Attachment and Biobehavioral Catch-up (ABC) and Staff Coaching for Model Fidelity

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The Attachment and Biobehavioral Catch-up (ABC) home visiting program, developed by Dr. Mary Dozier of the University of Delaware, uses several methods to ensure fidelity. Parent coaches who deliver the intervention via home visits participate in regular small group supervision sessions with Dr. Dozier's team. For the first year as a parent coach, Dr. Dozier and her team provide weekly coaching and supervision via video conference during which parent coaches receive qualitative feedback. In addition, ABC uses "in the moment coding" in order to provide parent coaches with quantitative data on their interactions with the family related to the target behaviors being addressed in the program. The quantitative data also serve to help coaches see personal progress and formulate tangible goals for their next session. Trained coders review randomly selected video clips provided by the parent coaches and code the video indicating whether target behaviors have been met. Parent coaches receive a report that summarizes the findings from the coding (e.g., how often comments were made by the parent coach during the session; what proportion of comments made related to specific target behaviors) and guidance for how they can improve practices to ensure model fidelity. In the moment commenting has been linked with changes in parental sensitivity. Preliminary evidence from eight parent coaches at one training site suggests that adding the in the moment coding feedback to regular small group supervision increased parent coaches' rate of commenting across subsequent months.¹
