

Shimshoni, Y., Farah, H., Lotan, T., Grimberg, E., Dritter, O., Musicant, O., Toledo, T., & Omer, H. (2015). Effects of parental vigilant care and feedback on novice driver risk. *Journal of Adolescence*, 38, 69-80

Here the link to the article:

<https://www.dropbox.com/s/qwnvv5eeoup7x8w/Vigilant%20Care%20and%20Novice%20Drivers%20PDF.pdf?dl=0>

This is the first study in which an intervention for reducing driver risk in young drivers was shown to be effective objectively, that is, by evidence from the youngsters' actual driving. The intervention is based on parental vigilant care, a central aspect of the new authority. We developed a very short intervention (90 minutes in the family home + three booster phone calls), devised to help the parents exercise vigilant care over their son's driving (the drivers were all male, as statistics show that female novice drivers are not dangerous; only males are). The parents learned to differentiate between three levels of vigilant care (open attention, focused attention, and protective steps) and to decide which measures to apply, according to the risk levels they perceived. Examples of parental activities at each different level can be found in the article, or in my book "Parental vigilant care: A guide for clinicians and caretakers", Routledge, 2017). A technological feedback device was built into the family's car. Each driver had to identify him or herself in order to start the car. Real-time feedback was given regarding a number of dangerous driving indicators, such as, excessive speed, sudden braking, impetuous swerving and more. These indicators are strongly correlated with accidents. The parent training, which took place at the family home, was also witnessed by the young driver. In this way, the youngster knew that he would be able to gain maximum autonomy, if he showed he was driving safely. The intervention aimed at creating a sense of parental presence and accompaniment in the young driver's mind. For instance, when driving out at night, he was requested to send an SMS to his parents when he arrived to his goal and once again before midnight, so that the parents might go to sleep calmly. The purpose of the SMS in terms of vigilant care was to keep the parents' present to the young driver's mind. The cumulative feedback from the young driver's performance showed that immediately when the young driver started driving autonomously (that is, after the three months of obligatory accompaniment), the danger indicators soared. However, as the parents began implementing vigilant care, they went down rapidly and remained at very low levels for 6 months. Actually their level of driving danger became similar to that of female drivers. Of course, we don't tell this to the young guys. This study is an important demonstration of the vigilant care model. There were clear signs that the parents' vigilant care was being internalized into self-care. The young drivers felt they continued to be mentally accompanied by the parents, although they were not physically in the car. A similar documentation of vigilant care by an objective measure was achieved in our project on problematic internet use by adolescents (see description in this section).