

Role of synchrony in the transference of resilience within families: What do we know so far?

Michel Sfeir^{1*}, Sara Scaletti^{2,3}, Mandy Rossignol^{2,3}, Sarah Galdiolo¹, Federico Cassioli^{2,3}

1. Department of Clinical Psychology, University of Mons, Mons, Belgium

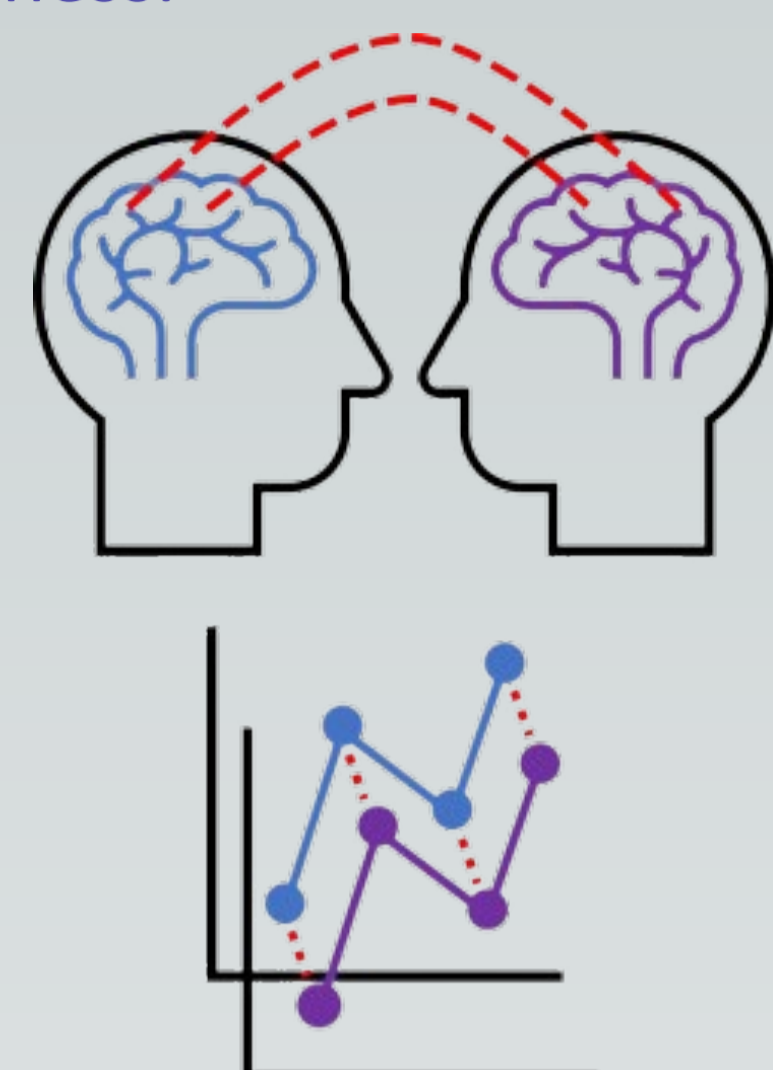
2. Department of Cognitive Psychology and Neuropsychology, Faculty of Psychology and Education, University of Mons, Mons, Belgium

3. Interdisciplinary Research Center in Psychophysiology and Cognitive Electrophysiology, Mons, Belgium

INTRODUCTION

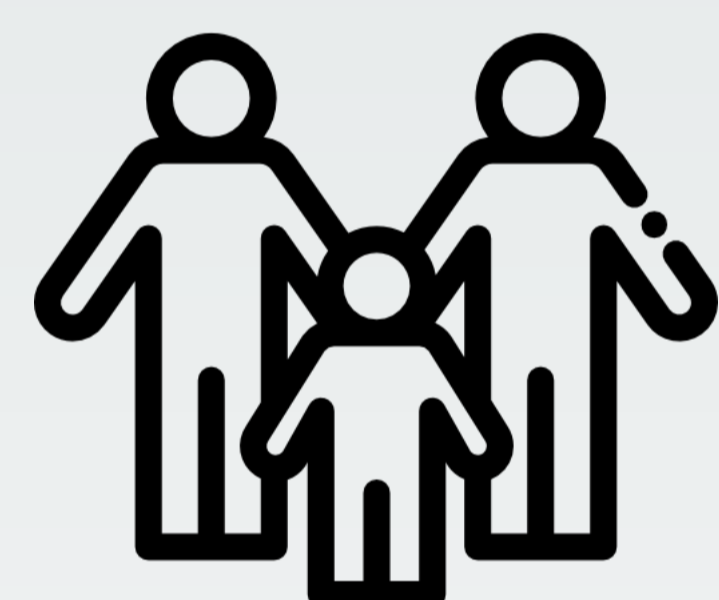
The inherent bidirectionality of **synchrony** arises and serves a specific purpose. While the parent adjusts to the child and responds to their needs, the infant adapts to the genitor, developing self-control and self-awareness.

Synchrony, then as we intend it, would be a **timed harmonious interaction** between two or more individuals that is based on **reciprocity** where the behaviors, emotions, thoughts or physiological components of each participant can be **complementary to one another**.



At a behavioral level, synchrony is observable as a co-occurrence and coordination of attention, in the form of gaze, emotional expression and vocalization patterns (Beebe et al., 2016; Yale et al., 2003). Such synchronized interactions are further associated with optimal and sensitive caregiving, cognitive and social development and secure attachment (Feldman 2006).

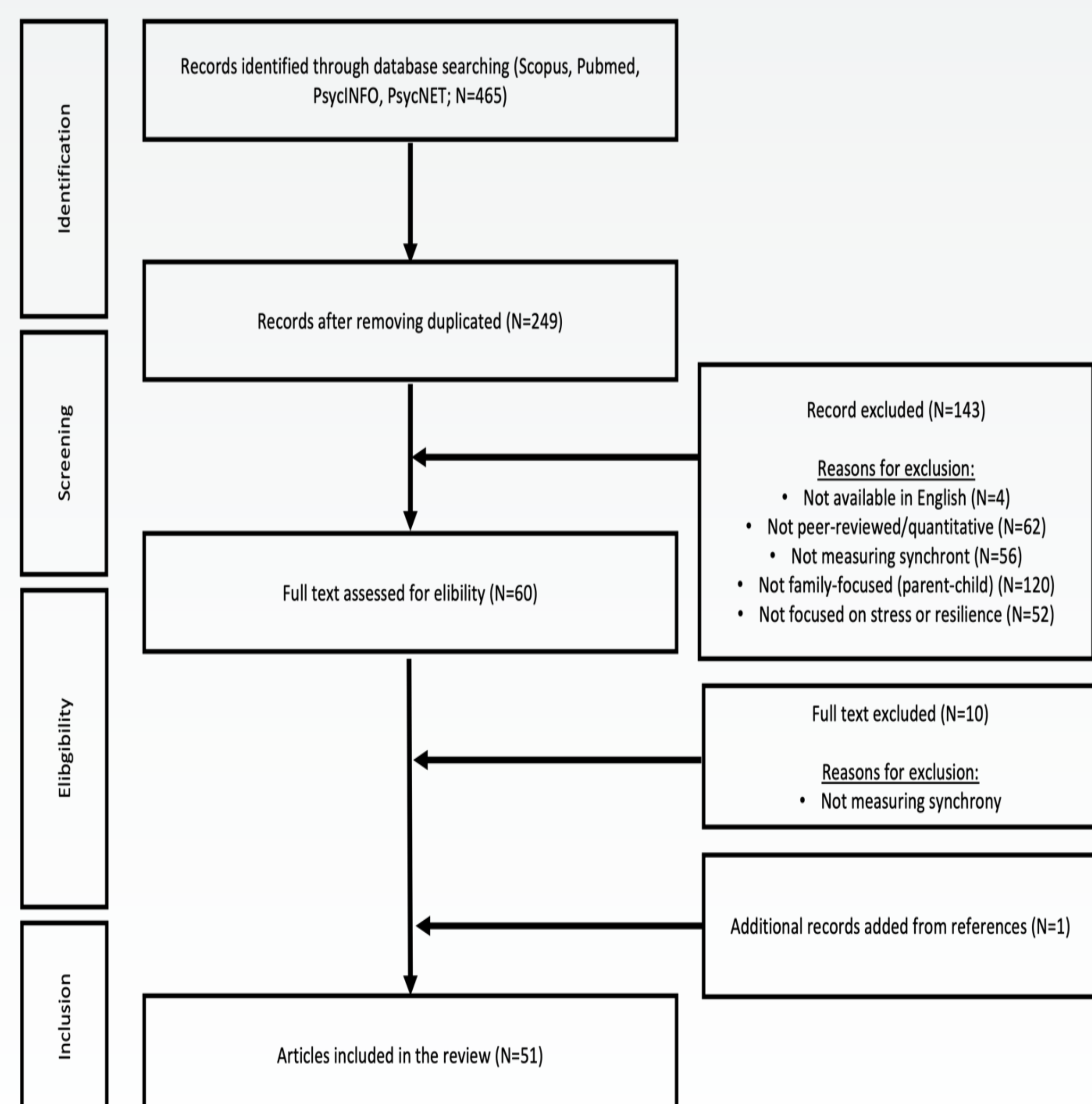
Physiological synchrony via cortisol patterns has also been studied within the family where mothers and infants had correlated hormonal activity levels when mothers behaviorally synchronised (Thompson & Trevathan, 2008).



In this work, **we aimed** at conducting a systematic review on the role of synchrony and its relationship with stress within the family system, addressing the following research questions: **does familial synchrony act as a buffer in face of stress? Can stress be negatively associated with parent-child synchrony? How can synchrony shape the family system while facing stress?**

METHODS

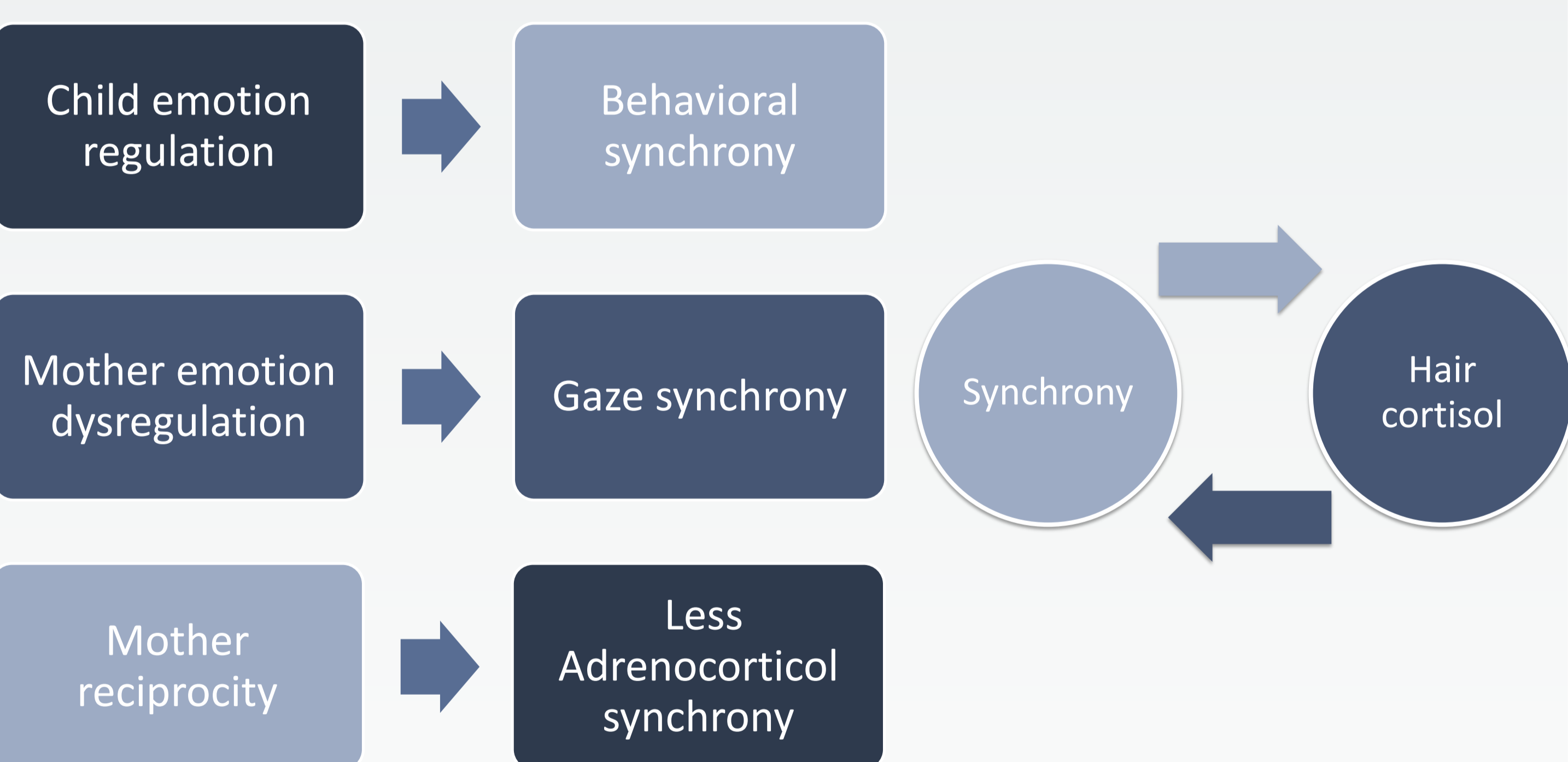
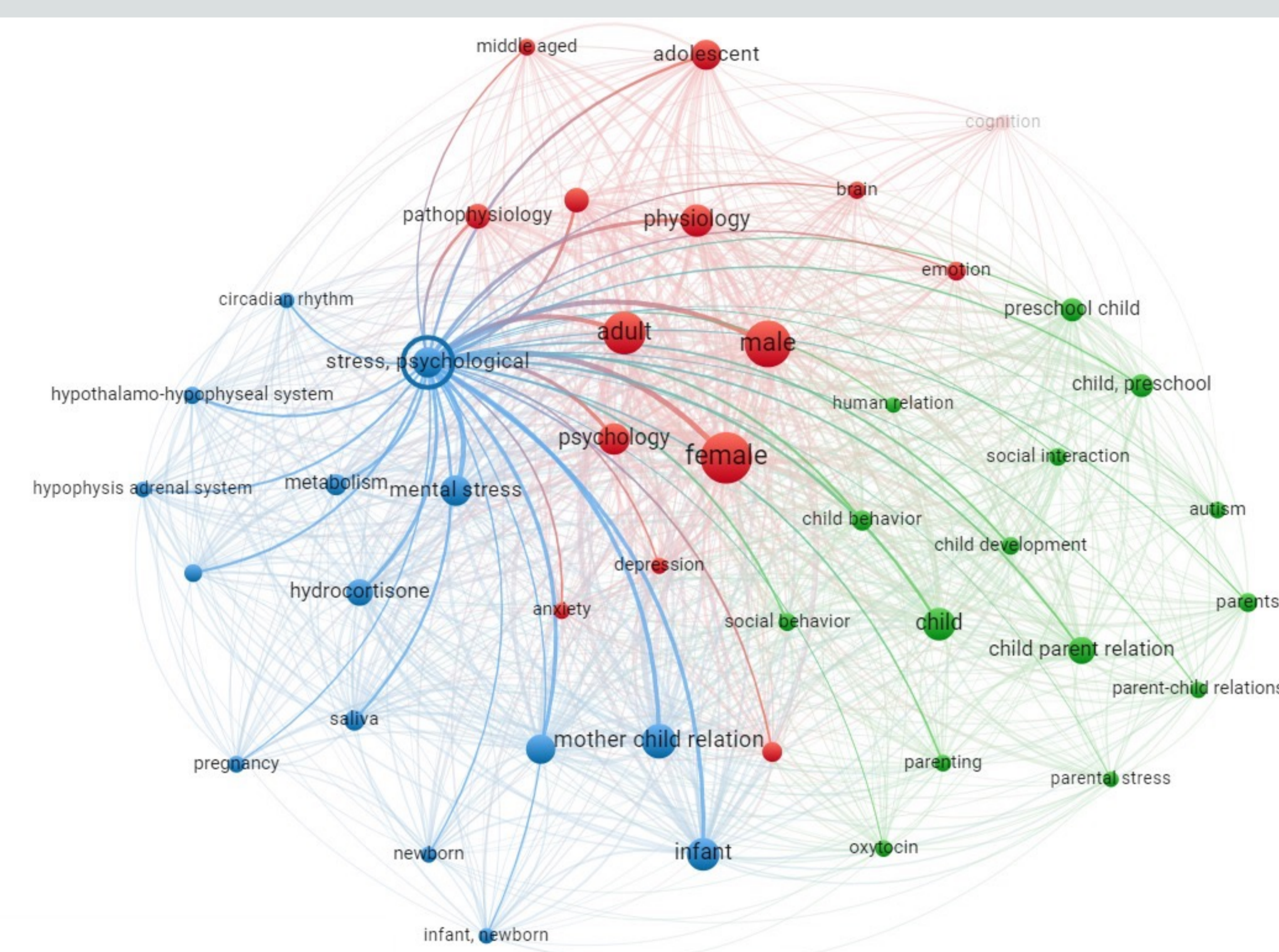
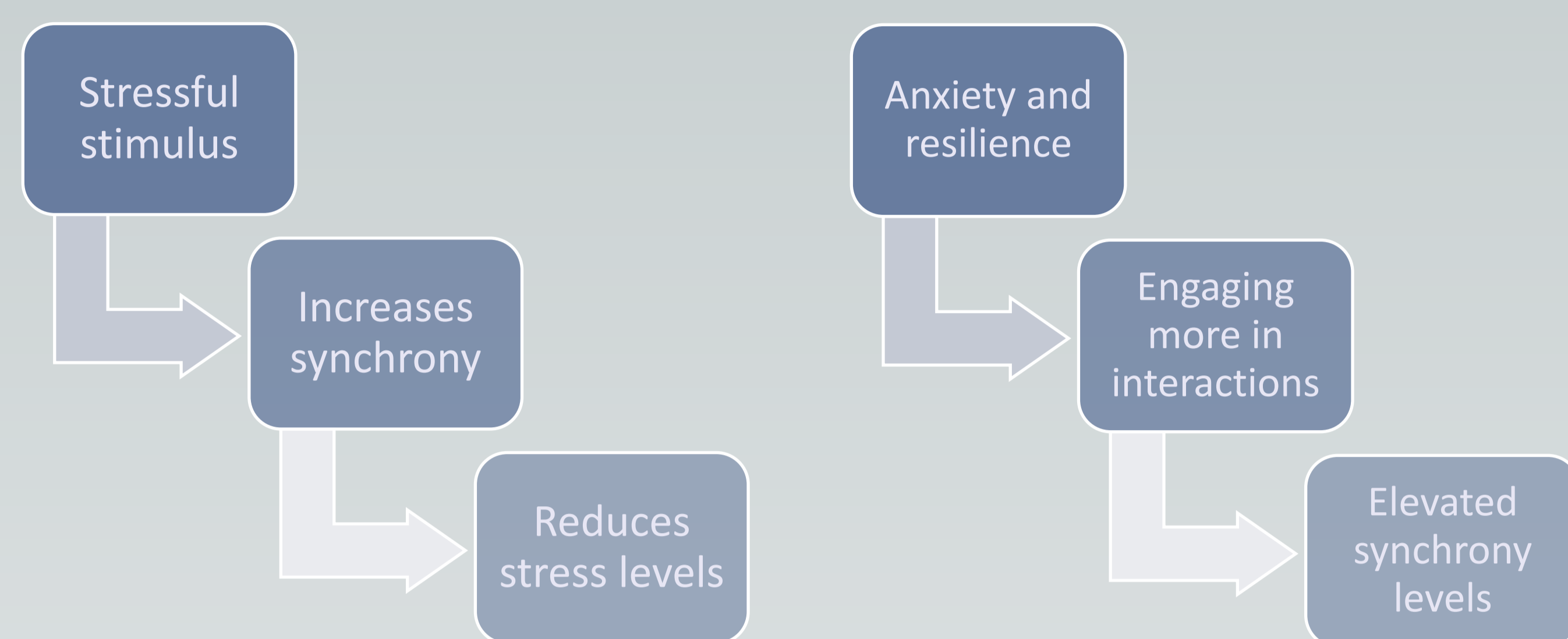
Figure 1. PRISMA Flow Diagram of studies screening and selection process



This Critical Appraisal tool aims to investigate the quality and risk of bias of cross-sectional studies.

The total score of the studies in the current paper range from moderate to high.

RESULTS AND CONCLUSION



REFERENCES

- Feldman, R. (2006). From biological rhythms to social rhythms: Physiological precursors of mother-infant synchrony. *Developmental psychology*, 42(1), 175.
- Beebe, B., Messinger, D., Bahrnick, L. E., Margolis, A., Buck, K. A., & Chen, H. (2016). A systems view of mother-infant face-to-face communication. *Developmental psychology*, 52(4), 556.
- Yale, M. E., Messinger, D. S., Cobo-Lewis, A. B., & Delgado, C. F. (2003). The temporal coordination of early infant communication. *Developmental psychology*, 39(5), 815.
- Tarullo, A. R., John, A. M. S., & Meyer, J. S. (2017). Chronic stress in the mother-infant dyad: Maternal hair cortisol, infant salivary cortisol and interactional synchrony. *Infant Behavior and Development*, 47, 92-102.
- Thompson, L. A., & Trevathan, W. R. (2008). Cortisol reactivity, maternal sensitivity, and learning in 3-month-old infants. *Infant Behavior and Development*, 31(1), 92-106.

