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Listing

HUMAN  
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## CHILDREN AND YOUTH – HEALTHY DEVELOPMENT (after-school programs/use of time; attachment/connectedness; physical health; and sleep/nutrition)



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This rapid literature search aims to highlight papers related to children and youth with respect to:

- After-school programs and use of time;
- Attachment/connectedness;
- Physical health;
- Sleep, nutrition

The focus is on literature published in the last three years (2013-2016 Jan).

This list is not comprehensive, but it includes select reviews, RCTs, meta-analyses, and other papers which have key findings, perspectives, etc. This list is alphabetically ordered (within each content area shown below).

#### AFTER SCHOOL PROGRAMS, USE OF TIME

1. Kremer KP, Maynard BR, Polanin JR, Vaughn MG, Sarteschi CM. Effects of after-school programs with at-risk youth on attendance and externalizing behaviors: a systematic review and meta-analysis. *J Youth Adol.* 2015;44(3):616-36. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25416228>.
2. Maynard BR, Kremer KP, Polanin JR, Vaughn MG, Sarteschi CM, Society for Research on Educational Effectiveness. Effects of after-school programs on attendance and externalizing behaviors with primary and secondary school students: a systematic review and meta-analysis. Evanston, IL: Society for Research on Educational Effectiveness; 2015. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25416228/>.
3. Wade CE. The longitudinal effects of after-school program experiences, quantity, and regulatable features on children's social-emotional development. *Child Youth Serv Rev.* 2015;48:70-9. Available from: <http://www.sciencedirect.com/science/article/pii/S0190740914004198>.

#### ATTACHMENT

1. Bovenschen I, Lang K, Zimmermann J, Förthner J, Nowacki K, Roland I, et al. Foster children's attachment behavior and representation: influence of children's pre-placement experiences and foster caregiver's sensitivity. *Child Abuse Negl.* 2015. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/26412616>.
2. Garcia Quiroga M, Hamilton-Giachritsis C. Attachment styles in children living in alternative care: a systematic review of the literature. *Child Youth Care Forum.* 2015. Available from: <http://link.springer.com/article/10.1007%2Fs10566-015-9342-x>.
3. Gorrese A. Peer attachment and youth internalizing problems: a meta-analysis. *Child Youth Care Forum.* 2015. Available from: <http://link.springer.com/article/10.1007%2Fs10566-015-9333-y>.
4. Gorrese A, Ruggieri R. Peer attachment and self-esteem: a meta-analytic review. *Pers Individ Dif.* 2013;55(5):559-68. Available from: <http://www.sciencedirect.com/science/article/pii/S0191886913002006>.

5. Lionetti F, Pastore M, Barone L. Attachment in institutionalized children: a review and meta-analysis. *Child Abuse Negl.* 2015;42:135-45. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25747874>.
6. Murphy TP, Laible DJ, Augustine M, Robeson L. Attachment's links with adolescents' social emotions: the roles of negative emotionality and emotion regulation. *J Genet Psychol.* 2015;176(5):315-29. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/26244914>.

## PHYSICAL HEALTH

1. Broekhuizen K, Scholten A-M, de Vries SI. The value of (pre)school playgrounds for children's physical activity level: a systematic review. *Int J Behav Nutr Phys Activity.* 2014;11(1):1-37. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/24885611/>.
2. Christian H, Zubrick SR, Foster S, Giles-Corti B, Bull F, Wood L, et al. The influence of the neighborhood physical environment on early child health and development: a review and call for research. *Health & Place.* 2015;33:25-36. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25744220>.
3. Hager AD, Leadbeater BJ. The longitudinal effects of peer victimization on physical health from adolescence to young adulthood. *J Adolesc Health.* 2015. Available from: <http://dx.doi.org/10.1016/j.jadohealth.2015.10.014>.
4. Naylor P-J, Nettlefold L, Race D, Hoy C, Ashe MC, Wharf Higgins J, et al. Implementation of school based physical activity interventions: a systematic review. *Prev Med.* 2015;72:95-115. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25575800>.

## SLEEP, NUTRITION

1. Hall WA, Hutton E, Brant RF, Collet JP, Gregg K, Saunders R, et al. A randomized controlled trial of an intervention for infants' behavioral sleep problems. *BMC Pediatr.* 2015;15(1):181. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/26567090>.
2. McMakin D, Alfano C. Sleep and anxiety in late childhood and early adolescence. *Curr Opin Psychiatr.* 2015;28(6):483-9 7p. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/26382163>.
3. O'Neil A, Quirk SE, Housden S, Brennan SL, Williams LJ, Pasco JA, et al. Relationship between diet and mental health in children and adolescents: a systematic review. *Am J Public Health.* 2014;104(10):e31-e42. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25208008>.