Hello from the Stony Brook University Temperament Study! We hope this newsletter keeps you up-to-date on the progress of our study of children’s temperament and development. Please let us know what you would like to see in future newsletters. As a reminder, you can find all previous newsletters online at: www.sbutemperamentstudy.org

Progress Report

As always, we would like to thank you all so much for your continuing participation in the study!!! After seeing most of your children at Age 3 and again at Age 6, we launched the Age 9 phase of the study on August 27, 2010. At this point, we are about half-way through this phase - 270 families have returned with their 9-year old children. If you have not come in yet, our Project Coordinator, Laura Klein, will be contacting you as your child approaches his/her 9th birthday.

As you know, we hope to be able to continue to follow your child as he/she grows into adolescence and beyond. We anticipate that the next phase of the study will be at Age 12, as your child is about to become a teen. Studies conducted with this many families over such a long time span are rare, and provide a unique opportunity to discover what factors in early childhood influence who our children become as they develop.

If you have not yet participated in the Age 9 phase, we are able to offer $500 for completing all assessments. Unlike the previous phases, only one visit to the university is necessary. Most visits are scheduled on weekends, although Friday late afternoon and school holidays are also popular. If you have any questions or suggestions, please contact us at 631-632-4115 or psychtemp@notes.cc.sunysb.edu. Your support is essential, and we value your feedback.
From the Principal Investigator:

Below are abstracts of some preliminary findings of the Stony Brook Temperament Study that have been published in professional journals.

Abstracts


Behavioral inhibition (BI) is a generally viewed as a unitary temperament trait and is assessed by combining ratings of fear, vigilance, and avoidance to both novel social and non-social stimuli. However, there is evidence suggesting that BI in social contexts is not correlated with BI in non-social contexts. The present study examined the distinction between social and non-social BI in a community sample of 559 preschool-age children using a laboratory assessment of child temperament, a parent interview, and parent-completed questionnaires. Social and non-social BI were not significantly correlated and had different patterns of associations with parents’ reports of their children’s temperament and anxiety symptoms. This study suggests that BI is heterogeneous, and that distinguishing between different forms of BI may help explain the variation in trajectories and outcomes exhibited by children with BI temperaments.


We examined the psychometric properties of the Behavioral Inhibition Questionnaire (BIQ), a rating scale for children’s behavioral inhibition (BI). Parent and teacher ratings, parent interviews, and laboratory observations were obtained for 495 preschoolers. Confirmatory factor analysis yielded six factors, each reflecting the BIQ’s subscales, and all loading onto a higher-order general BI dimension. Model fit was good for parent ratings, but only marginal for teacher ratings. The convergent and discriminant validity of the BIQ was examined by using a multitrait multimethod approach. Results indicate that the BIQ is reliable and valid, and can complement observational methods of assessing BI.
Moving? New Phone? Questions/Concerns?

We are looking forward to seeing you and your children again for the Age 9 Assessment!

If you have moved or changed your phone number, or have a question for our researchers, please call us at (631) 632-4115. You can also contact us via our email address, psychtemp@notes.cc.sunysb.edu. Even if you have moved out of the New York area, we would still like to have you and your child participate in this phase of the study! Please contact us as soon as possible so we can determine how best to have you take part.

Resources for Parents and Children:

Several parents have expressed interest in reading materials and other resources for parents. We would like to recommend some books that address common problems parents and children may encounter. These books are available through Amazon and most major booksellers:

- *Good Friends Are Hard to Find: Help Your Child Find, Make, and Keep Friends* by Fred Frankel
- *How to Behave So Your Children Will, Too!* by Sal Severe
- *The Emotional Problems of Normal Children* by Stanley Tureki
- *Every Parent: A Positive Approach to Children’s Behavior* by Matthew R. Sanders
- *The Bully, the Bullied, and the Bystander: From Preschool to High School – How Parents and Teachers can Help Break the Cycle of Violence* by Barbara Coloroso

Finally, for problems that may require professional attention, please contact your pediatrician or consider the following resources:

- SUNY Stony Brook, Department of Psychiatry 632-8850
- SUNY Stony Brook Psychological Center 632-7830
- Child & Family Psychological Services 265-9850
- Brookhaven Youth Bureau, Medford 451-8011
- Pederson Krag MHC, Smithtown 920-8300
- Family Service League, Huntington 427-3700

Transitions:

**Anna Small**, B.A., has joined our group as a graduate student in Psychology at Stony Brook University. She graduated from the University of Missouri in 2011.

**Jiyon Kim**, M.A., on our staff until the Summer of 2011, is currently on internship at Westchester Jewish Center until the end of July 2012, while she completes the requirement of the PhD program at Stony Brook University.