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Predictors of regulatory disorders in the early childhood: A systematic review

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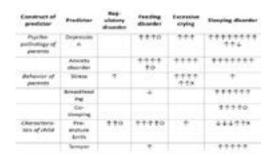[1]Technical University Munich, Germany

Statement of the Problem: The aim of this contribution is a systematic review of predictors of regulatory disorders. Regulatory disorders in the early childhood, especially excessive infant crying, feeding disorder and sleeping disorder, are common problems in infants. The prevalence is between 15 to 30% of all children. Therefore, regulatory problems pose a high strain on parents. Until now a systematic review of the predictors of regulatory disorders is not available.

Methodology: A systematic literature research in the databases PubMed, PSYCINFO, PSYNDEX and the Cochrane Library was performed. Of the 2467 studies corresponding to the search term, 67 studies were selected, which had significant predictors of regulatory problems and fulfilled the inclusion criteria. The studies had to be in a prospective, longitudinal design, children's ages had to be younger than three years, the publication range was between 01/01/1985 to 20/07/2016 and the results had to be significant.

Findings: The 67 studies indicate a significant positive association between the psychopathology and the general distress level of the parents and regulatory disorders in children. Notably more depressed and more anxious parents had children with more regulatory problems, most of them having sleeping disorders. Also, behavioral factors like co-sleeping and breastfeeding were significantly related to regulatory problems. Children's characteristics like prematurity and a high temper were linked to regulatory problems.

Conclusion: There are different circumstances predicting regulatory disorders. Understanding of the factors causing regulatory disorders as well as the knowledge of predictors can help to prevent developing problems in early childhood.

Image :

Fig. 1: Predictors of regulatory disorders

(↑=positive correlation| ↓=negative correlation | O=not significant p>0.05 | X=no correlation | one significant p<0.05 study result per arrow)

Biography

Lisa Linnea Siebers is a Medical student in her final year at the Technical University of Munich, Germany. She has successfully accomplished her first and second state examination. She is a Member of the TUM Graduate School and is working on her dissertation in the field of Psychosomatic Medicine. Under this program, she took part on additional courses in a Psychiatry Unit with a special mother-child setting and was part of a case discussion round with the topic Special Pediatrics. She has practical experience during an internship in the Department of Psychosomatic Medicine for children and adolescents of the Technical University of Munich and was in the team of the Bavarian Longitudinal Study.

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