Mind matters
*On mothers’ and fathers’ mentalizing about their child*
Zeegers, M.A.J.

*Link to publication*

*Creative Commons License (see https://creativecommons.org/use-remix/cc-licenses):*
*Other*

*Citation for published version (APA):*

*General rights*
It is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), other than for strictly personal, individual use, unless the work is under an open content license (like Creative Commons).

*Disclaimer/Complaints regulations*
If you believe that digital publication of certain material infringes any of your rights or (privacy) interests, please let the Library know, stating your reasons. In case of a legitimate complaint, the Library will make the material inaccessible and/or remove it from the website. Please Ask the Library: https://uba.uva.nl/en/contact, or a letter to: Library of the University of Amsterdam, Secretariat, Singel 425, 1012 WP Amsterdam, The Netherlands. You will be contacted as soon as possible.
The fact that we try to make sense of our own and others' behavior in terms of thoughts and feelings is unique to us as humans. This capacity is termed mentalizing, or theory of mind, and has proven to be a hugely influential construct for understanding individual differences in development across the life span. Over the last two decades, mentalizing has become embedded in theories that attempt to explain child-parent attachment security as well as children's socioemotional functioning. This dissertation aimed to a) review the existing literature on parents' and children's mentalizing in relation to child-parent attachment security, b) extend the existing research on parents' mentalization by investigating whether mothers' and fathers' mentalizing (i.e., mind-mindedness) predicts variation in children's emotion regulation and behavioral functioning, and c) investigate whether parents' mentalizing is changeable through intervention.
MIND MATTERS

On mothers’ and fathers’ mentalizing about their child
MIND MATTERS
On mothers’ and fathers’ mentalizing about their child

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad van doctor aan de Universiteit van Amsterdam
op gezag van de Rector Magnificus prof. dr. ir. K.I.J. Maex
ten overstaan van een door het College voor Promoties ingestelde commissie,
in het openbaar te verdedigen in de Agnietenkapel
op 5 december 2019, te 12.00 uur

door

Moniek Anna Josephina Zeegers

geboren te Utrecht
PROMOTIECOMMISSIE:

Promotor(es):
- Prof. dr. S.M. Bögels   Universiteit van Amsterdam
- Prof. dr. G.J.J.M. Stams   Universiteit van Amsterdam

Copromotor(es):
- Dr. C. Colonnesi   Universiteit van Amsterdam
- Prof. dr. E. Meins   University of York

Overige leden:
- Prof. dr. C. Braet   Universiteit van Gent
- Prof. dr. P. Fonagy   University College London
- Dr. M. Hoeve   Universiteit van Amsterdam
- Prof. dr. Lindauer   Universiteit van Amsterdam
- Prof. dr. G. Overbeek   Universiteit van Amsterdam

Faculteit der Maatschappij- en Gedragswetenschappen
CONTENTS

Chapter 1. General introduction and outline of the dissertation 7

Section 1: Summarizing research on parent and child mentalization

Chapter 2. A meta-analysis on parental mentalization and sensitivity as predictors of infant-parent attachment 19

Section 2: Mothers’ and fathers’ mentalizing

Chapter 4. Does mothers’ and fathers’ mind-mindedness predict physiological emotion regulation of infants across the first year of life? 103
Chapter 5. On the joint effects of mothers’ and fathers’ mind-mindedness on preschoolers’ social competence and behavior problems 139

Section 3: Adapting parents’ mentalizing

Chapter 6. Evaluating Mindful with your toddler: feasibility, acceptability, and parent reported effects 167
Chapter 7. Evaluating Mindful with your baby/toddler: observational changes in maternal sensitivity, acceptance, mind-mindedness and dyadic synchrony 195
Chapter 8. Remediating child-parent attachment insecurity: evaluating the Basic Trust intervention in adoptive families 219
Chapter 9. General discussion 245

References 260
Supplementary materials 299
Summary 322
Samenvatting (Dutch summary) 326
Publications and contributions of co-authors 332
Acknowledgements 334
About the author 339