



## Prof. Dieter Wolke

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Dieter studied at the University of Kiel (Germany) and University of London and obtained his PhD from the University of London, Faculty of Science. He has worked at different colleges of the University of London (Institute of Education; King's College; Institute of Child Health) and the Universities of Munich, Hertfordshire and Bristol. Before his appointment at the University of Warwick, he worked in the research funding sector (Scientific Director of the Jacobs Foundation, Zurich, 2004-2006) while holding Visiting Professorships at the University of Bristol and University of Zurich.

Much of his research is interdisciplinary (psychology, social and medical sciences), longitudinal and in the field of Developmental Psychopathology. His major research topics are: 1. early regulatory problems (crying, sleeping and feeding) in infancy and their long term consequences; 2. how preterm birth affects brain development and psychological development and quality of life; and 3. Peer or sibling victimization (bullying): precursors, consequences and interventions. He is involved as PI/Co-PI in a range of follow-up studies in the UK and Germany including the ALSPAC cohort, EPICure Study and the Bavarian Longitudinal Study. He is joint manager of the Horizon 2020 RECAP project involving 12 countries trying to improve the lives of preterm children. He works with several charities and has been involved in a number of intervention studies ranging from how neonatal discharge can be improved (e.g. midwife training), how to deal with excessive crying and infant regulatory problems or virtual intervention to deal with bullying victimization. He is currently collaborating in a trial of managed transition from adolescent psychiatric services into adult psychiatric

services (EU wide project: Milestones). He received an honorary doctorate (Dr rer nat h.c.) from the Ruhr University Bochum, Germany, in 2014 for his contribution to Psychological Science.

# Early crying and sleeping of infants and their consequences

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All babies cry and all have to learn to sleep through the night and go through a bio-behavioural adaptation.

However, if the attempts at adaptation fail beyond the normative period (e.g. “colic” crying continues beyond 3 months of age), this indicates early regulatory problems, i.e. the inability to stop an ongoing behavior such as crying or waking at night.

Four to 10% of infants experience more than one regulatory problem at the same time, i.e. multiple regulatory problems (MRP).

Regulatory problems are highly challenging for parents and these parents are more likely to ask for professional help. I review our and others research that MRP infants are at increased risk for continued behaviour dysregulation and mental health problems in childhood, adolescence and even adulthood. Implications for clinical practice are discussed.