

Contents

Preface	vii
1 Introduction	1
The Psychological Challenges of Newborn Intensive Care	1
Plan of the Book	9
2 Background and Description of the Study	11
The Medical Setting of the Newborn Intensive Care Unit	11
The Health and Development of Newborn Intensive Care Unit Graduates	14
Methods and Procedures	18
3 The Search for Meaning	29
Order and Purpose	30
Benefits and Gains	33
Downward Comparison	37
4 The Search for Mastery	44
The Benefits of Personal Control	44
Retrospective Control Appraisals	45
Expectancies of Control Over Childrens' Outcome	50
Expectancies of Control Over Future Pregnancies	52
Comforting Alternatives to the Perception of Personal Control	54
5 The Search for Causes	60
Causal Searching	60
A Taxonomy of Causal Beliefs	61
Two Types of Self-Blame for Aversive Events	65
Consequences of Self-Attributions	66
Behavioral Self-Blame and Guilt	68
The Emotional Costs of Blaming Others	70

6	Coping Strategies in the Hospital	75
	A Definition of Coping	76
	Coping and Adjustment to Stressful Events	76
	Descriptive Findings	78
	Correlates of Coping Strategies	79
	Coping Predictors of Mother and Child Outcomes	81
7	The Search for Social Support	85
	The Benefits of Social Support	85
	Appraisals of Support During the Hospitalization	87
	The Need for Support	91
	Appraisals of Support After Discharge	92
	Social Network Correlates of Adaptation at 6 Months	93
	Social Network Predictors of 18-Month Outcomes	96
	Coping Strategies and Support	96
8	Mothers' Remembrances of Newborn Intensive Care	99
	Memories of the Hospitalization	100
	Are Memories Perceived as Helpful or Harmful?	105
	The Emotional Significance of Involuntary Memories	106
	Predicting Mothers' Emotional Response to Reminders	109
	Intrusive Thoughts and Avoidance of Reminders	111
9	Mothers, Fathers, and Couples	116
	Distress and Well-Being	116
	Appraisals of Control, Outcome, and Meaning	118
	Coping Strategies	119
	Appraisals of Coping Differences	121
	Appraisals of Social Support	123
	Perceived Impact on the Marital Relationship	124
10	Summary and Discussion	126
	Integrative Analyses	126
	Review and Discussion	129
	Meeting Parents' Need for Support	139
	Implications for Helping	140
	References	144