fathers varied much. The mothers had signalled to the nurses difficulties with parenting, marriage, personal well-being, contact with the child as well as baby problems such as feeding, sleep and affect regulation. The "norm group" comprised of mothers who showed no distress at baseline. The psychotherapy was done by psychoanalytic

psychotherapists. All the mothers and infants in the clinical group received once or biweekly psychotherapy sessions (45 min). The mean number of sessions was 4.3 and mean duration of the short-term psychotherapy was 8.6 weeks. The follow-up assessment was done to the both groups 3 and 9 months later. This short-term therapy intervention showed positive outcomes on mother-reported depressive symptoms and infant functioning. The authors bring out that the infant mental health care and

emotional support for distressed families should be integrated at the CHCs. The collaboration of the nurses and psychotherapists as well as the supervision of the nurses by the therapists are the key factors in this work.

### Reference

Salomonsson B, Kornaros K, Sandell R, Nissen E, Lilliengren P. Short-term psychodynamic infant-parent interventions at Child health centers: Outcomes on parental depression and infant social-emotional functioning. *Infant Ment Health J.* 2020;1-15.  
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