Role of synchrony in the transference of resilience within families: What do we know so far? Michel Sfeir^{1,2*}, Mandy Rossignol^{2,3,4}, Sarah Galdiolo^{1,2}, Federico Cassioli^{2,3,4}

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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, and based on what preceded, 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 individual can be the basis for a conjoint, integrative and feedbackfeedforward-based process, shaping the family unit.





RESULTS AND CONCLUSION



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





Synchrony may indeed <u>buffer</u> the effect of stress by <u>facilitating</u> the transmission of <u>resilience</u>

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This Critical Appraisal tool aims to investigate the quality and risk of bias of crosssectional studies.

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

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