

Kari Anne Indredavik Evensen

**Born too soon or too small:
Motor problems in adolescence**

Thesis for the degree of Philosophiae Doctor

Trondheim, April 2010

Norwegian University of Science and Technology
Faculty of Medicine
Department of Laboratory Medicine, Children's
and Women's Health

 **NTNU**
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Motoriske problemer hos tenåringer født for tidlig eller for små

Barn som er født for tidlig (premature) og/eller for små (med lav vekt for gestasjonsalder som indikasjon på intrauterin veksthemming) har høyere risiko for mortalitet og morbiditet enn barn født til termin med normal fødselsvekt. Blant motoriske problemer er cerebral parese den mest alvorlige følgetilstanden, men mindre motoriske problemer er også hyppig rapportert, spesielt blant barn født for tidlig. Hos de med lav vekt for gestasjonsalder er motoriske konsekvenser mindre dokumentert og studier har vist inkonsistente resultater.

Få studier har undersøkt motoriske ferdigheter hos disse barna i tenårene. Målet med denne studien var å undersøke prevalensen av motoriske problemer hos tenåringer født for tidlig med svært lav fødselsvekt (very low birth weight: VLBW) og hos tenåringer født til termin med lav vekt for gestasjonsalder (small for gestational age: SGA). Deretter ønsket vi å undersøke om synsvansker hadde betydning for motoriske problemer og om integrasjon av syn og proprioepsjon var redusert. Dessuten ville vi undersøke om tenåringer med motoriske problemer kunne identifiseres ved tidlige motoriske evalueringer i barnealder.

Vi fant at en høyere andel av VLBW- og SGA-tenåringer hadde motoriske problemer sammenlignet med kontroller, undersøkt med Movement Assessment Battery for Children. Mens både gutter og jenter i VLBW-gruppen hadde generelle motoriske vansker, i form av manuelle ferdigheter, ballferdigheter og balanse, hadde tenåringer i SGA-gruppen, og spesielt gutter, hovedsakelig problemer med manuelle ferdigheter. I VLBW-gruppen ble en betydelig del av de motoriske problemene påvirket av synsvansker, mens dette ikke var tilfelle i SGA-gruppen. VLBW-tenåringene hadde dårligere utførelse på oppgaver som undersøkte inter- og intra-sensorisk integrasjon sammenlignet med kontrollene. Imidlertid gjaldt dette hovedsakelig tenåringer med cerebral parese og lav estimert intelligenskvotient. SGA-tenåringene utførte disse oppgavene like bra som kontrollene, men de gjorde det relativt dårligere med sin ikke-dominante hånd sammenlignet med sin dominante hånd. De fleste av VLBW-tenåringene med motoriske problemer kunne identifiseres allerede ved ett år ved hjelp av den motoriske skalaen på Bayley Scales of Infant Development. Denne testen identifiserte imidlertid ikke SGA-barn som hadde motoriske problemer ved 14 år, mens Peabody Developmental Motor Scales kunne identifisere halvparten av dem ved fem års alder.

Resultatene i denne studien tyder på at motoriske problemer i VLBW-gruppen er resultat av en generell hjerneskade etter prematur fødsel, mens de motoriske problemene i SGA-gruppen kan skyldes mindre hjerneforandringer etter intrauterin veksthemming.

Kandidat: Kari Anne Indredavik Evensen
Institutt: Institutt for laboratoriemedisin, barne- og kvinnesykdommer
Veiledere: Torstein Vik, Ann-Mari Brubakk, Jon Skranes

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Kari Anne Indredavik Evensen

List of papers

Paper I

Motor skills in adolescents with low birth weight

Kari Anne I. Evensen, Torstein Vik, Jorunn Helbostad,

Marit S. Indredavik, Siri Kulseng, Ann-Mari Brubakk

Archives of Disease in Childhood. Fetal and Neonatal Edition 2004

volume 89, issue 5, page F451-F455

Paper II

Do visual impairments affect risk of motor problems in preterm and term low birth weight adolescents?

Kari Anne I. Evensen, Susanne Lindqvist, Marit S. Indredavik,

Jon Skranes, Ann-Mari Brubakk, Torstein Vik

European Journal of Paediatric Neurology 2009

volume 13, issue 1, page 47-56

Paper III

Inter- and intra-modal matching in very low birth weight and small for gestational age adolescents

Kari Anne I. Evensen, Hermundur Sigmundsson, Pål Romundstad,

Marit S. Indredavik, Ann-Mari Brubakk, Torstein Vik

Early Human Development 2007

volume 83, issue 1, page 19-27

Paper IV

Predictive value of early motor evaluation in preterm very low birth weight and term small for gestational age children

Kari Anne I. Evensen, Jon Skranes, Ann-Mari Brubakk, Torstein Vik

Early Human Development 2009

volume 85, issue 8, page 511-518

Abbreviations

AGA = Appropriate for gestational age

BSID = Bayley Scales of Infant Development

CI = Confidence interval

CNS = Central nervous system

CP = Cerebral palsy

DCD = Developmental coordination disorder

GMFCS = Gross Motor Function Classification System

ICF = International Classification of Functioning, Disability and Health

IUGR = Intrauterine growth retardation

IQ_{est} = Estimated intelligence quotient

LBW = Low birth weight

NICU = Neonatal intensive care unit

Movement ABC = Movement Assessment Battery for Children

MRI = Magnetic resonance imaging

OR = Odds ratio

PDI = Psychomotor development index of Bayley Scales of Infant Development

PDMS = Peabody Developmental Motor Scales

PVL = Periventricular leukomalacia

SES = Socioeconomic status

SD = Standard deviation

SGA = Small for gestational age

VLBW = Very low birth weight

WHO = World Health Organization

Summary

Children born too soon (preterm) and/or too small (small for gestational age suggesting intrauterine growth restriction) have a higher risk of mortality and morbidity than children born at term with appropriate birth weight. Cerebral palsy is the most severe motor sequelae. However, minor motor problems are also frequently reported, particularly in children born preterm. Among children born small for gestational age, motor outcome is less documented and studies have shown inconsistent results.

Few studies have examined motor skills in these children in adolescence. The aim of this study was to assess the prevalence of motor problems in adolescents born preterm with very low birth weight (VLBW) and in adolescents born small for gestational age (SGA) at term. Furthermore, we wanted to study whether visual impairments influenced their motor problems, and whether integration of vision and proprioception was reduced. Finally, we wanted to examine if early motor evaluations could identify children with motor problems in adolescence.

We found that a higher proportion of VLBW and SGA adolescents had motor problems compared with controls, assessed by the Movement Assessment Battery for Children. While both VLBW boys and girls had general motor problems in terms of manual dexterity, ball skills and balance, the motor problems in the SGA group were mainly found among boys in manual dexterity. A substantial part of the motor problems in the VLBW group was influenced by visual impairments; however, this was not the case in the SGA group. The VLBW adolescents performed poorer in a task of inter- and intra-sensory integration compared with controls. However, the unfavourable results were mainly due to adolescents with cerebral palsy or low estimated intelligence quotient. The SGA adolescents performed as well as controls on this task, but had relatively poorer performance with their non-preferred hand compared with their preferred hand. Most of the VLBW adolescents with motor problems were identified already at one year, using the motor scale of the Bayley Scales of Infant Development. However, this test did not identify SGA children who had motor problems at age 14, whereas half of them were identified at five years of age using the Peabody Developmental Motor Scales.

The results of this study suggest that motor problems in the VLBW group are due to a general brain damage following preterm birth, whereas motor problems in the SGA group may be caused by subtle brain dysfunctions following intrauterine growth restriction.

1. Introduction

In 1976, Neligan and co-workers carried out a follow-up study of children “born too soon or too small”.¹ The idea was to look for differences between infants of short gestation (i.e. born too soon) and those who had suffered suboptimal growth during pregnancy (i.e. born too small, but not too soon). This and other studies of that time^{2;3} recognized that not all small babies are premature and not all premature babies are small, although the concepts of “premature” and “small” more or less had been treated as synonyms in previous research.⁴

It is well known that infants born too soon or too small both have an increased risk of perinatal mortality and morbidity. During the last decades, mortality among these infants has decreased as a result of improvements in obstetric and neonatal care. Accordingly, the main focus is now on the long-term outcome of these children.

Motor skills are an important part of daily functioning, particularly in childhood. Children need a certain motor competence in order to be independent and successful in playground activities. Poor motor skills can be problematic for the child per se, but can also be associated with other problems in school and in peer relationships.

Children born too soon are reported to have an excess of motor problems compared to the typical populations of term-born children, whereas motor outcome for children born too small at term has been less clear.

Physiotherapists are often engaged in the care of children with motor problems. They are responsible for assessment of degree and type of motor problem, routine follow-up and intervention when needed.

This thesis contains four separate papers. The first paper was written as part of my Master degree in Physiotherapy,⁵ although it was greatly condensed later on prior to publication. However, since this paper constitutes an important basis for the other papers, I have chosen to include it in my thesis. The thesis will first draw attention to the prevalence of motor problems in a cohort of adolescents born too soon and too small, then seeking some underlying mechanisms for such problems and finally examine whether motor problems possibly can be identified at an early stage in life.

1.1 Born too soon or too small

This chapter deals with risk factors and general outcome for children born too soon or too small. Motor outcome and possible aetiology of motor problems in these groups of children will be discussed in section 1.3.

1.1.1 Historical background

The first long-term investigation of the effects of prematurity on later development appeared in 1919.⁶ Together with other early studies from the same period, results seemed to indicate that prematurely born infants who survived were at risk of developing problems later in life. However, most of these studies were retrospective in nature, followed few children, and conclusions were based on clinical impressions rather than objective assessments.⁷ The basis for studies conducted in the 1950s and 1960s was the need to determine if saving tiny infants in intensive care nurseries was a “triumph of neonatal paediatrics” or a “social and family disaster”.⁸ This is still the most prominent reason for doing longitudinal follow-up of these children.⁸

Traditionally, the concept of “low birth weight” (LBW) has been reserved for children with birth weight below 2500 g.⁴ For most of the previous century, the presumed reason for infants to be born LBW was preterm delivery, and prematurity was defined as LBW by the World Health Organization (WHO) as late as in 1948.⁹ As a consequence of this, the terms LBW and premature were used interchangeably in scientific literature from the 1920s to 1960s.⁴ However, it became clear that not all infants weighing less than 2500 grams were premature, and at the same time some infants being born prematurely weighed more than the LBW cut-off. WHO recommended in 1961 that LBW no longer should be used as the official definition of prematurity.¹⁰ The term intrauterine growth retardation (IUGR) was introduced when researchers in the 1970s were faced with a new problem; that infants born at term with a low birth weight also had a higher risk of mortality.⁴

In 1977, WHO defined a delivery before 37 completed weeks as a premature birth, and an infant whose birth weight was below the 10th centile for gestational age, as “small for gestational age” (SGA). Thus, from 1970 to 1980

there was a shift within LBW research from one label, i. e. “prematurity”, to two labels; “preterm” and “IUGR”.⁴ Some studies in the 1970s included three groups of infants; preterm, full-term “small for date” and full-term controls.¹⁻³ Later, studies tended to focus on only one (preterm versus controls) or the other (SGA versus controls). A proportion of the preterm literature also involves the subgroup of preterm SGA infants. However, as prematurity is so strongly associated with abnormal development, it is often hard to separate the effect of SGA from the effect of prematurity.¹¹

During the 1970s and the 1980s neonatal intensive care improved dramatically resulting in increasing numbers of surviving preterm infants. In Norway, mortality decreased from 67% in 1967 to 11% in 2008 for live born infants with birth weight below 1500 g (Figure 1). However, negative effects of this development were increased prevalence of severely physically and/or mentally handicapped children¹², and also an increase in the number of children with more subtle difficulties. This began to cause concern.¹³

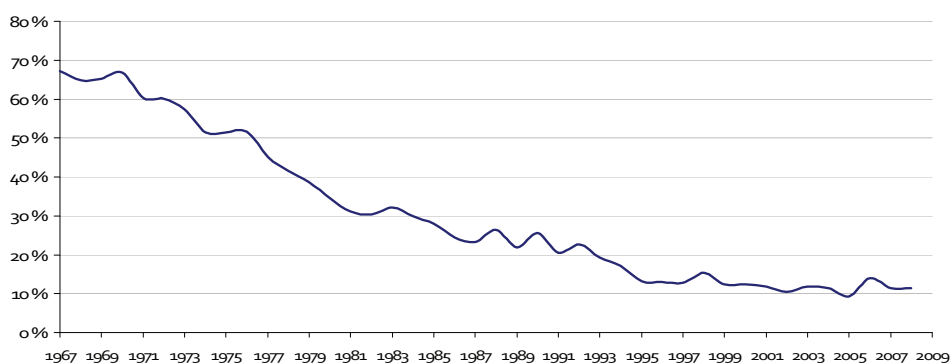


Figure 1. Neonatal mortality for live born infants with birth weight below 1500 g and gestational age above 22 weeks in Norway 1967-2008.¹⁴

After prematurity, fetal growth restriction is presently the second leading cause of perinatal morbidity and mortality.¹⁵ Growth restricted infants are the result of 3-10% of all pregnancies.^{16;17} Long term impairments in various domains have also been described in fetal growth restricted children born at term, although severe handicaps are less common.^{15;18}

1.1.2 Concepts and definitions

Low birth weight

In the first paper, we used “low birth weight” as a common term for children born preterm, i.e. before week 37 of pregnancy, and children born small for gestational age at term. However, since this term might be associated with the older definition of 2500 g, we used the two different concepts of “very low birth weight” and “small for gestational age at term” in the subsequent papers.

Born too soon

In this thesis, “born too soon” is used to embrace the group with “Very Low Birth Weight” (VLBW), defined by a birth weight ≤ 1500 g. This cut-off does not include a specification of gestational age, but in practice all VLBW infants are born preterm. The advantage of using birth weight rather than gestational age is that it is more accurate. However, by using birth weight ≤ 1500 g as a single inclusion criterion, there will be a selection of those born small for gestational age (SGA) at the higher gestational ages and a higher proportion of those born appropriate for gestational age (AGA) at lower gestational ages, although SGA may occur at lower gestational ages as well. Also, by restricting our preterm group to 1500 g, we have not included all preterm infants, i.e. the moderately preterm. Despite these issues, 1500 g is a well-known cut-off widely used in research, which facilitates comparison. In Norway, the incidence of VLBW was 1.0% of all live births in 2008.¹⁴

Born too small

The term “born too small” is used to embrace the group born “Small for Gestational Age” (SGA) at term. The concept of SGA is used to identify those infants with reduced birth weight who may have been growth retarded *in utero*. SGA is defined as birth weight below the 10th centile, adjusted for gestational age, sex and parity.¹⁹ However, using this definition, some infants who are genetically small and not growth restricted will fall into this category. On the other hand, some genetically large infants who have been growth restricted *in utero* may have birth weights above the 10th centile. Nonetheless, the 10th centile

is often used.^{4;16;20} In Norway, the incidence of term SGA infants was 5600 in 2008 (10% of all term births).¹⁴

1.1.3 Risk factors for being born too soon or too small

Risk factors for preterm birth may include life style factors, such as heavy manual labour, alcohol and drugs, as well as biological components. Infection of intrauterine tissues and/or the fetus has been regarded as a substantial factor.²¹ Abnormal programming of the hormonal regulation or the placenta during pregnancy has also been suggested. These risk factors may be strongly influenced by the psychological state, the neuroendocrine system and the immune system of the mother.²¹ Twin or multiple pregnancies also carry an increased risk of preterm birth,²² which has increased due to in-vitro fertilization and implantation of multiple eggs. A paradox of improved health care in pregnancy is that it may actually increase the numbers of preterm births, as more stillbirths are prevented by preterm delivery.²³

Risk factors for being born SGA at term are slightly different, since some of these infants are simply genetically small. Others have suffered from a suboptimal intrauterine environment causing fetal growth restriction.²⁴ This may be a result of pathological conditions in the fetus, placenta, mother or the environment.²⁵ Among identified risk factors are fetal chromosomal anomalies, preeclampsia, infections, placental and umbilical anomalies. Maternal risk factors include low socioeconomic status, low pre-pregnancy weight or malnutrition, low weight gain during pregnancy, previous pregnancy with IUGR, heavy physical work load, cigarette smoking, alcohol and drug use, anaemia and systemic disease.²⁵ Some claim that growth restriction occurring early in pregnancy results in a symmetrical growth restricted infant with weight, length and head circumference equally affected, while growth restriction in the third trimester of pregnancy results in an asymmetrical growth restricted infant with poor weight gain, but relative sparing of length and head circumference.²⁶ Others have questioned this hypothesis, finding no evidence of brain sparing²⁷ or adverse neonatal outcome²⁸ in asymmetrical compared with symmetrical SGA infants.

1.1.4 Outcome for children born too soon or too small

A conceptual framework

The International Classification of Functioning, Disability and Health (ICF) of WHO describes health in the dimensions of *body functions and structures*, *activity* and *participation* (Figure 2).²⁹ The overall aim of the ICF is to provide a scientific basis for understanding and studying health and health-related states, outcomes and determinants.³⁰ In this framework motor skills and problems can be placed within the main dimension of *activity*, which refers to a person's execution of daily activities, from simple to more complex actions.²⁹ Activities also include learning, communicating, feeding, dressing and playing.³¹ Motor problems may be caused or influenced by *body functions and structures*. Body functions include physiological functions of the systems in the body, as well as psychological functions,²⁹ such as attending, remembering and thinking. Body structures include the anatomical parts of the body, such as organs and limbs, and structures of the nervous, sensory and musculoskeletal systems.³¹ Motor problems may in turn have consequences for academic and social functioning.³² Thus, they may influence *participation*, which involves the person's functioning in the community and in life arenas like home, work/school and leisure activities.²⁹ For children this means participating in play groups, kindergarten and school, and other involvements in social groups.³¹ In the long-term lack of motor competence may hinder successful integration in society.³³

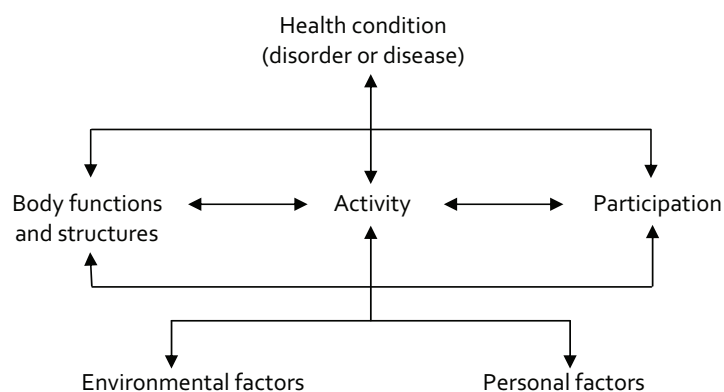


Figure 2. The International Classification of Functioning, Disability and Health.²⁹

Born too soon

Using the framework of ICF, the general outcome of children born too soon is presented in Table 1. Within the domain of *body functions and structures*, VLBW infants are at risk of developing complications of prematurity, such as brain infarction,³⁴ peri- and intraventricular haemorrhage, retinopathy of prematurity and bronchopulmonary dysplasia,³⁵ as well as necrotizing enterocolitis, hyperbilirubinemia, nutritional deficiencies and neonatal infections.^{36;37} VLBW children have a higher risk of cerebral palsy (CP)^{12;13;38} and epilepsy,³⁸ as well as sensory deficits, such as blindness and deafness, which increases with lower gestation and birth weight.^{35;38-40} Visual impairments, such as reduced visual acuity, strabismus, reduced contrast sensitivity, correction for myopia⁴¹⁻⁴⁴ and visuo-perceptual problems,⁴⁵⁻⁴⁷ are more common in VLBW subjects than in controls. Reduced lung function⁴⁸⁻⁵⁰ and asthma,⁵¹ as well as other chronic medical conditions,⁵² have been reported in childhood and young adulthood. Studies consistently report poor growth in VLBW children from childhood throughout adolescence and into young adulthood.^{52;53} Furthermore, reduced muscular strength and reduced physical work capacity have been found in VLBW adolescents and young adults.^{41;49} Lower intelligence quotient (IQ) scores compared with controls have been reported in childhood,^{54;55} adolescence^{55;56} and adulthood,⁵² as well as poor executive functions.⁵⁷ Psychiatric symptoms and disorders are frequent,⁵⁸⁻⁶¹ especially attention-deficit hyperactivity disorder (ADHD)^{55;58;62;63} and anxiety disorders.^{58;60}

In the *activity* domain of ICF, motor problems are frequent (see section 1.3.1 for details), and VLBW subjects report less physical activity compared with controls.^{50;64} They often experience general learning difficulties in school or poor performance compared with pupils in the same class.⁶⁵

In the ICF domain of *participation* this causes the academic achievement of children born VLBW to be lower than their peers.^{38;52;66} They often have need for special schooling, education below age level or special support in regular schools,⁶⁵ and fewer graduate from high school and complete university compared with controls.^{38;52} This may in turn cause them to have lower job-related income.³⁸ In adolescence, reduced social skills,⁶⁷ poor peer relations⁶⁸

and low self-esteem have been described in VLBW subjects,⁶⁹ as well as an increased risk of being bullied.⁷⁰ Despite a high prevalence of problems in many domains, VLBW subjects do not generally perceive their quality of life differently from controls.^{64;71} However, parents of VLBW adolescents report lower quality of life for their offspring.⁷¹

Born too small

Studies of neurodevelopmental outcome in full-term SGA infants are less numerous,⁷² as these children generally have less neurodevelopmental problems than children born at lower gestational ages. Nonetheless, in the ICF domain of *body functions and structures* (Table 1), SGA infants have increased risk of perinatal complications,²⁸ such as asphyxia, aspiration syndrome and pulmonary complications, as well as metabolic disturbances.^{20;26} CP is generally not a frequent finding,⁷³ although the risk is slightly increased.^{74;75} Visual and hearing impairments are less common,⁷⁴ but subtle changes have been reported, such as slightly more hypermetropia in SGA adolescents compared with controls,⁴³ and minor deficits in visual fields.⁷⁶ SGA children born at term also have lower height, weight and smaller head circumference than controls in childhood and adolescence,⁷⁷⁻⁸¹ although a large proportion catches up in height.⁸² Lower IQ scores compared with controls have been reported in some studies of SGA children,^{1;83;84} and adolescents,^{78;85;86} but not in others.^{80;87-89} SGA adolescents do not appear to have psychiatric diagnoses more often than controls.⁶⁰

Nonetheless, within the *activity* domain of ICF, term SGA children often have increased learning difficulties in school.^{79;84;87;90-95} At early school age, they are reported to show more behavioural problems than their peers; both hyperactivity and poor concentration have been described,⁷³ as well as more passive behaviour.^{1;96} Parents and teachers have reported that SGA adolescents show inattention and more rule breaking behaviour than controls.^{68;78;94} Studies of motor skills have shown inconsistent results (see section 1.3.2 for details).

Within the ICF domain of *participation*, some have found differences between SGA subjects and controls in late adolescence and young adulthood

when it comes to academic achievement and professional functioning,^{79:95} whereas others have not.^{68:97} Adolescents born SGA at term have been reported to have lower social competence and peer problems,^{71:78} although this is not always reported in younger children.⁷³ Nonetheless, in young adulthood, they are likely to be employed, married and satisfied with life.⁷⁹

Table 1. Overview of the most common sequelae after being born too soon or too small.

| Born too soon: Preterm VLBW | Born too small: Term SGA |
|--|---|
| BODY FUNCTIONS AND STRUCTURES | |
| Physical: Perinatal complications Chronic medical conditions Suboptimal growth Poor muscular strength Poor physical work capacity Neurological: Brain lesions Cerebral palsy Epilepsy Sensory: Deafness Blindness Visual impairments Perceptual impairments Cognitive: Low IQ Poor executive functions Psychiatric: ADHD, anxiety | Physical: Perinatal complications Suboptimal growth Neurological: Slight increased risk of cerebral palsy Sensory: Subtle to no changes in visual functions Cognitive: Mixed evidence of low IQ |
| ACTIVITY | |
| Learning difficulties Emotional/behavioural problems Motor problems Low physical activity | Learning difficulties Emotional/behavioural problems Mixed evidence of motor problems |
| PARTICIPATION | |
| Low academic achievement Low professional attainment Reduced social skills and peer problems Risk of being bullied | Mixed evidence of low academic achievement Low professional attainment Reduced social skills and peer problems |

1.2 Motor skills and motor problems

Motor skills, or tasks “that require voluntary body and/or limb movement to achieve a specific goal”,⁹⁸ are an important part of daily life for children and adolescents. Children depend on having a certain motor competence to master practical tasks in everyday living.⁹⁹ This section deals with theories and classifications of motor skills, definitions and identification of motor problems, common motor tests and aetiology of motor problems.

1.2.1 Theories of motor development

Motor development can be seen as “the sequential, continuous, age-related process where an individual advances from simpler movements to complex motor skills”.¹⁰⁰ It is closely tied to motor learning which can be defined as “a set of processes associated with practice or experience leading to relatively permanent changes in the ability to perform motor skills”.¹⁰¹

There are different theories as to what guides motor development and motor learning. For many years, normal and abnormal motor development have been interpreted within the framework of the “neural-maturation theories”.^{102;103} These theories suggest that all movements are monitored by the central nervous system (CNS) and that development of motor skills is based on predestined sequences of maturation of the CNS.¹⁰³ These assumptions leave little room for environmental factors and experience in order to modify development.

In the late 1990s, the “dynamic systems theory” was introduced.¹⁰³ In this motor development is regarded as a complex, dynamic process which changes direction over time due to interaction of multiple components and subsystems, both within and outside the body.¹⁰⁴ This theory stresses the influence of environmental conditions on motor development, in which the CNS is just one of several factors.¹⁰⁵ Thus, the two theories differ, especially in their view on the role of the nervous system in the attainment of motor skills.

The two aforementioned views are combined in the “neuronal group selection theory”, introduced by Edelman.^{106;107} According to this theory, the brain is dynamically organized into variable networks, or neuronal groups. A

process of selection takes place within the neural system, as practice in a given task increases connections within specific areas of the brain.¹⁰⁸ Thus, the structure and function of these neuronal networks are modified by both development and behaviour.¹⁰²

According to the neuronal group selection theory, normal motor development is characterized by phases of primary and secondary variability.^{102;109} During the first phase, motor activity is variable and not tuned to environmental conditions. The infant develops various strategies for the execution of motor functions, for instance when it comes to reaching.¹¹⁰ However, during the first half year of life movements become more efficient.¹⁰⁹ After this first phase, which results in selection and reduced variation of movements, the second phase begins, where a variable movement repertoire is created with efficient motor function for specific situations. Between two and three years of age, motor variation increases.¹⁰⁹ The emergence of coordinated movements is influenced both by the development of the brain and the growth of the musculoskeletal system.¹⁰⁶ By the time children reach school age, they have built up a repertoire of skills that enables them to function effectively in the classroom, playground and at home.¹¹¹ However, it is not until adolescence that the motor repertoire is fully mature and the individual can adapt movements exactly and efficiently to task-specific conditions.¹⁰²

1.2.2 Classification of motor skills

Fundamental movement skills have been classified, assessed and evaluated in various ways since the 1920s.¹¹² Some use the dichotomy of gross and fine motor skills, where the former involves large muscles, or group of muscles, and less precise movements, and the latter involves smaller muscles, or groups of muscles, but more precision.⁹⁸ However, some skills may be in the continuum between gross and fine motor skills,¹¹³ involving both small and large groups of muscles (i.e. catching a ball in the playground). Henderson and Sugden¹¹³ arrange motor skills in the domains of manual dexterity, ball skills and static/dynamic balance. In this respect, manual dexterity involves manipulation of objects using one or both hands (i.e. writing, drawing and doing up buttons)

and ball skills involve catching and kicking a ball. Balance, or postural control, is hard to separate from other tasks, as it can be defined as the ability to maintain the body in equilibrium.¹¹⁴ This can be at rest (static balance) or in motion (dynamic balance).

Gentile¹¹⁵ also takes the environment into account when classifying tasks, in what has been called “Gentile’s taxonomy” (Figure 3). In closed tasks the objects, other people and the environment are stable while the child performs the task; in open tasks, the objects, other people and the environment are changing. The complexity of the task increases from a closed to an open task, demanding more adaptation to the environment.^{113;115}

| | | CHILD | |
|-------------|-----------------|---|--|
| | | Stationary | <i>Moving</i> |
| ENVIRONMENT | Stable | Section 1 (e.g. writing, drawing, cutting, static balance) | Section 2 (e.g. dynamic balance, walking, running) |
| | <i>Changing</i> | Section 3 (e.g. ball-catching/kicking) | Section 4 (e.g. ball game; running to catch a ball, playground activity; chasing another child) |

Figure 3. Gentile’s taxonomy (adopted from Movement ABC manual).¹¹³

1.2.3 Terminology

The term “clumsy children” was first introduced in 1937 by Orton,¹¹⁶ who described these children as: “...somewhat delayed in learning even the simpler movements such as walking and running, have great difficulty in learning to use their hands and to copy motions shown to them.” Since then, the concept of “clumsiness” has been discussed in the literature for more than 70 years.^{117;118} There has been considerable debate over the nature and definition of the syndrome which would adequately embrace the everyday problems of these children.¹¹⁹ In addition to “clumsiness”,^{116;120} authors have used terms like “motor infantilism”,¹²¹ “developmental dyspraxia or apraxia and agnosia”,^{120;122} “physical awkwardness”¹¹⁷, “perceptuo-motor dysfunction”,^{7;123} “sensory integrative dysfunction”¹²⁴ and “minor neurological dysfunction”.¹²⁵

One reason for this diversity in terms may be that different professionals have been concerned with these children; paediatricians, neurologists, psychiatrists, psychologists, and physical and occupational therapists.^{125;126} There has generally been agreement that the condition refers to individuals who are cognitively competent and who have no known neuromuscular involvement,¹¹⁷ although some have suggested it to be a mild form of CP.^{120;122;127} Others have considered the motor problems as part of a more complex picture, using terms like “minimal brain dysfunction” and “deficits in attention, motor control and perception”.^{128;129}

The diagnostic label of “developmental coordination disorder” (DCD) was introduced in the revised third edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM III-R) by the American Psychiatric Association in 1987 and later revised in the fourth edition of the DSM (DSM-IV) in 1994.¹³⁰ DCD is defined as “a marked impairment in the development of motor coordination that is not explicable by mental retardation, and is not due to a known physical disorder”. While the diagnosis of DCD was introduced to bring a uniform label to the problem, its use on populations of preterm or growth restricted children is questionable,^{131;132} since they are shown to have an excess of cognitive and physical difficulties, as discussed in the previous section on general outcome (section 1.1.4). In this thesis, the term “motor problems” confines to low scores of the motor tests (see method section 3.3.1 for details).

1.2.4 Identification of motor problems

Determining the prevalence of motor problems is naturally linked to identification procedures and definitions.¹¹⁷ Valid and reliable motor tests are essential tools used by clinicians to diagnose and evaluate motor performance in children.^{133;134} Validity refers to whether the test actually measures what it is intended to measure.¹³⁵ Reliability is a prerequisite for validity, and refers to consistency in measurement,¹³⁵ or how stable a test is in measuring a child’s level of the ability being assessed.¹³⁶ Standardized tests have the potential of objectifying our clinical evaluations, increasing the likelihood that the measurement is a true estimate of what we are assessing.¹³⁷ Although tests

cannot be regarded as complete, objective measures of a person's abilities or performance, but rather an expression of what a child can achieve on certain tasks in a certain situation,¹¹³ they seem to be a beneficial contribution to the clinical judgement.

According to Kirshner and Guyatt¹³⁸ tests can be categorized with regard to the goals they serve. They can be discriminative, i.e. making a distinction between children who show features of a deviant motor function compared with the general, healthy population.¹³⁹ The second purpose is prediction, i.e. they are used as a tool to predict developmental outcome. Thirdly, tests can be evaluative, i.e. measure longitudinal change over time. Instruments are generally validated for only one of the three goals, and may or may not be a useful and valid instrument for other purposes.^{134;140}

The major types of standardized tests are norm-referenced and criterion-referenced measures.¹⁴¹ Norm-referenced tests measure the performance of a person in relation to a specific population, and are often used to discriminate whether a child's development is out of "normal" range, and if so, how impaired the development is.¹³⁴ Raw scores from these tests need to be compared with a population.¹⁴¹ When norm-referenced tests are used, it is important that the test is standardized on a representative sample, as motor development may vary across different social and ethnic populations. Criterion-referenced tests have criteria or a minimum competence that must be reached in order to pass the test.¹⁴¹ A criterion-referenced test contrasts the child's performance with the test content rather than a population,¹⁴¹ and is often used to evaluate a child's change over time.¹³⁴ Some tests are referenced both by norm and by criterion.¹³⁶

Discriminative tests must be sensitive in the area, or range, of discrimination. Thus, sensitivity and specificity are two measures of the test's validity.¹⁴² Sensitivity refers to the ability of a test to detect a person with a condition (i.e. motor problem) when it is present. Specificity refers to the ability to correctly identify those without a condition (i.e. normal motor skills).¹⁴² Although a test with both high sensitivity and high specificity is desirable, there is generally a trade-off between the two. For many clinical tests, some persons are clearly normal, some are clearly abnormal, and some fall into the grey zone.

When sensitivity increases, the probability of correctly classifying people with the condition is increased (true positives); however, a certain proportion of subjects without problems will be incorrectly classified (false positives). On the other hand, a very specific test is less likely to have false positives, but more likely to miss subjects with true problems (false negatives). Thus, altering the cut-off for abnormality will influence both sensitivity and specificity.¹⁴²

There is no “gold standard” for identification of motor problems,¹⁴³ since no test covers the whole spectrum of motor skills.¹⁴⁴ Thus, a child may fail on one kind of motor ability, but perform relatively well on another.¹⁴³⁻¹⁴⁵ Whether the child will perform below the cut-off depends on the type of tasks examined and the nature of the child’s problems.¹⁴⁴ Different measures of movement ability may therefore identify different children as displaying motor problems.

1.2.5 Common motor tests

A number of different tests has been developed in order to identify children with motor problems or quantify motor development. Some of them are presented in Table 2. All these tests have discrimination as their main goal, although some are also able to predict future outcome and evaluate change over time. Most of the tests have shown good reliability and validity,^{139;141} although intra-rater reliability, or consistency in measurements when performed by one tester on two or more occasions, has been documented only for a few.¹⁴⁶⁻¹⁴⁹ In the ICF domain of *body functions and structures* we mainly find neurological tests, seeking underlying causes for the problems, and most of these tests are criterion-referenced. Some tests combine the two domains of *body functions and structures* and *activity*, involving both reflexes and functional tasks.¹⁵⁰⁻¹⁵⁴ Within the domain of *activity* we mainly find developmental tests, which are most often norm-referenced and standardized on larger representative samples. Among these are the Bayley Scales of Infant Development (BSID),¹⁵⁵ the Peabody Developmental Motor scales (PDMS)¹³⁶ and the Movement Assessment Battery for Children (Movement ABC),¹¹³ which have all been used in the present study. The Movement ABC is one of the most frequently used tests.^{144;156} There are few tests assessing motor skills in adolescence.

Table 2. Different neurological and developmental tests used by different professionals to identify motor problems in children.

| Test | Age range | Purpose and type of test | Items included in test |
|---|--------------------|---------------------------|------------------------|
| ICF BODY FUNCTIONS AND STRUCTURES | | | |
| Dubowitz Neurological Examination ^{3,57,158} | Birth | Discrimination | Criterion |
| General Movements (GMs) ¹⁴⁶ | Birth-4 mo | Discrimination Prediction | Criterion |
| Motor Assessment of Infants (MAI) ¹⁴⁸ | 0-12 mo | Discrimination Evaluation | Criterion |
| Neuromotor Behavioural Inventory (NBI) ^{53,159} | 0-12 mo + 3 yr | Discrimination | Criterion |
| Active and passive muscle power ¹⁶⁰ | 3-12 mo | Discrimination Prediction | Criterion |
| Touwen Infant Neurological Examination ¹⁵⁰ | 0 mo-walking | Discrimination | Criterion |
| Infant Neurological International Battery (Infanib) ¹⁶¹ | 1-18 mo | Discrimination Evaluation | Norm |
| Primitive Reflex Profile ⁶² | 0-2 yr | Discrimination | Criterion |
| Hammersmith Infant Neurological Examination (HINE) ¹⁵⁴ | 2-24 mo | Discrimination | Criterion |
| Amiel-Tison Neurological Examination ¹⁵² | 0-6 yr | Discrimination | Criterion |
| Neuro-Sensory Motor Developmental Assessment (NSMDA) ¹⁵¹ | 1 mo-6 yr | Discrimination | Criterion |
| ICF ACTIVITY | | | |
| Test of Infant Motor Performance (TIMP) ¹⁶³ | Birth (32 wk)-4 mo | Discrimination Evaluation | Norm |
| Structured Observation of Motor Performance (SOMP-I) ¹⁴⁹ | 0-10 mo | Discrimination | Criterion |

| | | | | |
|--|-------------|---------------------------|----------------|---|
| Alberta Infant Motor Scale (AIMS) ¹⁴⁷ | 0-18 mo | Discrimination | Norm | 58 items in 4 postural positions: prone, supine, sitting and standing |
| Posture and Fine Motor Assessment of Infants (PFMAI) ¹⁶⁴ | 2-12 mo | Discrimination | Criterion | PFMAI-I (2-6 mo): 18 posture and 21 fine motor items PFMAI-II (6-12 mo): 13 posture and 17 fine motor items |
| Infant Motor Profile (IMP) ¹⁶⁵ | 3-18 mo | Discrimination | Criterion | Observed or elicited behaviour grouped as 80 items in 5 subscales; variability - size of repertoire, variability - ability to select, symmetry, fluency and performance |
| Bayley Scales of Infant Development (BSID) ¹⁶⁵ | 0-30 mo | Discrimination Evaluation | Norm | Motor scale: 81 items; gross and fine motor behaviour (in addition a mental scale and a behaviour rating scale) |
| Toddler and Infant Motor Evaluation (TIME) ¹⁶⁶ | 4-42 mo | Discrimination Evaluation | Norm | 5 primary subtests: mobility, motor organization, stability, social/emotional abilities and functional performance; 3 clinical subtests: quality rating, atypical positions and component analysis |
| Denver Developmental Screening test ¹⁶⁷ | 2 wk-6 yr | Discrimination | Norm | 105 items in 4 domains: gross motor, language, fine motor-adaptive and personal-social |
| Peabody Developmental Motor Scales (PDMS) ¹⁶⁸ | 0-83 mo | Discrimination Evaluation | Criterion Norm | Gross Motor Scale: 10 items in 5 categories; reflexes, balance, non-locomotor, locomotor, receipt and propulsion of objects; Fine Motor Scale: 8 items in 4 categories; grasping, hand-use, eye-hand coordination, manual dexterity |
| Test of Gross Motor Development (TGMD) ¹⁶⁸ | 3-10 yr | Discrimination | Criterion Norm | 12 items with 3-4 observable criteria specified for each movement skill; 2 subtests: locomotion and object control |
| McCarron Assessment of Neuromuscular Development (MAND) ¹⁶⁹ | 3;5-18 yr | Discrimination | Norm | 10 items divided in fine and gross motor skills (5 items in each category) |
| Movement Assessment Battery for Children (Movement ABC) ¹⁷³ | 4-12 yr | Discrimination | Norm | 8 items in 3 subscores: manual dexterity (3 items), ball skills (2 items), static/dynamic balance (3 items) |
| Bruininks-Oseretsky Test of Motor Proficiency (BOTMP) ¹⁷⁰ | 4;5-14;5 yr | Discrimination Evaluation | Norm | 46 items in 8 subtests; gross motor composite score (4 subtests), fine motor composite score (3 subtests) and battery composite (1 subtest) |
| Test of Motor Proficiency (TMP) ¹²⁰ | 8-12 yr | Discrimination | Criterion | 8 items (shortened to 4 in 1978) in 3 categories: facial and lingual praxis, trunk and leg praxis, manual praxis |
| ICF PARTICIPATION | | | | |
| Harris Infant Neuromotor Test (HINT) ^{171,172} | 2;5-12;5 mo | Discrimination | Norm | 4 general areas: 1) background information, 2) questions assessing the caregiver's level of concern about the infant's movement and play, 3) observational or testing section (21 items) and 4) overall clinical impression |
| Movement ABC Checklist ¹⁷³ | 5-11 yr | Discrimination Evaluation | Norm | 4 motor sections based on Gentile's taxonomy of tasks: 48 items; 1) child stationary/environment stable, 2) child moving/environment stable, 3) child stationary/environment changing and 4) child and environment changing |

1.2.6 Prevalence of motor problems

It is estimated that approximately 6% of all children have motor problems corresponding to DCD.^{130;173} This is in accordance with studies in Norway, which have identified a prevalence of 5–6%.^{174;175}

Boys have been reported to have motor problems more often than girls.¹⁷³ In Norway, one study identified a gender ratio of 3:1 in favour of girls at ten years of age.¹⁷⁵ Others claim that boys can be superior in some tasks, for instance carry out simple movements faster than girls, whereas girls can be faster in other and more complex tasks.¹⁷⁶

Older children perform tasks more efficiently than younger children.¹⁷⁶ Some studies of children with motor problems¹⁷⁷ and minor neurological dysfunction¹⁷⁸ have reported improvements from childhood to adolescence, whereas others have reported that without intervention children with motor problems will continue to have such problems in adolescence.³²

Motor problems are often associated with poor academic performance as well as emotional and social problems.^{145;179;180} Thus, motor problems may influence the child's total function.

1.2.7 Aetiology of motor problems

Current theories of motor development suggest that development is a complex outcome of the maturation of multiple physiologic systems in combination with demands placed on the child by the environment and task-related experiences.¹¹⁷ Thus, the aetiology of motor problems is likely to be multifactorial, involving both genetic and environmental factors.¹⁷⁹ Within the subject, motor, cognitive and sensory systems all play a role in the execution of motor skills.¹⁰³ Some claim that motor problems are caused by developmental delay, due to an immature CNS,^{113;121} or to cerebral lesions^{121;179} and cerebellar dysfunctions,¹⁸¹ while others consider motor problems as part of the normal variation in motor skills.¹⁸² Motor coordination is related to physical activity, as well as body weight.¹⁸³ A low level of physical activity may affect motor skills negatively; however, children experiencing motor problems are less likely to engage in physical activity.^{99;183} Several researchers have regarded motor problems as a

result of sensory processing problems.^{184;184;185} Of the six senses (vision, hearing, touch, smell, taste and proprioception), vision and proprioception are by far the most important in control of movement.¹¹³ Some have suggested that motor problems are secondary to problems in visual-motor and visual-perceptual integration,^{184;186;187} while others claim that motor problems are caused by deficits in proprioception.¹⁸⁸⁻¹⁹⁰ Von Hofsten and Rösblad¹⁹¹ have combined these two hypotheses in their investigation of the integration of sensory information in terms of inter- and intra-modal matching. Within the ICF framework, vision and proprioception are *body functions* that may influence motor skills and problems.

Vision

Vision is perhaps the most powerful sensory system functioning to regulate posture,¹⁹² and the dominant sensory-perceptual mode in the initial phases of motor learning.¹⁹³ It is such a potent source of information that we will ignore or suppress input from other senses, even though information from them may be more relevant for efficient performance.¹⁹³

Simplified, visual information passes via the optic nerves into the optic chiasm of the brain, where information from each eye is split vertically down the midline into two visual hemifields.¹⁹⁴ Information from each hemifield is guided to the contralateral occipital lobe in the posterior part of the brain, where the primary visual centre is situated.¹⁹⁴ From the primary visual centres arise two principal pathways serving higher visual function; the ventral stream and the dorsal stream.¹⁹⁵ The ventral stream connects the occipital and temporal lobe, and deals with visual recognition and memory. The dorsal stream connects the occipital area with the posterior parietal cortex, which serves the ability to process the whole visual scene and to pay attention to chosen components. The posterior parietal cortex is also thought to work in harmony with the motor cortex by subconsciously providing the action plan for visually guided movement of the limbs and body.¹⁹⁵ Thus, the ventral stream provides a conscious analysis and understanding of the visual world, while the dorsal

stream facilitates and brings about accurate movement of the body through visual space at a subconscious level. The two systems are closely integrated.¹⁹⁵

The absence of vision has profound consequences.¹¹³ For instance, blind children are known to be delayed in various domains, especially in postural control¹⁹⁶ and locomotion.¹⁹⁷ Minor visual impairments may also affect motor skills. Poor visual acuity, or sharpness of vision, may adversely affect motor performance in many sports, especially the ones requiring tracking and intercepting balls and hitting a distant target,¹⁹³ like tennis and basketball. Other aspects of visual functions can also have an impact on motor functions. Contrast sensitivity, stereoacuity and strabismus, as well as accommodative ability (the ability to focus at near), near point of convergence (the ability to converge gaze at close distance, and thus avoid diplopia at near) and visual perception, are all examples of such functions. For instance, it is often necessary to make precise judgements about moving objects in space, and about spatial relationships of the body to other individuals or objects, in order to perform many motor tasks effectively. These abilities depend upon visual perception.¹⁹³ However, a study by Mon-Williams et al.¹⁹⁸ reported no differences in visual functions in young school children with DCD compared with controls.

Proprioception

The other sense which plays an important role in the control of movement is proprioception or kinaesthetic sense, since we cannot always use vision to monitor our movements.¹⁹⁹ In comparison to vision, proprioception is a difficult sense to characterize. Whereas visual information is gathered through one set of sensory receptors, proprioceptive information is gathered through a number of quite different receptors located in the muscles, tendons and joints.²⁰⁰ Proprioception informs us about the relative positions of the limbs and body without using vision.²⁰⁰

Proprioceptive information from one limb is transferred to the contralateral primary sensory cortex via the dorsal column-medial lemniscal system in the spinal cord.^{200;201} In the sensory cortex each body part is somatotopically represented. From sensory cortex there are associations with posterior parietal

cortex, where sensory information is further processed, as well as forwarded to the motor cortex.²⁰¹

The importance of proprioception is clearly demonstrated in a book by Oliver Sacks,²⁰² where a young woman who totally lost her proprioceptive sense after sensory neuropathy states: “I feel my body is blind and deaf to itself, it has no sense of itself”. This woman was unable to stand if she did not always look at her feet. Furthermore, she was unable to manipulate objects in her hands, and her arms moved without her awareness. In accordance with this, Henderson and Sugden¹³ have described children with movement difficulties as being “kinaesthetically blind”.

Inter- and intra-modal matching

Von Hofsten and Rösblad¹⁹¹ pointed out that coordinative actions usually demand close inter- and intra-sensory integration: “In most cases of manual behaviour, both vision and proprioception will affect the outcomes of manual movements. In fact, if such movements are to be smooth and well coordinated, it is of crucial importance that visual and proprioceptive means of controlling them are in correspondence. This implies that the parameters of space defined by each of these systems are in fine agreement. If both hands are involved in an act, it is also important that the proprioceptive space defined by one limb is in correspondence with the proprioceptive space defined by the other limb”.

When matching vision to proprioception reference needs to be made from a retinotopic frame and a proprioceptive frame into a common perceptual code.²⁰³ This has been termed inter-modal matching.¹⁹¹ Such judgements must use some form of cross-mapping from a location specified in visual coordinates and a location specified by proprioceptive coordinates.²⁰⁴ Matching proprioceptive signals from one limb to the other involves the adoption of mirror-limb locations; such that signals from the muscles and joints are equivalent across limbs (i.e. the left limb “feels like” the right limb). This has been termed intra-modal matching.¹⁹¹

Inter- and intra-modal matching may be crucial to the development and maintenance of motor competence.²⁰⁵ Thus, studying these phenomena might

provide insight into the nature of motor problems.²⁰⁶ A specific test, called the “manual matching task”, has been developed in order to examine inter- and intra-modal matching.¹⁹¹ Studies using this task in different groups of children have shown inconsistent results or data that are difficult to interpret. In healthy children, von Hofsten and Rösblad¹⁹¹ found a distinct advantage of vision. In a series of studies of children with poor eye-hand coordination (i.e. poor manual dexterity subscore on the Movement ABC), Sigmundsson et al.^{199;207-209} found that these children scored significantly worse than controls in both conditions, and with their non-preferred hand compared with their preferred hand.^{199;207;208} When applied to DCD populations, studies have shown that these children made larger errors than controls in both conditions.^{203;210} However, one study of DCD children,²⁰³ as well as one study of adolescents with CP,²⁰⁴ report relatively larger errors in the condition of matching vision to proprioception (inter-modal matching), suggesting that the primacy of visual information in such tasks cannot be assumed in cases of abnormal development.²⁰³ Others have found relatively larger errors in the proprioceptive condition in DCD children (intra-modal matching),^{210;211} supporting the advantage of vision, as in healthy children.¹⁹¹ Yet, another study found no significant group differences between DCD children and control children in either condition.²¹²

1.3 Motor outcome in children born too soon or too small

This section reviews the motor outcome in VLBW and term SGA children from infancy to adolescence (Appendix A and B). It also discusses possible pathophysiological mechanisms responsible for the motor problems described, and issues in early identification of motor problems.

1.3.1 Born too soon

VLBW children have a higher risk of CP, which can be defined as a non-progressive central nervous system disorder with abnormal muscle tone and control of movement and posture.²¹³ CP occurs in 5-10% of VLBW children compared with 1-3 per 1000 in normal populations.^{12;38} But also VLBW children

without CP often show motor problems. Motor delay, assessed by the Alberta Infant Motor Scale (AIMS) and the BSID, has been consistently reported in VLBW populations during the first months²¹⁴⁻²¹⁹ and years of life.^{213;220-230} The motor delay seems to manifest itself as motor problems by the time these children enter school, as illustrated by poor fine and gross motor function, assessed by the PDMS^{221;231} and the Movement ABC or its predecessor Test of Motor Impairment (TOMI).²³²⁻²³⁷ Several studies using the Movement ABC^{131;238-245} and the Bruininks-Oseretsky Test of Motor Proficiency (BOTMP)^{51;246-250} confirm the presence of motor problems in VLBW compared with controls in early school years. Although motor problems are found in all domains of the Movement ABC; i.e. manual dexterity, ball skills and balance, a recent meta-analysis indicates that VLBW children have more problems in keeping their balance than handling a ball, and although to a lesser extent, performing skilful actions with their hands and fingers.²⁵¹ Few studies have followed these children into adolescence, but those who have still report presence of motor problems, assessed by the Movement ABC²⁵² and the BOTMP.^{253;254}

Among VLBW children, there seems to be a dose-response relationship between motor problems and lower birth weight/gestational age, with even worse motor outcome for subjects weighing less than 1000 g at birth.^{242;253;255-257} In the recent meta-analysis by de Kieviet et al.,²⁵¹ lower birth weight and gestational age were strongly related to poorer motor outcome in the first years of development, but less robust relations were found with motor problems in school age and adolescence.²⁵¹

Some studies have reported that preterm boys seem to have less favourable motor scores than preterm girls at preschool age²²⁷ and at school age,^{7;239;247;258} while others report equal performances for boys and girls.^{221;242;248;249} Taylor et al.²⁵³ studied VLBW children from seven to 14 years of age, and found that the initial superiority of girls disappeared with age. Wocadlo and Rieger²⁵⁰ found that girls performed poorer than boys in running and strength, and Powls et al.²⁵² found that VLBW girls had poorer overall motor function than boys at 12-13 years of age. Studies presenting stratified

analyses by sex, have reported poorer motor skills in both preterm boys^{259;259} and girls²⁵⁴ compared with control boys and girls, respectively.

Few studies have examined the role of sensory systems on motor skills in VLBW children. In young children born prematurely, there seems to be a relationship between motor skills and stereoacuity,^{235;260;261} visual acuity, strabismus and contrast sensitivity.²⁶¹ In VLBW adolescents, Powls et al.⁴² reported a strong association between motor problems and strabismus, as well as poor contrast sensitivity. Inter- and intra-modal matching, assessed by the manual matching task, have been described in populations with known motor problems, such as DCD and CP, but not in general populations of preterm children. DeMaio-Feldman²⁶² used a tactile test in seven year old VLBW children and found that they seem to interpret somatosensory input differently than the normal population. The author claims that this shows a lack of integration at the most basic level of sensory development. Neligan et al.¹ studied the integration of auditory and visual systems, as well as the integration and discrimination of touch and vision in children both born preterm and SGA at term. They found significant differences between preterm and control children at six years of age, which were not longer present at seven years of age.¹

1.3.2 Born too small

There are fewer studies on motor development and motor skills in term SGA children. CP is a rare finding⁷³, although the risk is increased by 2-3 times compared with the general population.⁷⁴ Although some studies report motor abnormalities and motor delay in the first days, months and years of life compared with controls,^{263;264;264-273} outcome is not clear.^{92;264;267;270;271;274;275} In a large American study, term SGA infants were twice as likely to show delay on the motor scale of the BSID.⁷² At preschool age, Sommerfelt et al.²⁷⁶ reported fine motor problems, seen on the grooved pegboard test, and borderline motor problems, assessed by the PDMS. Others have found motor problems in SGA children with early onset IUGR.^{277;278} At early school-age, studies have reported neurological abnormalities, assessed by neurological examination,^{73;87;279} and poor motor skills rated by teachers.⁷³ However, in the latter study SGA children

did not differ from controls in balance and gross motor function.⁷³ According to Neligan et al.¹ SGA children with birth weight <5th centile had poorer scores on TOMI than controls. Westwood et al.⁸⁰ reported no differences between non-asphyxiated SGA adolescents with birth weight <3rd centile and controls, assessed by neurological examination at 16 years of age. In a study on neuropsychological consequences, young adults born SGA had slower performance on the grooved pegboard test than controls, indicating poorer fine motor manipulative abilities.²⁸⁰ Apart from this, there seems to be no studies of motor skills in SGA children in late childhood and adolescence.

There are no studies on the role of vision on motor skills in SGA adolescents. In the study by Neligan et al.¹ SGA children with birth weight <10th centile performed poorer on inter-sensory tests at six years of age. However, at seven years of age, differences only remained significant for the most growth restricted SGA children with birth weight <5th centile.¹

In sum, there seems to be convincing evidence of motor problems in children born too soon, even though there are variations in sample size, tests used and birth weight cut-offs; however less convincing evidence in children born too small. There are also relatively few studies reporting on the role of vision with respect to motor outcome in VLBW children, and none in SGA children. Inter- and intra-modal matching with respect to vision and proprioception have not been described in these populations before.

1.3.3 Possible aetiology of motor problems in children born too soon or too small

The nervous system starts developing in early pregnancy and continues to do so after the time of term birth.²⁸¹ Neuronal proliferation, migration and physiological neuronal cell death characterize the first half of pregnancy.¹²⁵ Unfavourable events during this phase may result in brain dysfunction involving severe malformations or minor disorders.¹²⁵ Conditions occurring later in pregnancy may interfere with neuronal differentiation, axonal outgrowth and retraction, dendrite proliferation, synapse formation, myelination and glial cell

generation.¹²⁵ During the last trimester of pregnancy developmental processes are especially active in the periventricular areas and in the cerebellum.^{125;282;283} Dobbing²⁸⁴ claimed that brain structures with most rapid growth were most vulnerable to injury. Thus, harmful events occurring in the last phase of pregnancy, such as preterm birth and IUGR, may be expected to be particularly detrimental to periventricular structures and the cerebellum.¹²⁵ In addition, perinatal complications of preterm birth and IUGR, as well as pre- and perinatal stress, may further harm the structure and function of the nervous system.

Magnetic resonance imaging (MRI) has shown that brain abnormalities, such as changes in the white matter, ventricular dilatation and thinning of corpus callosum, often described as periventricular leukomalacia (PVL), are common in VLBW children and adolescents.²⁸⁵⁻²⁸⁸ Additionally, abnormalities²⁸³ and reduced volume of the cerebellum^{289;290} have been reported in preterm populations. Motor problems in VLBW children may thus be caused by brain abnormalities visible on MRI scans. Injury to the periventricular regions and the cerebellum may cause dysfunctions of the corticospinal tract and pathways connecting the cerebellum to the cortex.¹²⁵ In the most severe form these present as CP. However, more subtle insults to the periventricular white matter, interfering with cell migration to the cortex, disrupting the cortical plate neurons and leading to abnormal development of cortical structures,²⁸² might cause minor motor problems, or “non-disabling degrees of PVL”.²⁹¹ Martinussen et al.^{292;293} have reported reduced total brain volume in SGA adolescents compared with controls, which indicates that also intrauterine growth restriction may impair cerebral development.²⁹²

Periventricular structures

PVL refers to focal or diffuse injury to cerebral white matter.²⁸² The focal component consists of localized necrosis in deep periventricular white matter with loss of all cells, which may be large in some cases (cystic PVL), but most often small, developing into glial scars (non-cystic PVL). The diffuse component, or “diffuse excessive high signal intensity” of white matter seen on MRI,²⁹⁴ is characterized by disturbed maturation of premyelinating oligo-

dendrocytes, resulting in reduced myelination and enlarged ventricles.²⁸² The peak period of vulnerability for PVL coincides with the phase of rapid growth of axons in cerebral white matter (24-40 weeks of gestation).²⁸² Between 26 and 34 weeks of gestation the normal process of neuron loss and axon retraction is at its height, with increased metabolic activity (and vulnerability) around the area of the basal ganglia, the caudate nucleus, the cerebellum and the optic radiations.²⁵⁶ These areas are all involved in critical aspects of motor control.

The corticospinal axons reach the lower cervical spinal cord by 24 weeks of gestation, and start myelination by 40 weeks post-conceptual age.²⁹⁵ The motor cortex also has strong interconnections with the premotor cortex and the supplementary motor area. The former is important for planning, preparation and sensory guidance of movement, and the latter for functions such as bimanual coordination and the generation and execution of motor sequences.²⁹⁶ The vulnerability of these areas is further affected by a watershed zone-mechanism, increasing the detrimental effects of haemorrhage, ischemia and disturbances in cerebral blood flow.^{256;282;297} CP caused by focal PVL is typically of the spastic diplegic type. Less severe neuromotor disorders may affect gross motor coordination, balance and motor planning, as well as fine motor skills that underlie manipulation, self-care skills and handwriting.²⁹⁸ Studies have reported a relationship between MRI pathology of periventricular structures and motor problems.²⁹⁹⁻³⁰² In children with occipital PVL,^{195;303} as well as in preterm children without PVL,³⁰⁴ the dorsal and ventral stream systems are also found to be impaired, both affecting motor control and perception in varying degrees.

Cerebellum

The cerebellum also grows rapidly between 24 and 40 weeks of gestation, and relatively more rapid than the rest of the brain.^{283;305} Hence, the cerebellum is particularly vulnerable to events occurring during this period of growth spurt. In fact, underdevelopment of the cerebellum, unrelated to haemorrhage or infarction, may represent the most common type of cerebellar abnormality of the premature infant.²⁸³ The output projections of the cerebellum involve

mainly the premotor and motor systems of the cortex and the brain stem.³⁰⁶ The cerebellum influences the motor systems by evaluating disparities between intention and action and by adjusting movements in progress, as well as during repetitions of the same task.³⁰⁶ The cerebellum also plays a part in motor learning, in which cerebellar neurons are most active during the early stages of learning a task or when conditions change.²⁹⁶ In the absence of cerebellar input performance has been shown to be slower and more variable.²⁹⁶ Abnormality of the cerebellum may result in motor disturbances which range from poor coordination to overt ataxia, as well as deficits in motor planning and execution.²⁸³ However, Allin et al.²⁸⁹ failed to find a relationship between smaller cerebellum and poor motor outcome in VLBW adolescents. The authors speculate that this may be due to brain plasticity and compensation over the years. There are no studies relating cerebellar findings to motor function in SGA populations. Nonetheless, it is possible that subtle and diffuse brain dysfunctions in SGA subjects may be responsible for minor motor problems, especially affecting fine motor coordination and balance, if the cerebellum also has been growth restricted.

Although the periventricular structures and the cerebellum may be specific regions important for motor control, the preterm brain damage has been described as “encephalopathy of prematurity”,³⁴ also involving the thalamus, basal ganglia and cerebral cortex,^{292;293} which may play a role in motor function.

1.3.4 Early identification of motor problems

Ideally, the goal is to identify children with motor problems as early as possible to hopefully prevent further negative outcomes. However, motor performance is determined by multiple influences from the child, the environment and the demands of the task.³⁰⁷ As a consequence, infant motor assessments have generally been disappointing in their ability to predict later motor outcome.^{308;309} In a study of low and high risk infants tested longitudinally during the first year of life by the motor scale of BSID, Coryell et al.³¹⁰ found that results varied significantly from test to test in infants with normal

outcomes. Furthermore, Darrah et al.^{311;312} performed serial assessments of motor function by the PDMS from nine months to four years of age in a group of normal children, showing that results were not stable over time, which could reflect a non-linear development. According to the neuronal group selection theory, the motor variations themselves constitute a fundamental developmental phenomenon during the first phase of primary variability.¹⁰² After this first phase, selection and reduced variability occur, which can make prediction easier.¹⁰² Thus, accuracy of assessments may improve with increasing age at testing.³¹³

The instability of motor function over time may also be due to different psychometric properties of the tests used, i.e. the sensitivity in detecting motor problems.^{310;311} For instance, the motor scale of the BSID focuses on motor milestone acquisition in a global manner.¹⁴⁷ The PDMS is also based on skill acquisition, and attempts to measure the emergence of new skills. However, in both tests some children may pass specific items, yet demonstrate abnormal movement patterns indicative of neuromotor dysfunction.¹⁴⁷

Nonetheless, stability of motor function may be different in children born too soon or too small. The predictive validity of infant tests has shown to be better in clinical populations than in normal populations, particularly for children with neurological impairment, such as CP, and those with developmental delays.³¹³⁻³¹⁵ In the abovementioned study, Coryell et al.³¹⁰ found that scores on the BSID for infants with “non-normal” outcomes did not vary significantly from test to test. Erikson et al.²³⁷ reported stability of motor performance in VLBW children in half of the study group from five months to five years of age. Goyen and Lui²²¹ reported that gross motor problems, assessed by the PDMS, increased from 18 months to five years of age in “apparently normal” high risk infants with birth weight below 1000 g. Studies of VLBW children have also shown a close relationship between abnormal neurological findings at 12-18 months of age and neurological status at 2-3^{218;316} and seven years of age.³¹⁷ In term SGA infants, a neonatal neurological examination has been reported to be a poor predictor of later neurological or cognitive outcome.¹⁸

Thus, early prediction of later problems may be reliable for infants functioning at the lower end of the developmental continuum.³¹³ Still, the plasticity of the brain can make it possible to compensate for small and early lesions,^{102;295} and children may therefore “grow out” of motor problems. Thus, developmental changes in the brain during childhood may have important implications for the prediction of developmental problems at early age.³¹⁸ More subtle problems can be difficult to predict early in life because environmental and social factors may influence long-term outcome more than for infants with severe disabilities.¹⁴¹

It is important to optimize the accuracy of early assessment in order to identify subtle developmental delays and mild impairments that may result in more intrusive conditions at school age.³¹⁴ While many studies have looked only at the prediction of CP or abnormal motor development up to two years of age, few have studied long-term correlation of motor outcomes with standardized motor assessments.¹⁴¹ Impaired motor development can be a risk factor for later poor cognitive performance, learning disabilities and behavioural problems.²⁵¹ A study group from Liverpool in UK found that good motor skills, assessed by the Movement ABC at school entry, were associated with satisfactory school performance, whereas poor motor skills were associated with learning disabilities at eight years,²⁴³ and poor cognitive function at 12 years of age.⁵⁶ Thus, assessment of motor skills using valid instruments can be an important early indicator of other developmental problems as well.

2. Aims of thesis

The general aim was to assess the prevalence of motor problems at 14 years of age in two groups of low birth weight adolescents compared with a control group, to investigate the role of vision and proprioception in relation to motor problems, and to examine whether early motor evaluation could identify motor problems in adolescence.

More specifically, the aims of the separate papers were to examine:

- I: whether VLBW and term SGA adolescents have an increased prevalence of motor problems compared with control adolescents
- II: how visual impairments may be associated with the increased risk of motor problems in VLBW and term SGA adolescents
- III: whether VLBW and term SGA adolescents have poorer performance in inter- and intra-modal matching than control adolescents
- IV: if motor evaluations at one and five years of age can identify motor problems at 14 years of age in VLBW and term SGA children

3. Material and Methods

3.1 Study design

The adolescents included in this study were originally part of two separate studies, where one was a follow-up study of VLBW children,^{319;320} and the other a large multicentre study on causes and consequences of intrauterine growth retardation (the SGA project).^{19;321}

The first follow-up study included VLBW children born in 1986-1988 in the counties of Møre and Romsdal, Nord- and Sør-Trøndelag. These were all born prematurely (i.e. before week 37 of gestation) and had been hospitalized at the neonatal intensive care unit (NICU), St. Olav's University Hospital in the neonatal period. The children born in 1988 were assessed thoroughly at one and five years of age.^{319;320}

In the second study, pregnant women living in the Trondheim region were enrolled before week 20 of pregnancy between January 1986 and March 1988 in a population based prospective multicentre study. A 10% random sample of women (with one or two previous pregnancies) was selected for follow-up during pregnancy. At birth, all SGA children and all children born to mothers in the random sample were examined by a paediatrician assigned to the project. Gestational age was based on the first day of the last menstrual period if it was accurately recalled \pm three days. Ultrasound estimates were used if there was a discrepancy of more than 14 days, or if the last menstrual period could not be recalled accurately.^{19;321} The reference standard (i.e. 10th centile) for classification of SGA was sex-specific for each gestational week based on data from the Norwegian Medical Birth Registry.^{19;321}

3.2 Study population

Flow chart of participants is presented in Figure 4.

3.2.1 VLBW group

The VLBW group comprised all newborns with birth weight ≤ 1500 g from the counties of Nord- and Sør-Trøndelag admitted to the NICU at St. Olav's Hospital in 1986-88 (n=99). Of these, 23 children died in the neonatal period and one child with trisomy 21 was excluded. By the age of 14, six children had moved out of the region, leaving 69 children eligible for examination. Fifteen children did not consent to participation, thus 54 (78%) VLBW children (29 boys, 25 girls) had a motor assessment.

3.2.2 SGA group

Of 1200 eligible women in the SGA project, 104 (9%) gave birth to a term (i.e. born between 37 and 42 weeks of gestation) SGA child with birth weight below the 10th centile, adjusted for gestational age, sex and parity. By 14 years of age, 12 children had moved and 33 did not consent to participation. Thus, 59 (64%) SGA children (27 boys, 32 girls) were examined.

3.2.3 Control group

The control group comprised 120 children with birth weight $\geq 10^{\text{th}}$ centile for gestational age, born at term to mothers in the 10% random sample of the 1200 participants. At the 14 year follow-up, 10 had moved and 27 were not willing to participate. Eighty-three (75%) controls (35 boys, 48 girls) were examined.

In Paper II and IV, numbers differed due to inclusion of a few VLBW participants outside the original cohort (children from Møre and Romsdal included), and the papers are confined to those who consented to motor, visual and cognitive evaluation (Paper II), and those with previous motor assessment at one and/or five years of age (Paper IV).

3.2.4 Exclusion criteria

Congenital anomalies (ICD9 diagnose number 740-759) present at neonatal examination were exclusion criteria in all three groups. Three adolescents (one SGA and two controls) with congenital anomalies diagnosed at birth were initially included in the study groups (Paper I and III), but excluded in the other papers. Results did not change significantly when reanalysed excluding these three subjects (see results section 4.1 and 4.2).

3.2.5 Non-participants

There were no differences in maternal age, duration of pregnancy, the infants' birth weight, body length and head circumference between those who participated and those who did not consent to participate in any of the groups. In Paper IV there were no significant differences in perinatal data or motor scores at one and five years either (details presented in paper).

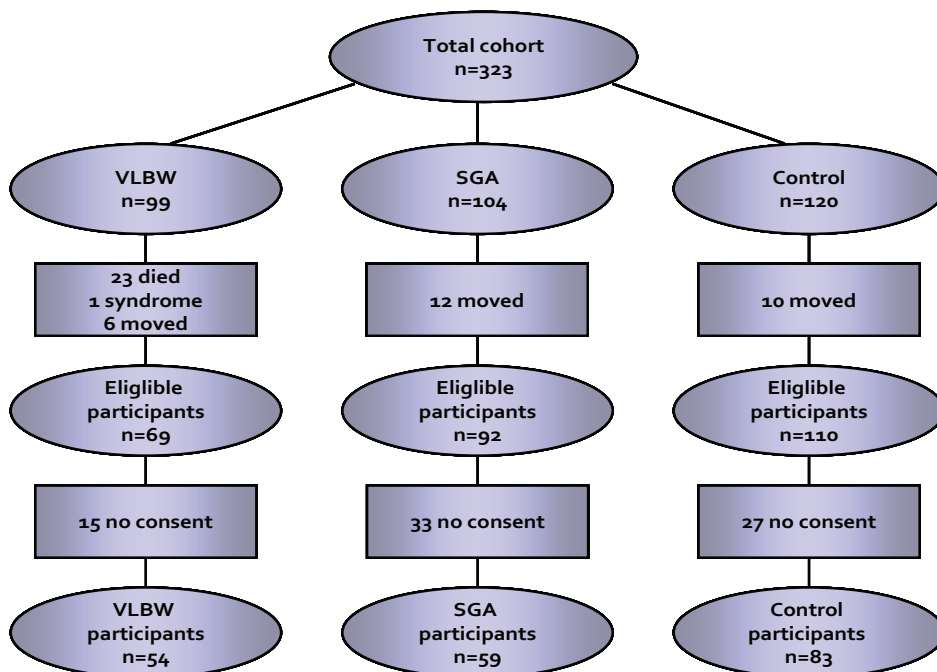


Figure 4. Flowchart of study population.

3.3 Methods

3.3.1 Assessment of motor skills

The Movement Assessment Battery for Children (Movement ABC) was carried out at 14 years of age by one physiotherapist, blinded to group assignment. The motor scale of Bayley Scales of Infant Development (BSID) and the Peabody Developmental Motor Scales (PDMS) were used at one and five years of age by examiners blinded to neonatal history in the VLBW group, and to group adherence in the SGA and control group.

Movement Assessment Battery for Children

The Movement ABC¹⁴³ is a norm-referenced standardized test, which measures manual dexterity, ball skills and static/dynamic balance in children aged 4-12 years. In this study, we used the highest age band, designed for 11-12 year old children (Table 3). Each item is assigned a score on a six-point scale (0-5), where a higher score is indicative of poorer skills. The Movement ABC is especially designed to identify children with motor problems, as only the most impaired 25% of the children get a score greater than zero. A total score is given as the sum of all eight items, and can be subdivided into the subscores of manual dexterity, ball skills and static/dynamic balance (Table 3). A score below the 5th centile is considered as “definite motor problems”, whereas scores between the 5th and the 15th centile indicate “borderline motor problems”.¹⁴³ A child has to fail at least three items in order to fall below the 15th centile.¹⁴⁴

Table 3. Subtests and items with range of scores for the Movement ABC, age band 4.

| Subtests | Items | Range of scores |
|----------------------------|---|-----------------|
| (1) Manual dexterity | Turning pegs at pegboard (both hands tested) | 0-15 |
| | Tracing flower with a pencil | |
| | Cutting out elephant between two guidelines | |
| (2) Ball skills | One-hand catch of tennis ball (both hands tested) | 0-10 |
| | Throwing tennis ball at target on wall | |
| (3) Static/dynamic balance | Balance on balance board | 0-15 |
| | Jumping over knee-high cord and clapping while in the air | |
| | Walking backwards toe-to-heel on line | |
| Total ABC score | | 0-40 |

The Movement ABC has been standardized on more than 1200 children aged 4-12 years from the UK, Canada and USA, and age-related norms are given for each subscore, as well as the total score.¹¹³ As our study groups were older than the age group this test was designed for, we used the 5th centile derived from our control group. This corresponded to a total score of 14, a manual dexterity score of 4.5, a ball skills score of 5.9 and a balance score of 8.8.

Test-retest reliability of the Movement ABC has been documented in the manual, ranging from 73-97% agreement when the test is used on two different occasions, and inter-rater reliability, or consistency between examiners, has shown 75-98% agreement.¹¹³ In the present study, intra-rater reliability was assessed by video-taping 34 children on items 1 (timing) and 4 (counting). Intraclass correlation coefficient was found to be 0.9996 for timing and 0.9935 for counting.⁵

Bayley Scales of Infant Development

The Bayley Scales of Infant Development (BSID)¹⁵⁵ measures both mental and motor development in children from birth to 30 months of age. In this study we used the results obtained from the motor scale, which consists of maximum 81 items. The motor scale assesses both fine and gross motor function, including fine manipulatory skills of the hands and fingers, control of the body and coordination of large muscle groups.¹⁵⁵ Items are arranged in order of difficulty and the children are tested from their basal level (the item preceding the earliest failure) up to their ceiling level (the item representing the most difficult success).

The BSID was standardized on 1262 American children ranging from two to 30 months of age. Raw scores (i.e. the total number of items the child has passed including all items below the basal level) on the motor scale are converted to age-adjusted standard scores called the psychomotor development index (PDI), which ranges from 50 to 150, corresponding to \pm three standard deviations (SD) for the standardization sample. The development index provides a basis for establishing a child's current status and extent of deviation from normal expectancy.¹⁵⁵ According to the manual, we defined a "low score"

as scores below two SD and a “borderline low score” as scores below one SD in the control group.

Test-retest reliability and inter-rater reliability for the motor scale of the BSID are documented in the manual, with a mean agreement of $75.3 \pm 14.5\%$ and $93.4 \pm 3.2\%$, respectively.¹⁵⁵

Peabody Developmental Motor Scales

The Peabody Developmental Motor Scales (PDMS)¹³⁶ is a standardized test that measures gross and fine motor skills of children from birth through 83 months. The gross and fine motor scale are divided into five and four skill categories, or subscales, respectively. Due to time constraints, three subscales of the test were selected in this study at age five; eye-hand coordination, balance and locomotor. Each item is scored on a three-point scale (0-2). According to the manual motor problems were defined as scores below the 5th centile.¹³⁶ With the modification by Sommerfelt et al.²⁷⁶ applied to three subscales, “motor problems” in our study were defined as at least one of the three subscales below the 5th centile in our control group. “Borderline motor problems” were defined as at least one of the three subscales below the 15th centile.

The PDMS was standardized on 617 children, representative of the population in the USA. Correlation coefficients for test-retest reliability were 0.80 and 0.95 for the fine and gross motor scale, and inter-rater reliability was 0.94 and 0.97 for the fine and gross motor scale, respectively. Content and construct validity have been established, and the test has shown agreement with performance on other instruments and with clinical judgement.¹³⁶

3.3.2 Assessment of visual functions

The visual examination at age 14 included assessment of visual acuity, contrast sensitivity, stereoacuity, strabismus, nystagmus, accommodation and convergence, performed by an ophthalmologist. More details on the assessments are included in Paper II. In addition, visual perception was assessed by a psychologist using the Visual Perception supplementary task of the Developmental Test of Visual-Motor Integration (VMI-IV).³²²

An *abnormality score* was calculated as the sum of visual impairments, including distance visual acuity, contrast sensitivity, stereoacuity, strabismus, nystagmus, accommodation, convergence and visual perception. An abnormality score of zero was given if an adolescent did not have impairments in any of the visual functions, and the highest possible abnormality score of eight would indicate impairments in all functions.

3.3.3 Assessment of inter- and intra-modal matching

The manual matching task was originally developed by von Hofsten and Rösblad.¹⁹¹ The test procedure requires sensory matching of targets located visually (Inter-modal matching; Figure 5A) or with the hand (Intra-modal matching; Figure 5B). A mean of errors over four attempts with each hand in each condition was calculated, in terms of absolute, systematic and random errors (details are described in Paper III).

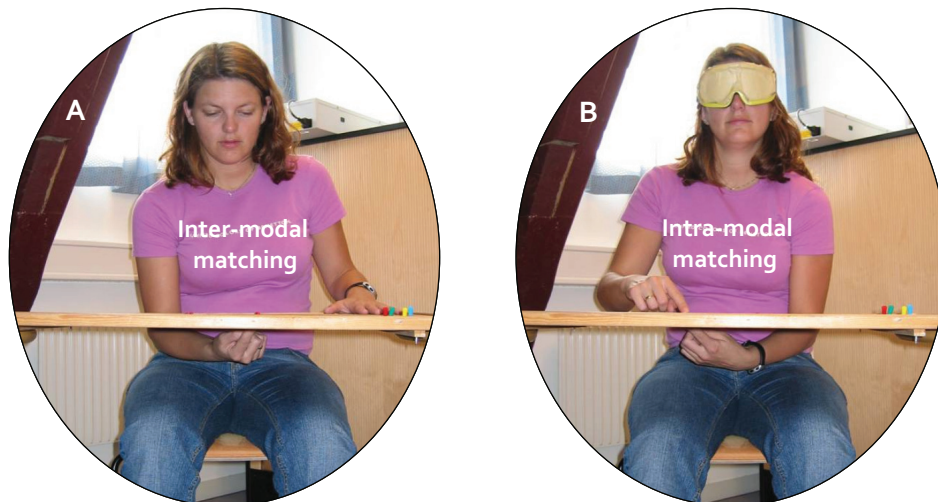


Figure 5. Illustration of the manual matching task.

A: Inter-modal matching (seen target). The subject looks at the target, and the objective is to place a pin with one hand from underneath the test board as close to the target as possible.

B: Intra-modal matching (felt target). The eyes of the subject are covered and the index finger is placed on the target of the upper side of the test board. The objective is to place a pin with the other hand from underneath the test board as close to the target as possible.

The idea was that the task could be used to pin-point areas of dysfunction in the brain that may underlie motor problems.¹⁹¹ The transfer of sensory information when the target is seen is thought to differ from when the target is felt (Figure 6). In the inter-modal condition, visual information from each visual hemifield is first transferred to the visual cortex.²⁰⁶ Thereafter, signals go via the posterior parietal cortex to the motor cortex on the contralateral side to where movement is observed (e.g. left hand). Feedback from the left hand is in turn projected to the sensory cortex to the posterior parietal cortex and then to motor cortex in order to adjust performance.²⁰⁶

In the intra-modal condition proprioceptive information from the right hand is projected to the contralateral sensory cortex and transmitted to the posterior parietal cortex, via the corpus callosum, to the posterior parietal cortex on the opposite side.²⁰⁶ From there, signals go to motor cortex which controls the left hand. Proprioceptive feedback from the left hand may then be used to adjust performance.²⁰⁶ Using the right hand in matching would require mirror-imaged projections.

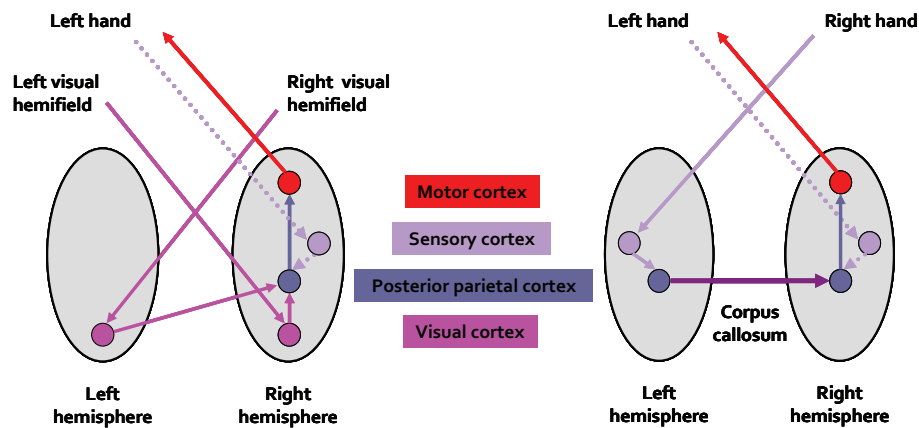


Figure 6. Hypothetic route of information-processing in the inter- and intra-modal condition, as described by Sigmundsson.²⁰⁶

The task has not yet been formally validated, but has been used in different age groups and populations.^{191;199;203;204;207;209-212}

3.3.4 Other assessments

Anthropometric measurements

At birth, the SGA and control infants were weighed to the nearest 10 g on a standard scale, whereas the VLBW infants were weighed to the nearest g on an electronic scale. Body length and head circumference were recorded to the nearest 0.1 cm.

Neuropaediatric examination

Height was measured to the nearest 0.1 cm, and weight to the nearest 100 g on an electronic scale. A clinical neurological examination was performed by project paediatricians at age five and 14. Cerebral palsy (CP) was classified as diplegia, hemiplegia or quadriplegia. Functional level was assessed according to the Gross Motor Function Classification System (GMFCS) (Table 4).³²³

Table 4. The Gross Motor Function Classification System (GMFCS).³²³

| Mobility | Going Outdoors or Into the Community | Level |
|--|---|-------|
| walks without restriction | limited by more advanced gross motor skills | I |
| walks without assistive devices | limitations when walking outdoors or in the community | II |
| walks with assistive device | limitations when walking outdoors or in the community | III |
| limited self-mobility | going outdoors or about the community requires transportation or powered device | IV |
| self-mobility severely limited even with assistive device(s) | totally dependent; mobility severely limited | V |

Cognitive abilities

An estimate of intelligence quotient (IQ_{est}) was calculated using four of ten subscales of Wechsler Intelligence Scales for Children (WISC-III):³²⁴ Vocabulary, arithmetic, block design and picture arrangement. “Low IQ_{est} ” was defined as a score more than two SD below the mean in the control group.

Socioeconomic status

Socioeconomic status was calculated according to Hollingshead’s Two Factor Index of Social Position,³²⁵ based on a combination of parents’ education and occupation.

3.4 Ethics

The Regional Committee for Medical Research Ethics (Health Region IV) approved the study protocol May 5th 2000 (REK ref. nr. 78-00; May 29, 2000). Written informed consent was obtained from both children and their parents prior to examination. The Data Inspectorate assigned a license for establishing and maintaining the register containing personal data.

Methods were non-invasive and did not inflict pain. All methods are widely used in the clinic and in research. At the end of the consultation, the adolescents and parents received feedback on the motor examination. Multidisciplinary meetings were held on a regular basis where the adolescents' need for referral to health services was discussed. After publication of the first results, we held a seminar for the participants presenting the main group results from the study. Adolescents and parents who wanted an individual consultation with one or more of the professionals from the research team were given an appointment.

3.5 Statistical analyses

The Statistical Package for the Social Sciences version 11.5.1-15.0 (SPSS Inc., Chicago, IL) was used for data analyses and two-sided p-values less than 0.05 were considered statistically significant. Three-group comparisons were made using one way analysis of variance (ANOVA) for variables with a normal distribution and Kruskal-Wallis for variables with a non-normal distribution. Two-group comparisons were made by Scheffe's post hoc test or by Student's t-test for continuous variables with a normal distribution, and Mann-Whitney U test for ordinal variables or variables with a non-normal distribution. Differences in proportions between groups were analysed by the Pearson's chi-square test or Fischer's exact test.

In Paper I and II, odds ratio (OR) with 95% confidence intervals (CI) was calculated as an estimate of the relative risk that a child with low birth weight had motor problems, compared with the control group. In order to control for

possible confounding factors in Paper I, we used logistic regression to calculate adjusted odds ratios. This method was also applied in Paper II in order to assess the influence of visual functions on motor problems.

In Paper III, absolute, systematic and random errors were log normal, thus geometric means with 95% CI were presented for these variables. If the log-transformed data are normally distributed, the geometric mean of the original data is a good estimator of the median.

In Paper IV, receiver-operating characteristics (ROC) curves were used to calculate area under the curve (AUC) as an estimate of diagnostic accuracy. For sensitivity and specificity, 95% CI were calculated using Wilson's method.³²⁶

4. Main results

4.1 Group characteristics

Table 5 shows gestational age and anthropometric measurements at birth and at follow-up at 14 years of age for the population studied in Paper I when congenital anomalies are excluded. Although there were slight differences in the material for the other papers, the characteristics of the groups remained essentially the same.

Table 5. Gestational age and anthropometric measurements at birth and at follow-up in two groups of low birth weight children compared with a control group.

| | VLBW (n=54) | SGA (n=58) ^{a)} | Control (n=81) ^{a)} |
|---------------------------------------|-----------------------|------------------------------------|--|
| At birth: | | | |
| Gestational age (weeks) | 28.9 (2.7)*** | 39.5 (1.1) | 39.6 (1.2) |
| Birth weight (g) | 1179 (234)*** | 2916 (212)*** | 3695 (459) |
| Body length (cm) ^{b)} | 38.5 (2.8)*** | 48.4 (2.0)*** | 51.1 (1.8) |
| Head circumference (cm) ^{c)} | 26.9 (2.5)*** | 33.8 (1.2)*** | 35.4 (1.1) |
| At follow up: | | | |
| Age at examination (years) | 14.1 (0.3) | 14.2 (0.3) | 14.2 (0.3) |
| Weight (kg) | 49.9 (12.1)*** | 52.1 (8.5)** | 57.1 (10.6) |
| Height (cm) | 161.2 (9.3)*** | 163.4 (7.1)** | 167.5 (7.6) |
| Head circumference (cm) | 54.3 (1.9)*** | 54.7 (2.0)*** | 56.0 (1.5) |
| Socioeconomic status | 3.2 (1.3)* | 3.4 (1.3) | 3.8 (1.1) |

Values are mean (SD)

* p<0.05, ** p<0.01, *** p<0.001 vs. controls

VLBW = Very Low Birth Weight

SGA = Small for Gestational Age

^{a)} 1 SGA and 2 controls with congenital anomalies excluded

^{b)} Body length was only measured for 35 children in the VLBW group

^{c)} Head circumference was only measured for 41 children in the VLBW group

There were no significant differences between the groups in proportion of boys and girls. Ten (19%) VLBW adolescents (p<0.01 vs. controls) and four (7%) SGA adolescents (non-significant vs. controls) had low IQ_{est} compared with three (4%) controls. Seven VLBW adolescents (13%) and one SGA adolescent (2%) had CP. One of the VLBW adolescents with CP (diplegia, GMFCS level II) was misclassified as not having CP in Paper I, but correctly classified in subsequent papers. Two of the VLBW adolescents who had CP (one diplegia, one

quadriplegia) could not be tested with the Movement ABC, and for one VLBW adolescent with CP diplegia results were obtained for the manual dexterity subscore only. The VLBW adolescent with CP quadriplegia could not be tested with the manual matching task (Paper III). Table 6 shows the subtype and classification of the CP subjects according to the GMFCS, the reason why some of them did not have complete assessments, and which subjects were included in the material in the different papers.

Table 6. Characteristics of the adolescents with cerebral palsy.

| Group | CP subtype | GMFCS | Wheelchair | Not cooperative | Paper I | Paper III | Paper IV |
|-------|--------------|-------|------------|-----------------|-----------------------|-----------|----------|
| VLBW | Quadriplegia | V | X | | - | - | - |
| VLBW | Diplegia | IV | X | | Only manual dexterity | X | - |
| VLBW | Diplegia | I | | X | - | X | - |
| VLBW | Hemiplegia | I | | | X | X | - |
| VLBW | Diplegia | II | | | X | X | - |
| VLBW | Diplegia | II | | | X | X | X |
| VLBW | Diplegia | II | | | X | X | X |
| SGA | Diplegia | II | | | X | X | X |

GMFCS = Gross Motor Function Classification System

VLBW = Very Low Birth Weight

SGA = Small for Gestational Age

Total Movement ABC scores were additionally missing for one VLBW adolescent who could not be tested on static/dynamic balance due to an ankle sprain, and one control who could not be tested on manual dexterity due to a recent hand cast.

4.2 Results of papers included in thesis

Paper I: *Motor skills in adolescents with low birth weight*

In this paper we used the Movement ABC to identify motor problems in a population-based cohort of VLBW and term SGA adolescents. We found an increased prevalence of motor problems in the VLBW and the SGA group compared with the control group; one in four VLBW children (OR: 9.3; 95% CI: 2.5-34.5) and one in six SGA children (OR: 4.7; 95% CI: 1.2-18.4) had motor

problems compared with controls. There were no sex differences in the VLBW group, and this group had poorer results for all the subscores of the Movement ABC. In the SGA group, the increased risk of motor problems was particularly high for boys with respect to manual dexterity.

Analyses excluding children with CP[†] and/or low IQ_{est} suggested that poor motor skills are prevalent among low birth weight children without physical and/or mental deficiencies. Weight and height were identified as possible confounding factors; however, the increased risk of motor problems in the VLBW and the SGA group could not be explained by poor postnatal growth.

Excluding the three adolescents (one SGA, two controls) with congenital anomalies that were initially included in the study, strengthened our results; the odds of having motor problems were even higher in the VLBW and the SGA group.

Paper II: Do visual impairments affect risk of motor problems in preterm and term low birth weight adolescents?

Among adolescents who attended both the motor and the visual examination, the odds of having motor problems were 10.4 (95% CI: 2.2-49.4) in the VLBW group and 5.1 (95% CI: 1.0-25.8) in the SGA group compared with the control group. In the VLBW group, the odds of having motor problems were influenced by all visual variables, and most by visual acuity, when these variables were adjusted for separately. The greatest reduction in OR was found when we adjusted for the abnormality score (adjusted OR: 6.8; 95% CI: 1.3-34.5). In particular, problems in manual dexterity were mainly affected by impairments in vision. In the SGA group the odds of having motor problems were relatively unaffected by the visual variables and the abnormality score.

Thus, we concluded that motor problems in the VLBW group, but not in the SGA group, were influenced by visual impairments, although the risk of motor problems remained high after adjusting for the visual variables.

[†] Excluding all seven adolescents with CP in the VLBW group, OR for motor problems was 6.4 (95% CI: 1.6-25.1) and not 7.1 (95% CI: 1.8-27.4) as reported in paper

Paper III: *Inter- and intra-modal matching in very low birth weight and small for gestational age adolescents*

In this paper we used a manual matching task to examine inter- and intra-modal matching in the population-based cohort of VLBW and term SGA adolescents. We found that VLBW adolescents performed poorer in inter- and intra-modal matching compared with the control group. However, differences were non-significant when we excluded adolescents with CP and low IQ_{est}.

SGA adolescents displayed poorer performance with their non-preferred hand compared with their preferred hand in both inter- and intra-modal matching, whereas controls, and VLBW adolescents with normal IQ_{est} and without CP, performed equally well with both hands. There was a sex difference in the SGA group, where boys displayed hand asymmetry in the intra-modal condition, whereas in girls the asymmetry was found in inter-modal matching.

We concluded that there were no large differences in inter- and intra-modal matching between VLBW and SGA adolescents compared with controls, and that the poorer results in the VLBW group on the manual matching task were mainly explained by a higher number of adolescents with CP and low IQ_{est} in the VLBW group.

The results on the manual matching task were unchanged after exclusion of the three subjects with congenital anomalies.

Paper IV: *Predictive value of early motor evaluation in preterm very low birth weight and term small for gestational age children*

This paper comprises the children who attended the one and 14 year follow-up and/or the five and 14 year follow-up. We found that motor problems in 14 year old VLBW children could be identified in a high proportion of cases, using either the Bayley Scales of Infant Development at one year (sensitivity: 0.80; 95%CI: 0.38-0.96, specificity: 1.0; 95%CI: 0.82-1.0) or the Peabody Developmental Motor Scales at five years (sensitivity: 0.83; 95% CI: 0.44-0.97, specificity: 0.83; 95% CI: 0.61-0.94). In contrast, motor problems in 14 year old children born SGA at term or with normal birth weight (controls) were not

identified by the Bayley Scales of Infant Development at one year. Moreover, in these two groups motor problems at age five identified only fifty percent of the children with motor problems at age 14. However, in the SGA group, sensitivity increased by including those with borderline low scores at one and five years (sensitivity: 0.75; 95% CI: 0.41-0.93). In particular, the five year examination identified seven of eight SGA children with later manual dexterity problems. For all groups, specificity and negative predictive values were high.

Thus, we concluded that both the Bayley Scales of Infant Development and the Peabody Developmental Motor Scales may be valuable early predictors of later motor function in VLBW children, and that children with normal motor function at an early time point were most likely to have normal motor skills at 14 years of age.

4.3 Unpublished results

4.3.1 Perinatal factors

There were no significant correlations between the continuous total Movement ABC score and birth weight, gestational age, head circumference or ponderal index at birth in any of the groups. Apgar score at one minute correlated with total ABC score in the VLBW group (Spearman's $\rho = -0.45$, $p=0.001$). When the 5th centile cut-off was used, motor problems in the VLBW group were associated with birth weight, head circumference, Apgar score at one minute and days of stay in the NICU (Table 7). There were no differences in motor scores between the SGA and AGA subjects in the VLBW group (data not shown).

In the SGA group, motor problems were associated with lower Apgar score at one minute (Table 7). There were no differences in motor scores between subjects with symmetrical and asymmetrical growth restriction (defined by a ponderal index <2.40 for boys/ 2.51 for girls) (data not shown).

Table 7. Association between perinatal factors and a total ABC score <5th centile in VLBW, term SGA and control adolescents.

| | VLBW | | SGA | | Control | |
|--------------------|----------------------------------|----------------------------------|---------------------------------|----------------------------------|---------------------------------|----------------------------------|
| | <5 th centile n=13 | ≥5 th centile n=37 | <5 th centile n=8 | ≥5 th centile n=50 | <5 th centile n=2 | ≥5 th centile n=78 |
| Gestational age | 27.9 (3.2) | 29.2 (2.5) | 39.6 (1.1) | 39.4 (1.2) | 39.0 (0.0) | 39.7 (1.2) |
| Birth weight | 1059 (273)* | 1242 (187) | 2964 (190) | 2909 (216) | 3400 (99) | 3699 (464) |
| Head circumference | 25.5 (3.0)* | 27.5 (2.2) | 33.8 (1.0) | 33.8 (1.2) | 34.6 (0.6) | 35.4 (1.1) |
| Ponderal index | 2.14 (0.16) | 2.11 (0.23) | 2.51 (0.24) | 2.58 (0.26) | 2.72 (0.08) | 2.79 (0.25) |
| Apgar score 1 min | 4.4 (2.3)** | 7.1 (1.9) | 7.9 (2.8)* | 9.0 (0.2) | 9.0 (0.0) | 8.9 (0.3) |
| Apgar score 5 min | 7.3 (2.6) [§] | 8.7 (1.2) | 8.9 (3.2) | 9.9 (0.3) | 10.0 (0.0) | 9.8 (1.1) |
| Days on ventilator | 1 (0-63) | 1 (0-13) | - | - | - | - |
| Days in NICU | 71 (1-386)* | 58 (25-115) | - | - | - | - |

Values are mean (SD) and median (range)

** p < 0.001, * p ≤ 0.05, [§] p = 0.07 vs. subjects ≥ 5th centile (Mann-Whitney U test)

VLBW = Very Low Birth Weight

SGA = Small for Gestational Age

Figure 7 shows a statistically significant trend towards higher proportions of total motor and balance problems, as well as a borderline significant trend towards higher proportion of manual dexterity problems, across birth weight categories for VLBW adolescents.

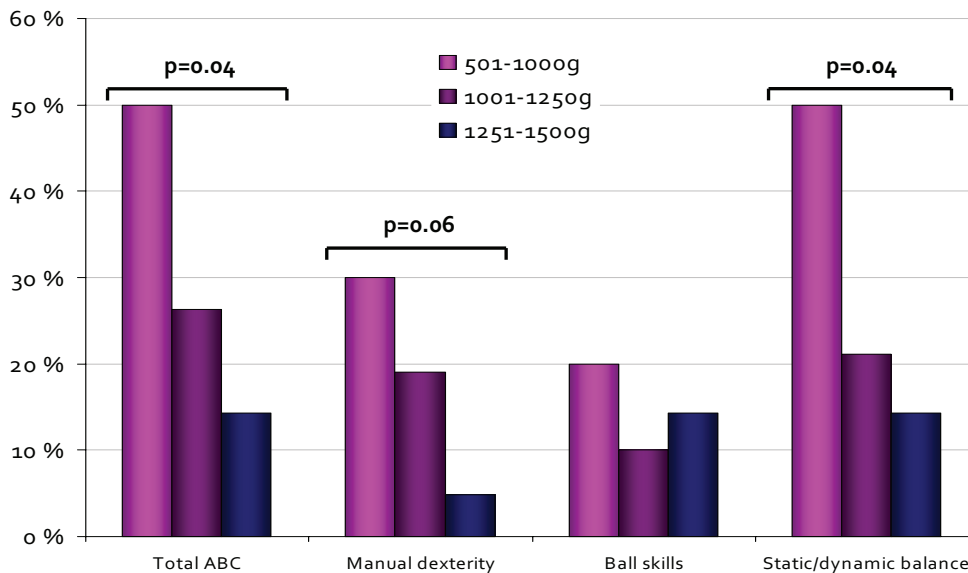


Figure 7. Proportion of children with scores below the 5th centile on the Movement ABC in the VLBW group by birth weight category (p-values for trend: linear-by-linear association).

4.3.2 Handedness

In the control group, eight of 81 children (10%) (three boys, five girls) used their left hand in writing, compared with 11 of 54 VLBW children (20%) (nine boys, two girls) ($p=0.08$ vs. controls) and ten of 58 SGA children (17%) (four boys, six girls) ($p=0.20$ vs. controls). None of the eight left-handers in the control group had motor problems compared with five of ten left-handers tested with the Movement ABC in the VLBW ($p=0.04$ vs. controls) and three of ten in the SGA group (non-significant vs. controls). In the VLBW group, three of nine left-handed boys had manual dexterity problems, whereas in the SGA group all four left-handed boys had poor manual dexterity. Left-handed VLBW adolescents had poorer scores on the Movement ABC, both total ABC score and all subscores, whereas left-handed SGA adolescents had poorer manual dexterity, compared with right-handed subjects in each group, respectively (Table 8). There were no differences in scores between left- and right-handed controls.

Table 8. Movement ABC scores in left- and right-handed subjects in the VLBW, the SGA and the control group.

| Preferred hand in writing | VLBW | | SGA | | Control | |
|------------------------------|---------------|---------------|--------------|---------------|-------------|---------------|
| | Left n=10 | Right n=42 | Left n=10 | Right n=48 | Left n=8 | Right n=73 |
| Manual dexterity | 5.4 (4.3)** | 1.8 (2.1) | 4.3 (4.5)* | 1.7 (2.5) | 0.4 (0.5) | 1.3 (1.7) |
| Ball skills | 3.9 (2.3)* | 2.4 (2.5) | 2.0 (1.9) | 1.1 (1.4) | 2.6 (2.9) | 1.4 (1.7) |
| Balance | 8.8 (4.4)** | 5.0 (3.6) | 3.9 (3.3) | 3.6 (2.9) | 2.3 (2.2) | 3.5 (2.9) |
| Total ABC score | 18.1 (10.2)** | 9.2 (6.0) | 10.2 (7.2) | 6.4 (4.9) | 5.4 (3.0) | 6.2 (4.2) |

Values are mean (SD)

* $p \leq 0.05$, ** $p \leq 0.01$ vs. right hand (Mann-Whitney U test)

VLBW = Very Low Birth Weight

SGA = Small for Gestational Age

On the manual matching task there were no significant differences between left- and right-handed subjects in any of the three groups (data not shown).

4.3.3 Association between manual dexterity on Movement ABC and the manual matching task

There were no significant correlations between absolute errors on the manual matching task and the total ABC score in any of the groups. However, in the VLBW group, adolescents who scored below the 5th centile in manual dexterity on the Movement ABC had significantly larger absolute (Table 9), systematic and random (data not shown) errors in the visual condition using either hand on the manual matching task. These results remained statistically significant when adolescents with CP were excluded (data not shown). There were no significant associations between results on the manual matching task and scores below the 5th centile on the manual dexterity subscore in the SGA or the control group (Table 9). Performance with non-preferred compared with preferred hand did not differ according to poor manual dexterity in any of the groups (data not shown).

Table 9. Association between results on the manual matching task and manual dexterity scores <5th centile in VLBW, term SGA and control adolescents.

| Manual dexterity / Absolute errors | VLBW | | SGA | | Control | |
|------------------------------------|---------------------------------|----------------------------------|----------------------------------|----------------------------------|---------------------------------|----------------------------------|
| | <5 th centile n=8 | ≥5 th centile n=44 | <5 th centile n=10 | ≥5 th centile n=48 | <5 th centile n=2 | ≥5 th centile n=78 |
| Visual preferred hand | 23.4* (15.6-35.0) | 15.7 (13.9-17.8) | 13.0 (10.2-16.6) | 14.3 (12.3-16.6) | 14.6 (6.5-32.8) | 15.0 (13.6-16.5) |
| Visual non-preferred hand | 26.1** (21.0-32.5) | 15.3 (13.6-17.3) | 15.0 (10.8-20.9) | 17.2 (15.0-19.7) | 13.7 (7.7-24.4) | 15.1 (13.7-16.6) |
| Proprioceptive preferred hand | 25.2 (19.1-33.3) | 21.1 (18.6-23.9) | 24.7 (18.8-32.4) | 19.8 (17.6-22.2) | 19.6 (8.0-48.4) | 21.5 (19.4-23.9) |
| Proprioceptive non-preferred hand | 29.8 (21.5-41.2) | 24.0 (20.8-27.6) | 23.2 (17.6-30.6) | 24.4 (21.3-27.9) | 20.0 (6.0-66.3) | 21.2 (19.2-23.4) |

Values are geometric mean (95% confidence intervals)

* p<0.05, ** p<0.01 vs. ≥ 5th centile

VLBW = Very Low Birth Weight

SGA = Small for Gestational Age

4.3.4 Concomitant problems

Figure 8 and 9 show the prevalence of different problems in VLBW and SGA adolescents in our study, as reported in papers from our study group.^{60;327;328}

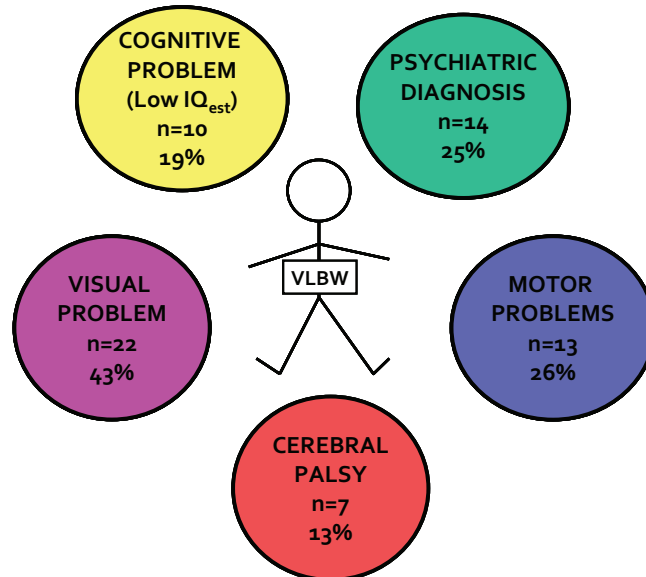


Figure 8. Prevalence of problems in different domains in VLBW adolescents.

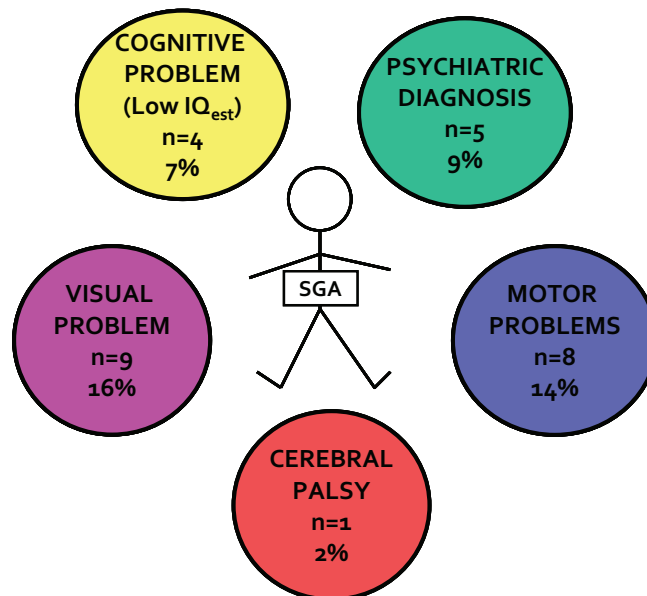


Figure 9. Prevalence of problems in different domains in SGA adolescents.

The two controls with motor problems did not have problems in other domains (Table 10). In comparison, 12 of the 13 (92%) VLBW adolescents (six boys and six girls) ($p=0.002$ vs. controls) and two of eight (25%) SGA adolescents (boys) (non-significant vs. controls) with motor problems also had problems in one or more of the other domains. In addition, three VLBW adolescents with CP who did not obtain complete assessments of motor skills had concomitant problems (data not shown).

Table 10. Concomitant problems in boys and girls in the VLBW, the SGA and the control group.

| Sex | VLBW | | | | | | | | | | SGA | | | | | | | Control | | |
|-----------------------|------|---|---|---|---|---|---|---|---|---|-----|---|---|---|---|---|---|---------|---|---|
| | ♂ | ♂ | ♂ | ♂ | ♂ | ♂ | ♂ | ♂ | ♀ | ♀ | ♀ | ♀ | ♀ | ♂ | ♂ | ♂ | ♂ | ♀ | ♂ | ♀ |
| Motor problems | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X | X |
| Cerebral palsy | X | | | | | | | | | X | | | | | | | | | | |
| Low IQ _{est} | | | | | | | | | | | | | | | | | | | | |
| Visual impairments | X | | | | | | | | | | | | | | | | | | | |
| Psychiatric diagnosis | X | | | | | | | | | | | | | | | | | | | |

♂ = boys ♀ = girls

X indicates problem in an area

Blue and pink colours indicate multiple problems in boys and girls, respectively

VLBW = Very Low Birth Weight

SGA = Small for Gestational Age

5. Discussion

5.1 Main findings of thesis

In this study we found that VLBW adolescents had more general and pronounced problems, whereas SGA adolescents had more specific and less pronounced problems. The VLBW group had poorer results for all subscores of the Movement ABC; i.e. manual dexterity, ball skills and static/dynamic balance, as well as the total ABC score. The increased risk of motor problems was similar in boys and girls. Lower birth weight and left-handedness were associated with poorer motor skills.[§] Almost every VLBW adolescent with motor problems had CP, low IQ_{est}, visual impairments or a psychiatric diagnosis.[§] A substantial part of the motor problems in the VLBW group was influenced by visual impairments, as the odds of having motor problems decreased significantly after adjusting for visual acuity and the abnormality score. Furthermore, we found that VLBW adolescents performed poorer than controls in inter- and intra-modal matching, but not after excluding subjects with CP and low IQ_{est}. However, the VLBW adolescents with poor manual dexterity had larger errors on the manual matching task when vision was matched with proprioception than VLBW adolescents with normal manual dexterity.[§] Finally, in this study we were able to identify most VLBW children with later motor problems as early as one year of age by the Bayley Scales of Infant Development (BSID).

In the SGA group the increased risk of motor problems was especially found for left-handed[§] boys in manual dexterity. There was no association between motor problems and birth weight, and motor problems were not associated with problems in other domains.[§] The motor problems in SGA adolescents were relatively unaffected by visual impairments and not specifically due to problems in inter- and intra-modal matching. Still, in the SGA group there were differences in performance on the manual matching task between hands, which varied according to sex. Boys had larger errors with their non-preferred hand when matching vision and proprioception, whereas girls

[§] results not reported in papers

had larger errors matching the proprioceptive space of one hand to the proprioceptive space of the other. There were no significant associations between errors on the manual matching task and manual dexterity problems.[§] The motor scale of the BSID did not identify SGA children with motor problems at age 14, whereas half of them were identified at five years of age by the Peabody Developmental Motor Scales (PDMS).

5.2 Validity of the study

The study was based on a geographically defined cohort of all surviving VLBW children, all term-born SGA children and a random sample of control children from the same geographic area, born over a period of two years in the mid-eighties and followed up to 14 years of age. In the following, I will address issues concerning the validity of the study; i.e. methodological considerations, chance, bias and confounding.

5.2.1 Methodological considerations

Inclusion criteria

We used birth weight of 1500 g or below as inclusion criterion for VLBW in our study, in accordance with most other studies.^{215;216;225;231;234-237;245;247;253;254;329-332} This cut-off secured inclusion of only preterm children in this group (Figure 10).



Figure 10. Distribution of gestational ages in the VLBW group.

[§] results not reported in papers

However, by using birth weight as inclusion criterion in the VLBW group, a proportion of children who had been growth restricted *in utero* was included, and the study group therefore comprised children with an extensive range of gestational ages. Thus, the VLBW group consisted of both preterm AGA children and more mature preterm SGA children (as indicated by the right slope of the curve in Figure 10). The aetiology and outcome may differ between children in the two categories; however we chose to treat them as one group, since they were all born preterm, as a contrast to the SGA children born at term. Furthermore, subsequent analyses[§] showed no differences in motor scores between the two subgroups (results section 4.3.1). Thus, for this study it seems appropriate to treat them as one group.

We are aware of that SGA is a statistical description of the birth weight of infants born at a particular gestational age.⁷⁵ Thus, SGA is a heterogeneous group, including those born small due to pathological reasons and those born small due to genetic and non-pathological causes.¹¹ The 10th centile definition may therefore include a proportion of normal small infants, whereas some large and growth restricted infants may have been classified as controls. Thus, non-significant differences between SGA and control adolescents may be underestimates of the real differences.

Outcome measures

Prevalence of motor problems will always depend on what definition is used, and various motor tests offer different possibilities and limitations in diagnosing motor problems. We have used the 5th centile on the Movement ABC to identify adolescents with motor problems. The manual recommends using scores below the 5th centile to identify children with definite motor problems and scores between the 5th and 15th centile as indicative of borderline motor problems.¹¹³ According to Geuze et al.¹⁴⁴ the 5th centile is recommended as cut-off in research, while the 15th centile is suggested used in the clinic. By using the 5th centile in this study we are quite confident that the adolescents identified

[§] results not reported in papers

really had motor problems. Thus, it is unlikely that the prevalence reported is overestimated.

The Movement ABC is a reliable and valid test, especially designed to identify children with motor problems (i. e. being sensitive in the lower range of centiles). However, some claim that it is unable to identify children with specific motor coordination difficulties, such as handwriting problems¹⁴⁴ and poor proprioceptive abilities.³³³ Test-retest and inter-rater reliability have been documented in the manual.¹¹³ In the present study, one physiotherapist did all motor evaluations at 14 years of age, avoiding issues of inter-rater reliability. Intra-rater reliability has not been documented in the manual of the Movement ABC. However, in this study, intra-rater reliability was found to be high. Thus, the examiner was not a source to variation in Movement ABC scores for the adolescents in our study.

Validity has proved to be satisfactory when comparing the Movement ABC to other test instruments.¹¹³ The test seems useful to different groups of professionals and has been applied to different groups of children.¹¹³ One might question the use of the test on subjects with CP, as the main goal of the Movement ABC is to diagnose DCD. However, the test is increasingly used for children “at risk”, i.e. low birth weight children, and Henderson et al.³³⁴ do not preclude use of the test in conditions where the “cause” of the child’s movement difficulties is already known, and an assessor wants to measure the extent and severity of the difficulties.³³⁴ Nonetheless, in Paper I we also presented results excluding subjects with CP, and in Paper II adolescents with CP were excluded initially.

In this study, we used the Movement ABC at 14 years of age, although the test is designed for children up to the age of 12 years. A ceiling effect might mask differences at the higher end of motor functioning. However, in this study, we were more concerned about lower motor functioning. As the norms developed for children aged 11-12 years would perhaps cause us to underestimate the prevalence of motor problems, we used the 5th centile derived from our own control group as cut-off. This turned out to be well in accordance with the 5th centile in the manual.

The Movement ABC assesses tasks that are relevant for children in daily life. However, as mentioned in the introduction (section 1.2.4), motor performance in a test situation may not be an accurate estimate of problems in the real world. A limitation may be that the child is only examined in a stable environment and not in more complex tasks where the environment is changing, as in a playground and in many sports. According to Gentile's taxonomy of tasks,¹¹⁵ one might imagine increased problems when the environment is constantly changing.

The BSID is one of the most commonly used tests in smaller children. Test-retest and inter-rater reliability have been found satisfactory. Validity has not been documented in the manual, but later studies have found good agreement with other measures, especially with gross motor functions,³⁰⁹ and for children with various handicaps.³³⁵ Although the BSID is widely used, Palisano³⁰⁹ claims that the motor scale contains a small number of items for each level of development and omits stages in the motor developmental sequence. Thus, it does not provide an in-depth motor assessment or discriminate gross and fine motor abilities.³⁰⁹

In contrast, the PDMS consists of separate gross and fine motor scales, allowing a more detailed assessment of motor development.³⁰⁹ Examination of reliability and validity has proved the PDMS to be a highly stable assessment instrument, showing agreement with other instruments and with clinical judgement.¹³⁶ As for the Movement ABC, authors of the PDMS acknowledge that some examiners may assume that a test standardized on non-handicapped children cannot be used on handicapped children. However, the PDMS was developed to give information about the motor skill development of children, and may also be applied to children having various handicaps.¹³⁶

The manual matching task was developed in order to assess the integrity of sensory systems.¹⁹¹ As a consequence, the motor component is minimal and the task is relatively simple. A main limitation of the manual matching task is that reliability and validity have not been established. However, several researchers have found differences in test results according to motor abilities of the subject.^{199;203;207;210}

5.2.2 Chance

The motor outcome reported in this study was significantly worse for the VLBW and the SGA group. The highly significant results in both groups, even after exclusion of subjects with CP and low IQ_{est}, indicate an association which is unlikely to be due to chance, although confidence intervals were broad due to limited sample size. The association between motor problems and visual impairments was also strong in the VLBW group, but not in the SGA group. Differences on the manual matching task were less striking, with p-values below 0.05 for some comparisons only. Nonetheless, our main findings are unlikely to be due to chance.

5.2.3 Bias

Information bias

The examiners were blinded to the adolescents' group assignment and to results of the other assessments at 14 years of age. At one and five years of age, the follow-up of VLBW and SGA children were done in two separate studies (see methods section 3.1), which means that the examiner was blinded for group adherence concerning SGA and control children, but knew which child was born VLBW. However, the examiner was blinded to neonatal history. Thus, information bias is unlikely, in particular regarding the final outcome at 14 years of age.

Selection bias

It is a strength of our study that it is population based and prospective, as this minimizes selection bias. Although the aim of every study is maximum participation, loss to follow-up is inevitable in a long-term follow-up study, and rates of 50-80% participation have been suggested to be acceptable in cohort studies.³³⁶ Of the adolescents eligible for the study, 78% participated in Paper I and III. In the two papers relating motor problems to visual impairments (Paper II) and to results of earlier motor evaluations (Paper IV), attendance was lower (67-80%). However, loss to follow-up may be less detrimental in a correlational than in a prevalence study. Nonetheless, our attendance is comparable to other

studies with a similar length of follow-up.^{336:337} The influence of attrition depends on characteristics and outcome of lost children. In our study, non-participants did not differ from participants on known background data. However, subjects performing worse may have a stronger tendency to drop out.³³⁸ Thus, loss to follow-up may have caused us to underestimate the prevalence of problems in Paper I and III. In addition, loss to follow-up has an impact on study power in that it reduces sample size.³³⁶ Thus, this may have affected our power to detect differences in Paper III.

5.2.4 Confounding

In order to control for possible confounding factors (i.e. factors associated with both independent and dependent variables, which could explain the result), we used three different strategies; (1) stratified analysis, (2) multivariable analysis and (3) exclusion.

Sex

Sex was somewhat unevenly distributed in our material (54 % male in the VLBW group, 46 % in the SGA and 42 % in the control group), and although not statistically significant, this could influence results. Stratified analyses (strategy 1) for sex were carried out in Paper I and III, and sex was controlled for in logistic regression analysis (strategy 2) in Paper II. We found that motor problems were as frequent in girls as in boys in the VLBW group; however, boys were a lot worse off in the SGA group (Paper I). In the control group there were no differences in motor scores by sex. The association between motor problems and visual impairments was not affected by sex (Paper II). In Paper III, SGA boys seemed to have poorer inter-modal matching with their non-preferred hand compared with their preferred hand, while for SGA girls this was the case in intra-modal matching.

Postnatal growth

Weight and height at 14 years of age were identified as possible confounders of the association between low birth weight and motor problems (Paper I). When

we adjusted for these factors in regression analyses (strategy 2), the odds of having motor problems in the VLBW and the SGA group increased.

Socioeconomic status

Socioeconomic status (SES) has been shown to correlate strongly to the developmental outcome of high-risk infants,³³⁹ and motor behaviour in children may partly depend on social factors and the educational levels of their parents.³⁴⁰ SES was lower in the VLBW group in Paper I and III, but not in Paper II due to a slightly different sample. Nevertheless, the increased risk of motor problems reported in Paper I persisted after adjusting for SES.

Cerebral palsy and low estimated IQ

It can be argued that CP and low IQ_{est} should not be considered as confounders when studying low birth weight children, since they could be factors in the causal chain between low birth weight and outcome. Nonetheless, in Paper I and III, results were analysed both including and excluding (strategy 3) subjects with CP and low IQ_{est}. Excluding subjects with CP and low IQ_{est} reduced the risk of motor problems in the VLBW and SGA group (Paper I), although the increased risk of having motor problems persisted. In Paper II, however, we excluded subjects with CP initially, since we did not want our results to be determined by extreme abnormal values. Controlling for low IQ_{est} in regression analysis (strategy 2) did not change the association between motor problems and visual impairments. In Paper III, the unfavourable results in the VLBW group were mainly due to the adolescents with CP and low IQ_{est}.

5.2.5 Generalizability

In sum, there was a strong statistical association between VLBW and motor problems, which is unlikely to be due to chance, bias or confounding. Thus, the internal validity of the study may be acceptable.

However, although results are internally valid, they may not be externally valid. External validity refers to what extent the results may be applicable to other similar populations.¹⁴² The population studied seems representative for

similar populations born in the same period.²⁵⁴ One problem common to all long-term follow-up studies is that the outcomes are determined well after the newborn period. Additionally, mortality has decreased significantly since the 1980s, when our study population was born, resulting in increased survival of premature infants. Thus, results may be less relevant to the children born too soon or too small today. However, until more contemporary data is available, the motor outcome reported in this thesis provides the best estimate of what infants born too soon or too small will be at 14 years of age. Despite increased survival, neonatal and short-term morbidity among VLBW children has remained relatively unchanged over the last decades.³⁴¹ As more immature and sick infants survive, one might also imagine even more morbidity in the future than was found in our study. Thus, results from long-term follow-up studies give valuable information regarding prognosis for infants at high risk, and there is reason to believe that the results of this thesis have relevance to current survivors of preterm birth and intrauterine growth restriction as well.

5.3 Motor outcome after being born too soon or too small

In order to assess causality, i.e. whether the results in the study groups reflect a cause-effect relationship, strength of the association, biological credibility and consistency with the research literature will be discussed in the following.

5.3.1 Strength of the association

The main finding was an association between both low birth weight groups and motor problems, assessed by the Movement ABC. The strength of the association, reflected by the high odds ratios for motor problems (9.3; 95% CI: 2.5-34.5 for VLBW and 4.7; 95% CI: 1.2-18.4 for SGA compared with control adolescents, respectively), indicates a genuine effect of VLBW and SGA, and points to a possible biological cause-effect relationship. Likewise, there was a strong association between motor problems and visual impairments in the VLBW group. However, the association between low birth weight and inter- and

intra-modal matching was weaker and may not confirm that poor sensory integration is a consequence of low birth weight.

5.3.2 Biological credibility

Born too soon

Poorer performance in all subscores of the Movement ABC in the VLBW adolescents suggests a comprehensive and general deficit, and may be an expression of complex minor neurological dysfunction, which is associated with birth before 33 weeks of gestation, and suggested to be a result of early brain lesions.³⁴² In our VLBW group, this may have affected the development of motor skills with regard to both primary, as well as secondary variability, during childhood.¹²⁵ It is likely that the high prevalence of motor problems found in VLBW adolescents is related to the high prevalence of brain abnormalities seen on MRI in preterm populations.^{285;286;288} In our study group, there was an association between white matter reduction and total Movement ABC, as well as balance score, although this association was no longer significant after excluding subjects with CP.³⁴³ This may suggest a widespread brain dysfunction that is difficult to pinpoint with conventional MRI techniques. Brain plasticity and compensation over the years may also play a role, as suggested by Allin et al.²⁸⁹ However, on diffusion tensor imaging we have reported a correlation between motor problems, in particular poor manual dexterity, and reduced white matter integrity, indicated by low fractional anisotropy (FA) values in the external and internal capsule, as well as the corpus callosum and the inferior, middle and superior fascicles.³⁰² Specifically, low FA values in the posterior limb of the internal capsule may reflect disturbed myelination and connectivity of somatosensory and motor fibres, contributing to motor problems in the VLBW adolescents.³⁰²

Left-handedness is suggested to be an indicator of aberrant brain development in preterm children.²⁹¹ The prevalence of left-handedness was twice as high in the VLBW group, and although only borderline significant compared with controls, the poorer performance on the Movement ABC in left-

handed VLBW subjects[§] may support that brain development has not been optimal.

Vision was also reduced in VLBW adolescents compared with controls in our study,^{43:44} and since vision is important in initial phases of motor learning,¹⁹³ one can imagine that a VLBW child with impaired vision will not have optimal motor learning. In this way, poor visual functions may be the cause of motor problems. However, both the optic radiations and the corticospinal tracts pass through periventricular white matter, and both visual impairments and motor problems may therefore be result of a comprehensive brain injury (i.e. “encephalopathy of prematurity”) in preterm children.³⁴

Inter- and intra-modal matching depend on transfer of information across hemispheres, either via the visual pathways or via the corpus callosum. As both periventricular white matter and the corpus callosum are known to be impaired in VLBW, this may have contributed to poorer results on the manual matching task. However, differences in errors were small and no longer statistically significant when subjects with CP and low IQ_{est} were excluded. This may be related to the difficulty of assessing the integrity of the proprioceptive system as a whole in a simple way.¹¹³ As the purpose of the manual matching task was to minimize the influence of movement in order to assess the integrity of sensory systems, the task is relatively simple. Nonetheless, precision in inter-modal matching may require stability in both the ocular-motor system and in manual control.²⁰³ Analyses within the VLBW group showed that subjects with poor manual dexterity had significantly larger absolute, systematic and random errors in the visual condition, using either hand, compared with subjects scoring above the 5th centile on manual dexterity.[§] Thus, there might be problems in sensory integration of vision and proprioception in the subgroup of VLBW adolescents with manual dexterity problems. Although not statistically significant, errors in the proprioceptive condition were also higher for VLBW subjects with poor manual dexterity,[§] and power may have been too low to detect differences when splitting the group in this manner.

[§] results not reported in papers

The high sensitivity of the early motor evaluations in the VLBW group may reflect the perinatal aetiology of motor problems in this group, since we were able to identify most children with later motor problems, including the two children with CP, as early as one year of age.

The co-morbidity found with cognitive, visual and psychiatric problems in this study,[§] support the notion of “preterm brain injury”, which was not restricted to adolescents with CP. Hadders-Algra¹²⁵ speculates that the presence of neural dysfunction may induce vulnerability to the development of other problems, such as specific learning disorders or attention problems. Thus, motor problems seem to be part of a spectrum of impairments in the domains of cognitive function, language, attention and social functioning.²⁹¹

Born too small

The increased risk of motor problems in the SGA group was particularly seen in boys. These findings may be related to minor neurological damage,³⁴⁴ or be an expression of simple minor neurological dysfunction.^{125;342} In contrast to the complex type, as suggested in the VLBW group, this may reflect normal, but non-optimal brain function. However, it can also be caused by pre- or perinatal stress associated with severe intrauterine growth retardation.³⁴² Children with this type satisfactorily pass the developmental stages of primary variability and selection, but have problems in fine-tuning motor output to task specific conditions.³⁴⁵ This may fit well with the findings of poor manual dexterity in the SGA group.

It is also possible that the motor problems of the SGA adolescents are related to smaller brain volumes shown on magnetic resonance imaging in this group.^{292;293} Furthermore, poor manual dexterity may be caused by perinatal circulation disturbances and hypoxia in the watershed areas of the parasagittal region of the brain, as lesions in this area affect upper, more than lower, limbs.³⁴⁶ In addition, infants suffering growth restriction may suffer from non-optimal development of the cerebellum, which grows fast in late pregnancy. The cerebellum is particularly involved in fine motor coordination and fine tuning of

[§] results not reported in papers

movements. Some speculate that cerebellar dysfunction may be a cause of motor coordination problems in normal populations as well.¹⁸¹

The sex difference seen, with SGA boys having more problems, is in accordance with the increased prevalence of male DCD in normal populations.^{173:175:347} The male fetus seems to be more vulnerable to impairment than the female.^{7:348} Some speculate on a greater risk of disrupted development because each phase of the brain development seems to take longer in males.³⁴⁷ On the other hand, there are indications of higher growth velocities in male than in female fetuses in the third trimester,³⁴⁹⁻³⁵¹ which may bring an increased vulnerability for growth restriction during this period in SGA boys. Cigarette smoking was not investigated in this thesis. However, smoking in pregnancy has a well-known association with intrauterine growth restriction and affects males more than females.³⁵²

The findings of poorer manual dexterity scores in left-handed SGA adolescents, and boys in particular,[§] may support a relationship between brain pathology and male vulnerability in the SGA group.

The odds of having motor problems in the SGA group were relatively unaffected by visual impairments. This is consistent with lack of major differences in visual functions between SGA and control adolescents in our study.^{43:44} It may also fit well with the lack of statistically significant differences in the visual condition (inter-modal matching) between SGA and control adolescents, although SGA boys had poorer performance with their non-preferred hand compared with their preferred hand. If motor problems in SGA boys have a cerebellar aetiology, it may be reasonable that vision and visual perception are less affected, as these are predominantly cerebral functions.¹⁹⁴ The reason for hand asymmetry in the proprioceptive condition (intra-modal matching) in SGA girls is difficult to understand, as they had no evidence of poor manual dexterity, and we can not rule out a chance finding.

The problem of early identification of SGA children with later motor problems may be related to the subtle aetiology of motor problems. Especially during the first years of life, prediction can be difficult, as variation in

[§] results not reported in papers

development is inherent in motor development.¹¹⁰ At five years of age, we were able to identify half of the SGA children who had motor problems at 14 years of age. This may be in accordance with the view of Larroque et al.,⁹⁵ who claim that subtle developmental disabilities might not be obvious in early childhood and can only be reliably tested for later in life.

It is important to acknowledge that motor skills are not solely determined by insults to the central nervous system, although our results in the VLBW group suggest that this plays a major role. When performing motor skills, the complexity of the task and the environment in which the task is performed, are contributing factors to success, in addition to features in the subject.³⁰⁷ Additionally, motor development and learning may very well be influenced by a whole range of factors, such as inheritance, parental attitudes, socioeconomic status, exercise and experience, which might be more important as the child grows older. For instance, one can imagine that proprioceptive abilities, whether vision is additionally used or not, may have been practised during computerized tasks and games, which were less common decades ago. This may also explain why VLBW adolescents without CP or low estimated IQ did not have major difficulties on the manual matching task.

5.3.3 Consistency with other investigations

Prevalence of motor problems

The high prevalence of motor problems found in this study (26%) is in accordance with other studies reporting motor outcome in preterm populations. Studies using the 5th centile on the Movement ABC as cut-off have reported prevalences varying from 9.5-34%.^{7;131;234;237;241;245;252;332} Differences may rely on variations in inclusion criteria and age at assessment (Figure 11). Some studies have excluded subjects with major neurodevelopmental handicaps, like CP.^{131;241;244;245;252} The prevalence of motor problems in our VLBW group fell to 20% when we excluded subjects with CP, still well in accordance with other studies.

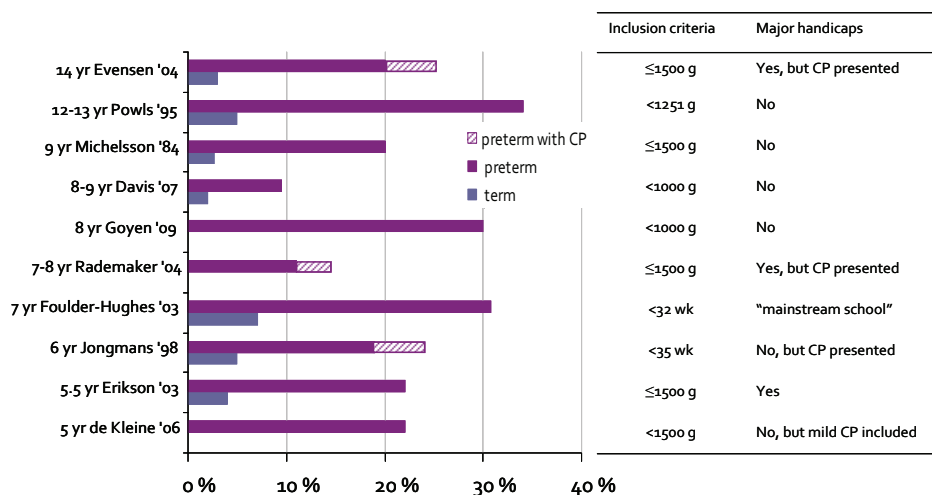


Figure 11. Motor problems $<5^{th}$ centile on the Movement ABC in preterm populations.

The finding of poorer performance across all subscores of the Movement ABC, in which the increased risk was most pronounced for poor balance, followed by poor manual dexterity and only borderline significant for poor ball skills, is in accordance with the recent meta-analysis by de Kieviet et al.²⁵¹

Some studies have reported a disadvantage for preterm boys,^{239;247;254;353} while other studies report poorer motor outcome in girls.^{250;252} In line with a study of children with birth weight below 2000 g,²⁵⁹ we found increased risk of motor problems in both VLBW boys and girls compared with control boys and girls. Our results may also be in accordance with the study by Taylor et al.²⁵³ who found that sex differences at early school age disappeared with increasing age.

While some have reported a beneficial effect of puberty on neurological function,¹⁷⁸ the findings of this study indicate that motor problems in VLBW subjects do persist in adolescence. This is in accordance with the meta-analysis by de Kieviet et al.,²⁵¹ who report a non-significantly greater motor deficit with increasing age during elementary school and early adolescence, assessed by the Movement ABC.

In term SGA adolescents we found a relatively high prevalence of motor problems, in particular poor manual dexterity, compared with controls. In childhood, there seems to be mixed evidence of motor problems. The only study that we have been able to identify evaluating motor function in adolescence, reported no differences between SGA and control subjects on a neurological examination at 16 years of age.⁸⁰ However, a neurological examination only partly overlaps with a motor evaluation. Our results may be consistent with studies reporting poor eye-hand coordination and poor fine motor function in children^{73;276;278} and young adults.²⁸⁰

A specific finding of our study was the higher prevalence of motor problems in SGA boys. This may be in accordance with the results of Walther et al.,⁷³ which indicated a more adverse effect of intrauterine growth retardation in boys compared with girls.

In the SGA group we found no relationship between motor problems and ponderal index,[§] a finding supported by others at eight months⁷² and two years of age.²⁶⁸

Influence of vision

Studies investigating visual factors in VLBW children have found poorer results on the Movement ABC in children with reduced visual function, such as poor visual acuity, stereoacuity, contrast sensitivity and strabismus.^{42;235;260;261} We found that visual acuity, and the combined visual impairment score, influenced motor problems most in VLBW adolescents.

We did not find that reduced visual function influenced motor problems in SGA adolescents. No other studies have investigated the association between motor problems and visual impairments in term SGA children. However, the lack of differences in visual functions between SGA adolescents and controls in our study is in accordance with a study reporting no differences in screening tests of vision between SGA and control children at five years of age.²⁷⁴ Furthermore, visual function was not related to motor problems in children aged five to seven years with DCD.¹⁹⁸

[§] results not reported in papers

Inter- and intra-modal matching

Some studies using the manual matching task have reported differences between control children and children with DCD^{203;210;211} and eye-hand coordination problems (determined by the manual dexterity subscore of the Movement ABC).¹⁹⁹ This may be in contrast to our findings, as we would expect that both VLBW and SGA adolescents had larger errors than controls, given their high prevalence of manual dexterity problems. The lack of differences on the manual matching task between controls and SGA adolescents, as well as VLBW adolescents without CP and low IQ_{est.}, may be in accordance with another study using the modality task on DCD children.²¹² The mean size of errors reported in Paper III, ranging from 15-26 mm in all groups, seems consistent with the literature,^{199;210} although some report even larger errors in the proprioceptive condition,¹⁹⁹ and in subjects with CP.²⁰⁴ Asymmetrical performances, as we found in the SGA group, have been reported before,^{199;207;208} although the reason for these findings might be less clear.

However, stratified analyses by manual dexterity within groups,[§] where VLBW adolescents with poor manual dexterity had larger errors on the manual matching task, may be in agreement with the findings of Sigmundsson et al.,²⁰⁹ although there were no differences within the SGA group. A study by Schoemaker et al.²¹² also failed to demonstrate a relationship between the manual matching task and the Movement ABC.

Early identification

Few studies have examined the predictive value of the BSID and the PDMS in low birth weight populations. In a group of children with “suspicious neurological function” at one and seven years of age, the motor scale of the BSID provided modest discriminating power.³⁵⁴ In normal populations, MacCobb et al.³⁵⁵ found that the motor scale of the BSID at 18 months of age correlated with the subtests of bilateral coordination and balance on the Bruininks-Oseretsky Test of Motor Proficiency (BOTMP) at nine years of age.

[§] results not reported in papers

This may be in accordance with our findings in the VLBW group, who had general motor problems, although we used the Movement ABC as outcome. However, MacCobb et al.³⁵⁵ found no correlation between the motor scale of the BSID and upper limb coordination on the BOTMP. This, on the other hand, may fit well with the poor prediction by the BSID in the SGA group, who were more likely to have manual dexterity problems. The BSID is mainly a measure of motor milestones, and does not discriminate between fine and gross motor skills. Accordingly, it has been shown to correlate with the gross motor scale of the PMDS, and not the fine motor scale.³⁰⁹

In contrast to the BSID, the PDMS allows for separate assessment of fine and gross motor skills. This could be the reason why PDMS proved the most sensitive measure in the SGA group, identifying half of the SGA children with later motor problems. Consistent with our study, Goyen and Lui²⁴¹ found that motor problems at eight years of age in the majority of children with birth weight below 1000 g could be identified by the PDMS at three years of age.

5.3.4 Additional criteria for causality

One additional criterion for assessing causality is temporality, i.e. the cause must precede its effect. Since our outcome variables were measured long after birth, the time-sequence is considered to be appropriate. Another additional criterion is dose-response relationship, i.e. a gradient of risk associated with degree of exposure.¹⁴² We found a dose-response relationship of increased motor problems across birth weight in the VLBW group,[§] supporting a causal relationship between VLBW and motor problems. This is in accordance with other studies,^{242;255;256;356} although a recent meta-analysis indicates a decrease in the effect of perinatal factors, such as birth weight, on motor development as age increases.²⁵¹ In SGA adolescents we did not find increased motor problems across birth weight or ponderal index at birth,[§] suggesting that having a birth weight below 10th centile, rather than how small or thin the infant is, constitutes a risk factor per se.

[§] results not reported in papers

In sum, the association between motor problems and low birth weight is strong, a hypothesis of biological vulnerability is credible, main results are consistent with the literature, there is an appropriate time-sequence and a dose-response relationship is possible, in particular for those being born too soon.

6. Clinical implications

Many parents report that adolescence is especially difficult for children with motor problems.¹⁷⁹ The importance of gross motor functioning is sometimes underestimated, but it is a significant contributor to playground success and peer acceptance.^{255:357} Motor skills play an important role in establishing a child's reputation among peers and in the development of self-esteem, at least in western societies,³⁵⁸ and competitive sports play a particular important role in peer interactions during adolescence.¹⁷⁹ There is evidence that poor motor performance and poor social skills lead to exclusion from social activities, creating a cycle of decreasing participation, decreasing competence and low self-esteem.^{69:359} Wall et al.¹¹⁷ also describes how lack of confidence and negative affect toward physical activity are likely to result in less participation which prevents an increase in skill, thus reinforcing the tendency to dislike situations requiring motor competence. In our VLBW group, poor ball skills, which may affect successful participation in popular sport activities like football, were associated with increased risk of being bullied at 14 years of age.⁷⁰

Furthermore, academic demands increase in middle school and high school.¹⁷⁹ Children spend as much as 31-60% of their school day performing handwriting or fine motor tasks.²⁴⁶ Paper-pencil fine motor skills, as well as typing on computer keyboards, are essential in the academic setting, because children are often classified and graded on academic subjects, based on their written work performance.²⁵⁵ Thus, poor writing communication skills can seriously interfere with academic achievement,¹⁷⁹ and be increasingly important in adolescence when decisions have to be made regarding future education, work and independent living, which are likely to have a life-long impact. Thus, motor problems seem to have consequences reaching beyond the *activity* domain of ICF, as they also are most likely to affect *participation*.

Our results should draw attention to the fact that motor problems are common in VLBW and SGA populations, even in adolescence. Ideally, children with motor difficulties should be diagnosed early in life so that interventions can be implemented to prevent or minimize further problems.³⁵⁹ The high sensitivity of the motor scale of the BSID in the VLBW group warrants the need

for a thorough motor examination at one year of age. The influence of vision on motor problems should draw attention to optimal visual treatment in order to improve development and learning of motor skills. For VLBW children, the widespread motor problems may be problematic per se, and may additionally directly affect other areas of life. However, being born VLBW also carries a high risk of concomitant problems, all of which are likely due to the perinatal injury. These problems may not be discovered until school age; in particular cognitive functions have been difficult to assess at an early age.³⁶⁰ Thus, motor problems at one year of age may be an early marker for other problems, which can imply that children detected early by physiotherapists may need referrals for assessments by other professionals as well (i.e. cognitive, visual and psychiatric evaluations).

For SGA children one might question the clinical importance of their poor motor skills. The simple form of minor neurological dysfunction has only shown weak relations to learning and behavioural problems.^{125;342} In this study, few of the SGA adolescents with motor problems had problems in other domains. However, poor manual dexterity may be a disadvantage in writing performance at school. A motor evaluation of SGA children at preschool age may therefore be particularly relevant in order to identify these problems.

Thus, recognizing children born too soon or too small as having significant risk factors for later motor (and other) difficulties may have important implications for prevention and early intervention strategies. One might speculate that these children should be treated differently in the clinic. Early intervention for infants born too soon may focus on enhancing primary variability. At preschool age, both groups may benefit from specific intervention focusing on active practice, enhancing the process of selection and better adapted motor behaviour.¹⁰² This kind of intervention might help children born too small with specific manual dexterity problems, whereas environmental adaptations may additionally benefit children born too soon.

7. Conclusions

Being born too soon with a birth weight below 1500 g brings on an increased risk of motor problems in adolescence, involving manual dexterity, ball skills and balance. A substantial part of the motor problems in VLBW adolescents was influenced by visual impairments, suggesting that motor and visual dysfunction frequently appear in the same subjects. We also found a slight deficit in transfer of sensory information in VLBW adolescents with cerebral palsy and low estimated IQ. It is likely that the high prevalence of motor problems in the VLBW group is due to early brain injury, supported by the fact that we were able to identify most children with later motor problems as early as one year of age, and that they were likely to have problems in multiple domains.

Being born too small with a birth weight below the 10th centile at term also carries an increased risk of motor problems, especially among boys in manual dexterity. However, this was not explained by visual impairments or poor sensory integration, and we were not able to identify the motor problems early in life. The biological basis for the motor problems in this group may be more subtle and diffuse.

8. Implications for future research

A great interest in the more subtle brain correlates to minor motor problems emerged during this work, and is a topic that needs further exploration. In the present study, we have performed conventional and volumetric MRI. Some results are published,^{288;292;293;302;343;361} while others, linking for instance hand function and laterality to regional motor cortical thickness,³⁶² are in progress.

We have just finished the follow-up at 19 years of age with broad-based clinical assessments and even more extensive quantitative MRI techniques, such as tractography and 3D morphometry. This will hopefully increase our knowledge about structural-functional relationships in the developing brain of subjects with low birth weight.

Whether the present results are applicable for the children being born prematurely today, is a never-ending issue. However, with the increasing number of surviving children with extremely low birth weight during the last two decades, we speculate that our findings are more of an underestimate than an overestimate of existing long-term impairments and disabilities following preterm birth. This hypothesis will be explored in new cohorts of very low birth weight children.

The concomitant problems can be further explored to see if there are strengths that can be employed in intervention strategies. Future studies can also address the relationship between these impairments of manual dexterity, ball skills and balance with activity limitations and participation restrictions.¹³²

As far as intervention is concerned, every skill seems to improve with practice and for some children intervention and compensatory technical aids (like computers for writing) may give them opportunities to participate in activities they otherwise would not. However, research needs to be done in order to look for adaptive neural changes as a consequence of intervention.

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Appendix A. Studies of motor outcome in VLBW subjects from infancy through adolescence.

| Study | n | Included | Handi-caps | Country | Born | Age | Test | Results |
|---------------------------------------|-------------|------------------|--------------|-------------|-----------|--------------|---------------------------------|---|
| MOTOR STUDIES IN INFANCY | | | | | | | | |
| van Haastert et al. ²¹⁴ | n=800 | ≤32 wk | + | Netherlands | 1993-2005 | 1-18 mo | AIMS | Very preterm < normative test sample for all time points (0.025 > p > 0.0001) |
| Wolf et al. ²¹⁵ | n=20 | <1500 g, <32 wk | - severe IVH | Netherlands | 1999 | 3-6 mo | BSID-II | 20% <2SD / 60% <1SD at 6 mo; VLBW < controls in mean PDI at 3 mo (p<0.0001) and 6 mo (p=0.004) |
| Pin et al. ²¹⁹ | n=58 | <29 wk | + | Australia | 2006-07 | 4-8 mo | AIMS | Preterm < controls in total score (p<0.001) and all subscores at 4 mo; in total score (p<0.001) and two of four subscores at 8 mo |
| Jeng et al. ³³⁰ | n=92 | ≤1500 g | + | Taiwan | 1995-97 | 6-12 mo | AIMS | VLBW < controls in mean scores at 6, 9 and 12 mo (p<0.001) |
| Sun et al. ²¹⁷ | n=37 | <1250 g, ≤32 wk | - | Australia | 1998-99 | 8 mo | BSID-II | VLBW < controls in mean PDI (p<0.001) |
| Boo et al. ²¹⁶ | n=127 | <1500 g | + | Malaysia | 1989-92 | 12 mo | BSID | VLBW < controls in mean PDI (95% CI for difference in mean; -17.6 to -6.0) |
| Ross et al. ²¹⁸ | n=94 | ≤1500 g | + | USA | 1978-79 | 12 mo-3 yr | BSID + neurological examination | 13% <2SD / 36% <1SD on PDI; consistency in neurological classification over time (p<0.001) (no control group) |
| MOTOR STUDIES IN PRESCHOOL AGE | | | | | | | | |
| Vohr et al. ²³⁰ | n=3785 | <32 wk, <1000 g | + | USA | 1993-98 | 18 mo | BSID-II | 21.5% <2SD on PDI for ELBW born in 1997-98 (improved over time, p=0.04); increasing with decreasing ga (p<0.0001) (no control group) |
| Hintz et al. ²²⁰ | n=763 | <1000 g, < 25 wk | + | USA | 1993-99 | 18-22 mo | BSID-II | 31% <2SD / 57% <1SD on PDI for those born in 1996-99 (unchanged between epochs) (no control group) |
| Stoelhorst et al. ²²⁶ | n=163 / 144 | <32 wk | + | Netherlands | 1996-97 | 18 and 24 mo | BSID | 8% <2SD / 30% <1SD; Very preterm < controls in mean PDI at 18 mo (p=0.03) and 24 mo (p=0.02) |

| | | | | | | | | |
|---------------------------------------|--------|------------------|-------------|-------------|-----------|---------------|-------------------|---|
| Goyen & Lui ²²¹ | n=58 | <1000 g / <29 wk | - | Australia | 1992-93 | 18 mo, 3-5 yr | PDMS | 40% <2SD / 81% <1SD gross motor; 24% <2SD / 64% <1SD fine motor; consistency over time; boys = girls (no control group) |
| Hack et al. ²²² | n=221 | <1000 g | + | USA | 1992-95 | 20 mo | BSID-II | 40% <2SD / 71% <1SD (worse outcome for neurosensory abnormal) (no control group) |
| Wilson-Costello et al. ²²³ | n=1478 | <1000 g | + | USA | 1982-02 | 20 mo | BSID | 15% <2SD / 37% <1SD for those born 2000-02 (no control group) |
| O'Callaghan et al. ²²⁴ | n=58 | <1000 g | +/- | Australia | 1988-90 | 2 yr | NSMDA | ELBW < controls on fine and gross motor (p<0.05) |
| Latal-Hajnal et al. ²²⁸ | n=219 | <1250 g | + | Switzerland | 1983-95 | 2 yr | BSID | 10% <2SD / 22% <1SD on PDI; worst outcome for growth restricted VLBW (no control group) |
| Agustines et al. ²²⁹ | n=36 | <750 g | + | USA | 1990-95 | 2,5 yr | BSID | 42% <2SD / 58% <1SD on PDI (no control group) |
| Janssen et al. ²²⁷ | n=437 | ≤32 wk | - | Netherlands | 1996-2001 | 2-3 yr | BSID-II | 27% <2SD / 46.5% <1SD on PDI; Very preterm < controls in mean scores (p<0.01); boys < girls (p<0.01) |
| Chen et al. ³²⁹ | n=225 | <1500 g | + | Taiwan | 1995-96 | 3 yr | BSID-II | 16% <2SD on PDI (p<0.003 vs. controls) |
| Ong et al. ²²⁵ | n=104 | <1500 g | - | Malaysia | 1989-92 | 4 yr | M-ABC | 27.5% <15 th centile (no control group) |
| Torrioli et al. ²³⁵ | n=34 | <1500 g | - | Italy | 1991-93 | 5 (4-6) yr | M-ABC | 71% <15 th centile; VLBW < controls in total score (p<0.001) |
| de Kleine et al. ²³⁴ | n=404 | <1500 g, <32 wk | - severe CP | Netherlands | 1992-94 | 5 yr | M-ABC | 22% <5 th centile / 43.5% <15 th centile (no control group) |
| Goyen et al. ²³¹ | n=83 | <1500 g | - | Australia | 1986-89 | 5 yr | PDMS ; Fine motor | 10% <2SD / 23% 1.5-2SD / 65% <1SD on fine motor subscale (no control group) |
| Johnson et al. ²³² | n=198 | <33 wk | - | UK | 1990-93 | 5 yr | M-ABC | Preterm < reference group in total score (p<0.01) |
| Hoff Esbjørn et al. ²³³ | n=207 | <1000 g / <28 wk | +/- | Denmark | 1994-95 | 5 yr | M-ABC | ELBW < controls in total score (p<0.001) |
| Levene et al. ²³⁶ | n=152 | <1501 g | + | UK | 1984-85 | 5 yr | TOMI | VLBW < controls for total score and all subscores (p<0.001) |

| Erikson et al. ²³⁷ | n=165 | ≤1500 g | + | Sweden | 1988-93 | 5-5 yr | M-ABC | 22% <5 th centile / 36% <15 th centile (p<0.01 vs controls) |
|---------------------------------------|-------|------------------|------------------------|-------------|---------|--------|-------------------|--|
| MOTOR STUDIES IN SCHOOL AGE | | | | | | | | |
| Jakobson et al. ²³⁸ | n=43 | ≤30 wk | - severe | Canada | 1993-95 | 6 yr | M-ABC | Preterm < controls in total score (p<0.05) |
| Marlow et al. ²⁴⁰ | n=53 | <1251 g | - | UK | 1980-81 | 6 yr | TOMI | VLBW < controls in total score and all subscores (p<0.01) |
| Marlow et al. ²³⁹ | n=180 | <26 wk | - | UK, Ireland | 1995 | 6 yr | M-ABC; 3 items | Extremely preterm < controls for the three items tested (posting coins, heel-toe walking, one-leg balance) (p<0.03); boys < girls (p<0.03) |
| Federet al. ²⁴⁶ | n=42 | <1250 g, <34 wk | - | Canada | 1992-94 | 6-7 yr | BOTMP; Fine motor | Preterm < controls in mean fine motor composite scores (p=0.01) |
| Foulder-Hughes & Cooke ³³¹ | n=280 | <32 wk | - (main-stream school) | UK | 1991-92 | 7 yr | M-ABC | 31% <5 th centile / 41% <10 th centile / 48% <15 th centile; Very preterm < controls in total score and all item scores (p<0.001) |
| Rademaker et al. ³³² | n=204 | ≤1500 g, ≤32 wk | +/- | Netherlands | 1991-93 | 7-8 yr | M-ABC | 15% <5 th centile (11% - CP), 26% <15 th centile (22% - CP) (no control group) |
| Hack et al. ⁵¹ | n=219 | <750 g | +/- | USA | 1992-95 | 8 yr | BOTMP | 27% <2SD / 47% <1SD (p<0.001 vs. controls); still significant after exclusion of neurosensory impairments (15% <2SD / 37% <1SD) |
| Marlow et al. ²⁴³ | n=53 | ≤1250 g | - | UK | 1980-81 | 8 yr | TOMI | VLBW < controls in total score and all subscores (p≤0.05) |
| Hall et al. ²⁴² | n=324 | <1500 g | +/- special school | Scotland | 1984 | 8 yr | M-ABC | 42.0% <10 th centile; VLBW < controls in total score and all item scores (p<0.01); ELBW << controls (p<0.001); boys = girls |
| Goyen & Lui ²⁴⁴ | n=50 | <1000 g / <29 wk | - | Australia | 1992-95 | 8 yr | M-ABC | 30% <5 th centile / 42% <15 th centile; ELBW < controls in total score, manual dexterity and balance (p<0.001), borderline in ball skills (p=0.08) |
| Wocadlo & Rieger ²⁵⁰ | n=323 | <30 wk | - | Australia | 1987-97 | 8 yr | BOTMP | 31% <15 th centile (no control group); girls < boys in running and strength (p<0.01) |

| | | | | | | | | |
|-------------------------------------|-------|--------------------|-----|-----------|---------|----------|-------|--|
| Davis et al. ²⁴⁴ | n=255 | <1000 g, <28 wk | +/- | Australia | 1991-92 | 8-9 yr | M-ABC | 9-5% <5 th centile; ELBW < controls in total score and all subscores (p<0.0001) |
| Michélsion et al. ²⁴⁵ | n=41 | ≤1500 g | | Finland | 1971-74 | 9 yr | TOMI | 20% <5 th centile; VLBW < controls in mean scores (p<0.01) |
| Dewey et al. ²⁴⁷ | n=38 | <1500 g | + | Canada | 1979-87 | 9 yr | BOTMP | VLBW < controls (p<0.05); VLBW "cognitive suspect" << controls; boys < girls |
| Whitfield et al. ²⁴⁸ | n=90 | ≤800 g | +/- | Canada | 1974-85 | 9 yr | BOTMP | ELBW < controls in fine (p=0.0001) and gross motor function (p=0.01); boys = girls |
| Holsti et al. ²⁴⁹ | n=91 | <800 g | - | Canada | 1982-87 | 9 yr | BOTMP | 51% <1SD; ELBW < controls in mean scores (OR:17.5; CI: 2.2-138.3); boys = girls |
| MOTOR STUDIES IN ADOLESCENCE | | | | | | | | |
| Taylor et al. ²⁵³ | n=130 | <1500 g, <750 g | +/- | USA | 1982-86 | 7-14 yr | BOTMP | VLBW < controls; ELBW << controls (p<0.01) at all time points; initial superiority of girls which dissipated with age |
| Powls et al. ²⁵² | n=47 | <1251 g | - | UK | 1980-81 | 12-13 yr | M-ABC | 34% <5 th centile / 51% <15 th centile; VLBW < controls in total score and 6 of 8 items (p<0.01); girls < boys (p=0.008) |
| Gäddlin et al. ²⁵⁴ | n=58 | ≤1500 g | - | Sweden | 1987-88 | 15 yr | BOTMP | VLBW < controls (p=0.005); VLBW boys < control boys (p=0.005); VLBW girls < control girls (p=0.245) |

"-" = major handicaps (i.e. cerebral palsy, mental retardation, blindness, deafness) excluded;

"+" = all children included;

"+/-" = results presented both with and without handicaps

AIMS = Alberta Infant Motor Scale

BOTMP = Bruininks-Oseretzy's Test of Motor Proficiency

BSID = Bayley Scales of Infant Development

ELBW = Extremely low birth weight

IVH = Intraventricular haemorrhage

M-ABC = Movement Assessment Battery for Children

NSMDA = Neuro-Sensory Motor Developmental Assessment

PDI = Psychomotor Development Index of the BSID

PDMS = Peabody Developmental Motor Scales

TOMI = Test of Motor Impairment (predecessor of M-ABC)

Appendix B. Studies of motor outcome in SGA subjects born at term (≥ 37 weeks of gestation) from infancy through adolescence.

| Study | n | Included | Country | Born | Age | Test | Results |
|---|---------|-------------------------------|---------|--------------|-----------------------------------|---|--|
| MOTOR STUDIES IN INFANCY | | | | | | | |
| Rubin et al. ⁹² | n=38-46 | ≤ 2500 g | USA | 1960-64 | 30-60 hr, 4 mo, 8 mo, 12 mo, 7 yr | Neurological examination + BSID (8 mo) | Neurological : SGA < controls at 30-60 hr ($p<0.01$); SGA = controls at 4 mo; SGA girls < control girls at 12 mo ($p<0.01$); SGA < controls at 7 yr ($p<0.01$) BSID: SGA = controls in mean PDI at 8 mo |
| Als et al. ²⁶⁵ | n=10 | PI $<10^{\text{th}}$ centile | USA | 1973-74 | 1-10 days | Neurological examination | SGA < controls in motor behaviour and muscle tone ($p<0.05$) |
| Michaelis et al. ²⁶⁹ | n=22 | <5 centile | Germany | Not reported | 3-7 days | Neurological examination | SGA < controls ($p<0.02$) |
| Leijon et al. ²⁷² | n=29 | $<-1\text{SD} / <-2\text{SD}$ | Sweden | 1975-77 | 5 days | Neurological examination | Both SGA groups < controls in muscle tone ($p<0.05$) at five days |
| Gagliardo et al. ²⁷¹ | n=11-14 | $<10^{\text{th}}$ centile | Brazil | 2000-01 | 1-3 mo | BSID-II | SGA < controls in mean PDI at 2 mo ($p=0.03$); SGA = controls at 1 and 3 mo |
| Campos et al. ²⁶⁷ | n=18-25 | $<10^{\text{th}}$ centile | Brazil | 2000-03 | 1-6 mo | BSID-II | SGA < controls in mean PDI at 2 mo ($p<0.01$) and 6 mo ($p<0.04$); SGA = controls at 1 and 3 mo |
| Leijon et al. 1980 ²⁶³ | n=29 | $<-1\text{SD} / <-2\text{SD}$ | Sweden | 1975-77 | 5-18 mo | Neurological examination + Griffiths scales | Both SGA groups < controls in eye-hand coordination at 5 and 10 mo ($p<0.05$); SGA ($<-2\text{SD}$) < controls on neurological exam at 10 mo ($p<0.01$); SGA = controls in locomotor |
| Low et al. ²⁶⁴ | n=86 | $<10^{\text{th}}$ centile | Canada | Not reported | 6 / 12 mo | BSID | SGA = controls in mean PDI at 6 mo; SGA < controls at 12 mo ($p<0.01$) |
| Grantham-McGregor et al. ²⁶⁶ | n=102 | 1500-2499 g | Brazil | 1993-94 | 6 / 12 mo | BSID | SGA < controls in mean PDI at 6 and 12 mo ($p<0.001$) |
| Jelliffe-Pawlowski & Hansen ⁷² | n=3120 | $\leq 10^{\text{th}}$ centile | USA | 1959-66 | 8 mo | BSID | SGA < controls in mean PDI regardless of SES ($p<0.001$) |

| Markestad et al. ²⁷⁵ | n=265 | <10 th centile | Norway, Sweden | 1986-88 | 13 mo | BSID | SGA = controls in mean PDI |
|---------------------------------------|-------|---------------------------------|----------------|--------------|----------|---|---|
| MOTOR STUDIES IN PRESCHOOL AGE | | | | | | | |
| Juneja et al. ²⁷⁰ | n=50 | <2000 g | India | 2001-02 | 18 mo | BSID-II | 24% <1SD on PDI (p=0.03 vs. controls), non-significant difference in mean values (p=0.09) |
| Low et al. ²⁷⁴ | n=76 | <10 th centile | Canada | Not reported | 24-60 mo | BSID, McCarthy motor subscales + neurological examination | SGA = controls in mean PDI at 24 mo and on the other tests at 36-60 mo |
| Tenovuo et al. ²⁶⁸ | n=442 | <10 th centile | Finland | 1981-82 | 2 yr | Denver developmental screening test | SGA < controls in total score (p<0.005), especially in walking and manual performance (p<0.005) |
| Walther & Raemaekers ²⁷³ | n=25 | <10 th centile | Netherlands | 1976-77 | 3 yr | Touwen's neurological examination | SGA < controls in total score (p<0.0001), and in subsystems of posture (p<0.02), quality of movements (p<0.004) and (dys)kinesia (p<0.01) |
| Fancourt et al. ²⁷⁸ | n=57 | <10 th centile | UK | Not reported | 4 yr | Griffiths scales | SGA with early onset IUGR < controls in eye-hand coordination and motor development (p<0.01) |
| Sommerfelt et al. ²⁷⁶ | n=321 | <10 th centile | Norway, Sweden | 1986-88 | 5 yr | PDMS | 14% <5 th centile; SGA < controls in overall score (p=0.047), but not in subscores |
| Harvey et al. ²⁷⁷ | n=51 | <10 th centile | UK | Not reported | 5 yr | McCarthy motor subscales | SGA with early onset IUGR < controls (p<0.01) |
| MOTOR STUDIES IN SCHOOL AGE | | | | | | | |
| Hadders-Algra et al. ²⁷⁹ | n=166 | <10 th centile | Netherlands | 1977-78 | 6 yr | Touwen's neurological examination | SGA < controls (p<0.05) |
| Fitzhardinge & Steven ⁸⁷ | n=96 | <-2SD / 3 th centile | Canada | 1960-66 | 6 yr | Neurological / clinical examination | SGA higher prevalence of minor neurological abnormalities (indicating minor neurological dysfunction) vs. controls (p<0.05) |

| | | | | | | | |
|-------------------------------------|-------|---|-------------|---------|-------|---|--|
| Neligan et al. ¹ | n=141 | <10 th / <5 th centile | UK | 1960-62 | 7 yr | TOMI | SGA (<5 th centile) < controls (p<0.001) |
| Waither et al. ⁷³ | n=25 | <10 th centile | Netherlands | 1976-77 | 7 yr | Touwen's neurological examination | SGA < controls in total score (p<0.0005), subtests of coordination, fine manipulative ability and (dys)kinesia (p<0.05), but not gross motor functions and balance; boys < girls (not analysed in depth due to limited sample) |
| MOTOR STUDIES IN ADOLESCENCE | | | | | | | |
| Westwood et al. ⁸⁶ | n=33 | < -2SD / 3 th centile non-asphyxia | Canada | 1960-66 | 16 yr | Neurological examination | SGA = controls |

BSID = Bayley Scales of Infant Development

PDI = Psychomotor Development Index of the BSID

PDMS = Peabody Developmental Motor Scales

PI = Ponderal index

TOMI = Test of Motor Impairment

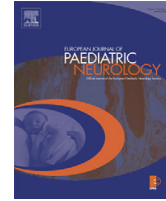
Paper I

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Paper II



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Original article

Do visual impairments affect risk of motor problems in preterm and term low birth weight adolescents?

Kari Anne I. Evensen^{a,d,*}, Susanne Lindqvist^{a,e}, Marit S. Indredavik^{b,f}, Jon Skranes^{a,g}, Ann-Mari Brubakk^{a,g}, Torstein Vik^c

^aDepartment of Laboratory Medicine, Children's and Women's Health, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim, Norway

^bDepartment of Neuroscience, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim, Norway

^cDepartment of Public Health and General Practice, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim, Norway

^dDepartment of Physical Medicine and Rehabilitation, St. Olavs Hospital, Trondheim University Hospital, Norway

^eDepartment of Ophthalmology, St. Olavs Hospital, Trondheim University Hospital, Norway

^fDepartment of Child and Adolescent Psychiatry, St. Olavs Hospital, Trondheim University Hospital, Norway

^gDepartment of Pediatrics, St. Olavs Hospital, Trondheim University Hospital, Norway

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ABSTRACT

Background: Increased prevalence of motor and visual problems has been reported in low birth weight populations, but the association between them is less studied.

Aim: To examine how visual impairments may be associated with the increased risk of motor problems in low birth weight adolescents.

Methods: Fifty-one very low birth weight adolescents (VLBW), 56 term small for gestational age (SGA) and 75 term control adolescents, without cerebral palsy, were examined at the age of 14. Motor skills were examined by the Movement Assessment Battery for Children. Visual functions included visual acuity, contrast sensitivity, nystagmus, strabismus, stereoacuity, accommodation, convergence and visual perception (Visual-Motor Integration test). An abnormality score was calculated as the sum of visual impairments. We used odds ratio as an estimate of the relative risk of having motor problems.

Results: The odds of having motor problems were 10.4 (95% CI: 2.2–49.4) in the VLBW group and 5.1 (95% CI: 1.0–25.8) in the SGA group compared with the control group. The odds of having motor problems in the VLBW group were influenced by all visual variables, and most by visual acuity, when we adjusted for these separately. The greatest reduction in OR was found when adjusting for the abnormality score (adjusted OR: 6.8; 95% CI: 1.3–34.5). In the SGA group the odds of having motor problems were relatively unaffected by the visual variables and the abnormality score.

Conclusions: Visual impairments influence motor problems in VLBW adolescents, whereas motor problems in SGA adolescents seem to be unaffected by visual impairments.

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*Corresponding author at: Department of Laboratory Medicine, Children's and Women's Health, St. Olavs Hospital, Olav Kyrres Gate 11, N-7006 Trondheim, Norway. Tel.: +47 7257 4659; fax: +47 7386 7708.

E-mail address: karianne.i.evensen@ntnu.no (K.A.I. Evensen).

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1. Introduction

Premature birth and intrauterine growth restriction both represent risk factors for motor problems and visual impairments. Motor problems are frequently seen in children with birth weight below 1500 g (very low birth weight: VLBW) at preschool^{1–3} and school age.^{4–7} Some studies also report motor problems in VLBW adolescents.^{8,9}

VLBW children and adolescents also have poorer visual functions, including poorer visual acuity,^{10–14} stereoacuity,^{2,10,11,15} contrast sensitivity^{10,13} and more strabismus^{10–13} than controls. Visual perception is also more frequently reduced in preterm children.^{16–18}

Children who have been growth retarded in utero are usually diagnosed by having a low birth weight for their gestational age (small for gestational age: SGA). Studies on motor skills in term SGA children are few and have shown inconsistent results.^{19–23} We have previously reported that term SGA adolescents, in particular boys, more often had motor problems, especially poor manual dexterity, compared with non-SGA adolescents.⁹ Also, visual functions have been less studied in SGA populations, primarily in infants^{22,24} and young children.²⁰ A couple of studies have found some support for impaired visual function among adolescents who were born SGA.^{25,26}

Vision is one of the most important sources of information for motor control^{27,28} and plays an essential role in both motor and cognitive development.²⁹ Vision is necessary to identify objects and movements important for interacting with the environment and for controlling body movements.²⁷ Poor visual perception has been shown to contribute to movement problems of clumsy children.³⁰

Associations between visual functions and motor skills have been less studied in low birth weight populations, but there seems to be a relationship between motor skills and stereoacuity^{2,11,15} as well as visual acuity, strabismus and contrast sensitivity¹¹ in younger VLBW children. In VLBW adolescents, a strong association between impaired vision and motor problems has been reported, especially in children with strabismus and poor contrast sensitivity.¹⁰

None of these previous studies of VLBW children have looked at the risk of motor problems and how this risk may be affected by visual functions. Secondly, no studies have looked at the association between vision and motor skills in SGA children or adolescents.

In this study, we wanted to examine how visual impairments may be associated with the increased risk of motor problems in VLBW and SGA adolescents.

2. Material and methods

2.1. Study design

This is a follow-up study of two groups of adolescents with low birth weight (VLBW and term SGA) compared with a control group of normal birth weight. The VLBW adolescents had been admitted to the Neonatal Intensive Care Unit (NICU) at the University Hospital in Trondheim in 1986–88. The SGA

and control children were born in the same time period to mothers enrolled before week 20 of pregnancy in a multi-center study,^{31,32} where a 10% random sample of women (with one or two previous pregnancies) was selected for follow-up during pregnancy. At birth, all SGA children and all children born to mothers in the random sample were included for follow-up. Children with cerebral palsy (CP) and congenital malformations were excluded.

At 14 years of age, motor, visual and neuropsychological examinations were performed as part of a comprehensive follow-up assessment. We have previously reported the prevalence of motor, visual and neuropsychological problems in VLBW and SGA adolescents.^{9,26,33,34,61}

2.2. Study population

2.2.1. VLBW adolescents

One hundred and twenty-one children with a birth weight ≤ 1500 g were admitted to the NICU at the University Hospital in Trondheim (the referral hospital) in 1986–88. Of these, 33 died, one child with trisomy 21 was excluded, eight had CP and six children had moved. Of the remaining 73 children, 22 did not consent to at least one of the examinations (motor, visual and/or neuropsychological examination). Thus, a total of 51 (70%) VLBW adolescents (28 boys, 23 girls) underwent all three examinations.

2.2.2. SGA adolescents

Of 1200 eligible women, 104 (9%) gave birth to a SGA child, defined by a birth weight < 10 th centile, adjusted for gestational age, gender and parity. One child had CP and one child had a congenital malformation. At follow-up, 12 children had moved. Of the remaining 90 children, 34 did not consent to motor, visual and/or neuropsychological examination, leaving 56 (62%) SGA children (25 boys and 31 girls) in this study group.

2.2.3. Control adolescents

The control group comprised 120 children with birth weight ≥ 10 th centile for gestational age, born at term to mothers in the 10% random sample. Two children had congenital malformations. At follow-up, 10 children had moved, while 33 did not consent to at least one of the examinations. In total, 75 (69%) children in the control group (32 boys and 43 girls) were examined.

2.2.4. Non-participants

There were no significant differences in maternal age, duration of pregnancy, the infants' birth weight, body length and head circumference between those who participated and those who did not consent to participation in any of the groups.

3. Methods

All examiners were blinded to group assignment.

Table 1 – Gestational age, birth weight and anthropometric measurements at follow-up in two groups of adolescents with low birth weight compared with a control group

| | VLBW (n = 51) Mean (SD) | SGA (n = 56) Mean (SD) | Control (n = 75) Mean (SD) |
|--------------------------|----------------------------|---------------------------|-------------------------------|
| Birth weight (g) | 1206 (228) ^a | 2919 (214) ^a | 3679 (431) |
| Gestational age (weeks) | 29.4 (2.7) ^a | 39.5 (1.1) | 39.6 (1.1) |
| Age at follow-up (years) | 14.2 (0.3) | 14.2 (0.3) | 14.2 (0.3) |
| Weight (kg) | 52.1 (13.7) ^c | 52.3 (8.6) ^b | 57.5 (10.7) |
| Height (cm) | 162.4 (9.0) ^b | 163.4 (7.2) ^b | 167.6 (7.6) |
| Head circumference (cm) | 54.6 (1.8) ^a | 54.8 (2.0) ^a | 56.0 (1.5) |

^a $p < 0.001$.
^b $p < 0.01$.
^c $p < 0.05$ vs. controls (gestational age and birth weight were the selection criteria, and differed by definition vs. the control group).

3.1. Background data

At birth, the VLBW infants were weighed to the nearest gram on an electronic scale, whereas the SGA and control infants were weighed to the nearest 10 g on a standard scale.

At follow-up, weight was measured on an electronic scale to the nearest 100 g. Height and head circumference was measured to the nearest 0.1 cm.

Gestational age, birth weight and anthropometric measurements at follow-up are shown in Table 1.

Socioeconomic status (SES) was calculated according to Hollingshead's Two Factor Index of Social Position.³⁵

An estimate of intelligence quotient (IQ_{est}) was calculated using four subscales (vocabulary, arithmetic, block design and picture arrangement) of Wechsler Intelligence Scales (WISC-III).^{36,37} We defined "low IQ_{est} " as below two standard deviations (SDs) of the control group mean value.

3.2. Motor skills

Each adolescent was tested with the Movement Assessment Battery for Children (Movement ABC)³⁸ by a physiotherapist (KAIE). The Movement ABC consists of eight items, scored between zero (optimal score) and five, and grouped as three subscores: manual dexterity, ball skills and static/dynamic balance. Scores below the 5th centile indicate definite motor problems and scores below the 15th centile indicate borderline motor problems.³⁸ We used the highest age band, designed for 11–12-year-old children. Since the study population was examined at 14 years of age, we used the 5th and 15th centile derived from all adolescents in the control group who met for motor assessment ($n = 81$). This corresponded to a total score of 14 and 10.5, well in accordance with the 5th and 15th centile in the manual.

3.3. Visual functions

All visual examinations were performed by a paediatric ophthalmologist (SL). In addition to the following examinations, subjects were also examined in a split lamp and with indirect binocular ophthalmoscopy.

3.3.1. Visual acuity

Binocular distance visual acuity was examined by a Snellen letter chart at 4 m distance. Two VLBW adolescents were tested with Lea Hyvärinen symbols test³⁹ for distance due to problems with naming letters.

Visual acuity was assessed both with own (if any) correction, and also with best correction after subjective refraction. Poor visual acuity was defined as visual acuity below 1.0 Snellen decimals.

3.3.2. Contrast sensitivity

Contrast sensitivity was assessed by the Vistech contrast sensitivity chart for near at 40 cm distance.⁴⁰ Both eyes were tested monocularly. The Vistech chart tests at five frequencies: 1.5, 3, 6, 12, and 18 cycles per degree. At each frequency the lowest contrast at which the direction of lines could be detected was noted. A frequency was regarded as normal if the result was equal to, or better than, the minimum level designated as normal by the manufacturer of the test.⁴⁰ We defined poor contrast sensitivity as having one or more values below normal in at least one eye. Since visual acuity has been shown to correlate with contrast sensitivity in the higher frequencies,⁴¹ analysis was also done excluding the 18 cycles per degree frequency in order to minimise the influence of visual acuity on the results.

3.3.3. Stereoacuity

Stereoacuity was measured with the TNO test (Lameris Ootech BV, Nieuwegein). If a subject did not manage the easiest stereograms on the TNO test (480 s of arc), the Titmus test (Stereo Optical, Chicago, IL, USA), which examines stereoacuity up to 3600 s of arc, was used. Those who still did not manage to prove stereoacuity were tested with the Bagolini striated glasses at distance and near, and a positive Bagolini was given a numerical value larger than 3600 s of arc. We defined poor stereoacuity as above 240 s of arc.

3.3.4. Strabismus

Strabismus was measured with the alternating prism cover test at distance and near. Presence of strabismus was defined as a heterophoria or heterotropia (i.e. manifest or latent strabismus) with any prism deviation below the 5th and

above the 95th centile in the control group; i.e. any esodeviation, exodeviations larger than -8 prism diopters (PD) at near, or -2 PD at distance and any vertical deviations.

3.3.5. Nystagmus

Investigation for nystagmus was done in all directions of gaze, mono- and binocularly, as well as with magnification during examination in a split lamp. Only pathological nystagmus was included, cases of physiological end point nystagmus were not recorded as nystagmus.

3.3.6. Accommodation

Accommodative amplitude was measured with a Royal Air Force (RAF) ruler. The adolescents were instructed to report when an image, which was slowly moved towards them, got sustainedly blurred. The mean value for the right and the left eye was used in the analysis in this study. Poor accommodation was defined as any value below the 5th centile in the control group, i.e. below 6.5 diopters.

3.3.7. Convergence

The near point of break of convergence was measured with an RAF ruler. Poor convergence was defined as a near point of convergence larger than 10 cm.^{42,43}

3.3.8. Visual perception

Visual perception was assessed by the Visual Perception supplementary task of the Developmental Test of Visual-Motor Integration (VMI-IV)⁴⁴ by a psychologist. The VMI consists of 27 geometric designs in increasing order of difficulty that have to be copied. The Visual Perception task requires the adolescent to identify the exact match for as many as possible of the designs that he/she has copied earlier. The time limit to complete this task is three minutes. The number of correct performances was judged and scored according to the manual.⁴⁴ Poor performance was defined as a score below 22, corresponding to 1 SD below the mean in the control group.

3.3.9. Abnormality score

An abnormality score was calculated as the sum of visual impairments, including distance visual acuity (best correction), contrast sensitivity, stereoacuity, strabismus, nystagmus, accommodation, convergence and visual perception. An abnormality score of zero was given if an adolescent did not have impairments in any of the visual functions, and the highest possible abnormality score of eight would indicate impairments in all functions.

3.4. Ethics

The Regional Committee for Medical Research Ethics approved the study protocol. Written informed consent was obtained from both adolescents and parents.

3.5. Statistical analysis

SPSS 13.0 was used for data analysis, and a significance level of 0.05 was chosen. Two-group comparisons were made using the Student's t-test for variables with a normal distribution

and the Mann-Whitney U test for variables with a non-normal distribution. The chi-square test was used to analyse differences in proportions between groups.

We used odds ratio (OR) as an estimate of the relative risk of having motor problems in the low birth weight groups compared with the control group. The visual variables were used as dichotomous variables and entered separately in the model to calculate adjusted odds ratios. The abnormality score for visual problems was used as a continuous variable in the logistic regression model.

4. Results

4.1. Background data (Table 1)

The VLBW and SGA adolescents were shorter, lighter and had a smaller head circumference than control adolescents at follow-up (Table 1), whereas socioeconomic status did not differ between the groups (data not shown). There were seven (14%) VLBW (non-significant vs. controls), three (5%) SGA and three (4%) control adolescents with low IQ_{est}. Of these, four VLBW (non-significant vs. controls), one SGA and no control adolescents had motor problems (Total ABC score below the 5th centile).

4.2. Motor skills (Tables 2 and 3)

4.2.1. Definite motor problems

The VLBW group had poorer median scores on the Movement ABC, both total score and all subscores (Table 2), and a higher proportion of adolescents in this group (22%) had definite motor problems (total ABC score below the 5th centile) compared with 3% in the control group (OR: 10.4; 95% CI: 2.2–49.4) (Table 3).

In the SGA group, the median scores on the Movement ABC did not differ significantly from the scores in the control group (Table 2). However, a higher proportion of SGA adolescents (13%) had definite motor problems (OR: 5.1; 95% CI: 1.0–25.8) (Table 3).

Both in the VLBW and the SGA group a higher proportion of adolescents had poor manual dexterity compared with the control group, whereas there were no significant group differences regarding ball skills. In the VLBW group a higher proportion of adolescents had poor balance compared with the control group (Table 3).

4.2.2. Borderline motor problems

Forty-five percent of the VLBW group had borderline motor problems (total ABC score below the 15th centile) compared with 14% of the control group (OR: 5.2; 95% CI: 2.2–12.5) (Table 3). The VLBW group also had a higher proportion of adolescents with manual dexterity and balance scores below the 15th centile compared with the control group (Table 3). There was no difference in borderline motor problems, ball or balance problems between the SGA and the control group (Table 3). However, although not statistically significant, 27% of the SGA group had borderline manual dexterity compared with 15% in the control group (OR: 2.1, 95% CI: 0.9–5.0).

Table 2 – Median scores and interquartile range of the Movement ABC in two groups of adolescents with low birth weight and a control group

| | VLBW (n = 51) | | SGA (n = 56) | | Control (n = 75) | |
|------------------------|---------------|-------------------------|--------------|-----------|------------------|-----------|
| Total ABC | 10.0 | (5.0–14.0) ^a | 5.3 | (4.0–9.5) | 6.5 | (3.0–9.0) |
| Manual dexterity | 1.5 | (0.5–3.5) ^b | 1.0 | (0.0–3.0) | 0.5 | (0.0–2.5) |
| Ball skills | 2.0 | (0.5–4.0) ^b | 1.0 | (0.0–2.0) | 1.0 | (0.0–2.5) |
| Static/dynamic balance | 5.0 | (3.0–7.5) ^b | 3.0 | (2.0–5.0) | 3.0 | (1.0–5.0) |

^a $p < 0.001$.^b $p < 0.01$ vs. controls.**Table 3 – Odds ratio (OR) with 95% confidence intervals (CI) as an estimate of the relative risk for definite and borderline motor problems in two groups of adolescents with low birth weight compared with a control group**

| | <5th centile | | <15th centile | |
|-------------------------------|--------------|-------------------|---------------|-------------------|
| | n (%) | Crude OR (95% CI) | n (%) | Crude OR (95% CI) |
| Total ABC | | | | |
| VLBW (n = 49) | 11 (22) | 10.4 (2.2–49.4) | 22 (45) | 5.2 (2.2–12.5) |
| SGA (n = 56) | 7 (13) | 5.1 (1.0–25.8) | 8 (14) | 1.1 (0.4–2.9) |
| Control (n = 74) | 2 (3) | 1.0 | 10 (14) | 1.0 |
| Manual dexterity | | | | |
| VLBW (n = 51) | 8 (16) | 4.4 (1.1–17.5) | 15 (29) | 2.4 (1.0–5.7) |
| SGA (n = 56) | 9 (16) | 4.5 (1.2–17.6) | 15 (27) | 2.1 (0.9–5.0) |
| Control (n = 74) | 3 (4) | 1.0 | 11 (15) | 1.0 |
| Ball skills | | | | |
| VLBW (n = 51) | 6 (12) | 3.2 (0.8–13.4) | 9 (18) | 1.8 (0.6–5.0) |
| SGA (n = 56) | 0 (0) | ^a | 3 (5) | 0.5 (0.1–1.9) |
| Control (n = 75) | 3 (4) | 1.0 | 8 (11) | 1.0 |
| Static/dynamic balance | | | | |
| VLBW (n = 49) | 11 (22) | 6.9 (1.8–26.4) | 12 (25) | 5.8 (1.7–19.1) |
| SGA (n = 56) | 6 (11) | 2.9 (0.7–12.1) | 6 (11) | 2.1 (0.6–7.9) |
| Control (n = 75) | 3 (4) | 1.0 | 4 (5) | 1.0 |

^a OR cannot be computed due to the value 0 in one cell (no SGA adolescents had poor ball skills).

4.3. Visual functions (Table 4 and Fig. 1)

Table 4 shows the results of the ophthalmologic examination and the visual perception task in the three groups.

Poor visual acuity was significantly more frequent in the VLBW, than in the control group. Visual acuity ranged from 0.5 to 2.0 in the VLBW group, from 0.8 to 2.0 in the SGA group and from 1.0 to 2.0 in the control group. Mean visual acuity was 1.2 in the VLBW group and 1.3 in both the SGA and control group. The difference in means between VLBW and control group did not reach statistical significance.

A higher proportion of VLBW adolescents also had strabismus compared with the control group ($p < 0.05$).

The higher proportions of poor contrast sensitivity ($p = 0.07$), nystagmus ($p = 0.06$) and poor visual perception ($p = 0.06$) in the VLBW group did not reach statistical significance. The results for contrast sensitivity were unchanged when we excluded the 18 cycles per degree frequency, which may correlate with visual acuity.

Stereoacuity, accommodation and convergence did not differ between VLBW and control adolescents.

The SGA group did not differ from the control group in any of the visual functions.

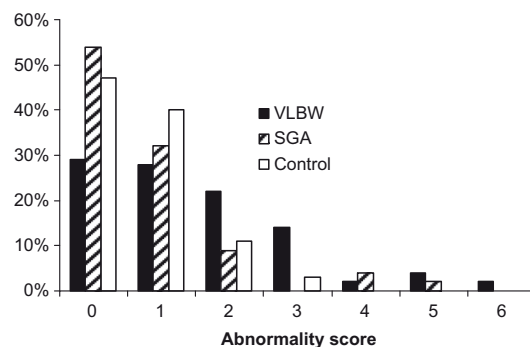
Fig. 1 shows the abnormality score for visual impairments in each of the three groups. Whereas approximately 50% of SGA and control adolescents were free of visual impairments, this was the case for only 30% of the VLBW adolescents ($p = 0.05$ vs. controls). In the VLBW group, 22 (43%) adolescents had two or more visual impairments (i.e. abnormality score equal to or above two) compared with 10 (13%) in the control group ($p < 0.001$) and 8 (14%) in the SGA group (non-significant vs. controls) (Table 4).

The ophthalmologic examination did not reveal any major ocular pathology such as retinal detachments or cataracts. ROP screening had not yet started when these VLBW children were born, thus no information about their ROP status is available, although we know that no children in this study were treated with cryotherapy, and no

Table 4 – Visual functions in two groups of adolescents with low birth weight compared with a control group

| | VLBW (n = 51) n (%) | SGA (n = 56) n (%) | Control (n = 75) n (%) |
|-------------------------------------|---------------------------|--------------------------|------------------------------|
| <i>Visual impairment</i> | | | |
| Visual acuity <1.0 Snellen decimals | 4 (8) ^b | 1 (2) | 0 (0) |
| Poor contrast sensitivity | 23 (45) | 12 (21) | 22 (29) |
| Nystagmus | 3 (6) | 1 (2) | 0 (0) |
| Strabismus | 14 (28) ^b | 11 (20) | 8 (11) |
| Stereoacuity > 240 s of arc | 4 (8) | 3 (5) | 1 (1) |
| Accommodation <6.5 D | 3 (6) | 2 (4) | 2 (3) |
| Convergence > 10 cm | 12 (24) | 4 (7) | 9 (12) |
| Visual perception <1 SD | 14 (28) | 7 (13) | 10 (14) |
| <i>Abnormality score</i> | | | |
| ≥1 Visual impairment(s) | 36 (71) ^b | 26 (46) | 40 (53) |
| ≥2 Visual impairments | 22 (43) ^a | 8 (14) | 10 (13) |

^a $p < 0.001$.
^b $p \leq 0.05$ vs. controls.

**Fig. 1 – Proportion of adolescents with no, one or more visual impairments. The x-axis shows the number of visual impairments (abnormality score) and the y-axis shows the proportion of adolescents in each group.**

sequelae of severe ROP were found at the examination at 14 years of age.

4.4. Association between visual functions and motor skills (Tables 5 and 6)

4.4.1. Total ABC score

In the VLBW group, the OR for definite motor problems was reduced when we adjusted for each of the visual variables separately (Table 5). Of these, the greatest reduction in the crude OR of 10.4 was seen when we adjusted for visual acuity

(adjusted OR: 7.8; 95% CI: 1.6–38.5). When we separately adjusted for the abnormality score the OR was reduced even more (adjusted OR: 6.8; 95% CI: 1.3–34.5) (Table 6). Still, the increased odds of having motor problems were significant.

In the SGA group, the greatest reduction in odds of having definite motor problems was observed when we adjusted for strabismus and nystagmus (Table 5). However, adjusting for the abnormality score did not change the odds of having definite motor problems (Table 6).

4.4.2. Manual dexterity

Adolescents in the VLBW and the SGA group had about 4.5 times increased odds of having poor manual dexterity compared with the control group. In the VLBW group, OR was however no longer significantly higher when adjusting separately for visual acuity, strabismus, stereoacuity (Table 5) and the abnormality score (Table 6).

In the SGA group nystagmus and strabismus each reduced the odds of having manual dexterity problems from 4.5 to 4.0 (95% CI: 1.0–16.0), whereas the other visual variables only had small effects (Table 5) and the abnormality score did not have any effect on the OR (Table 6).

4.4.3. Ball skills

In the VLBW group the crude OR of 3.2 (95% CI: 0.8–13.4) for having poor ball skills was reduced when we adjusted separately for each of the visual variables (Table 5) and for the abnormality score (Table 6).

None of the SGA adolescents had poor ball skills.

4.4.4. Static and dynamic balance

The increased odds of having definite balance problems in the VLBW group were most reduced when we adjusted separately for visual acuity, nystagmus and stereoacuity (Table 5). Adjusting for the abnormality score reduced the OR to 4.9 (95% CI: 1.2–20.1) (Table 6). However, the odds of having poor balance were still significantly increased after adjustment (Tables 5 and 6).

The SGA group did not have significantly increased odds of having poor balance.

4.4.5. Borderline motor problems

The odds of having a total ABC score below the 15th centile were also influenced by visual functions, although the percentage reduction in OR was somewhat smaller (data not shown). Again, the greatest reduction in OR was found when adjusting for visual acuity in the VLBW group (adjusted OR: 4.7; 95% CI: 1.9–11.4). The effect of the other visual variables on borderline manual dexterity, ball skills and balance were essentially the same as for definite problems (data not shown). Table 6 shows that the abnormality score reduced the odds considerably in the VLBW group, both for the total ABC score and for all subscores.

In the SGA group, the odds of borderline motor problems, both total ABC and all subscores, were non-significant compared with the control group, and relatively unaffected by visual impairments (data not shown) and the abnormality score (Table 6).

Table 5 – Crude and adjusted odds ratios (OR) with 95% confidence intervals (CI) as an estimate of the relative risk of definite motor problems in two groups of adolescents with low birth weight compared with a control group

| | <5th centile | Adjusted OR (95% CI) for each of the visual variables separately | | | | | |
|-------------------------------|-----------------|--|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| | | Crude OR (95% CI) | Visual acuity | Contrast sensitivity | Nystagmus | Strabismus | Stereoacuity |
| <i>Total ABC</i> | | | | | | | |
| VLBW | 10.4 (2.2–49.4) | 7.8 (1.6–38.5) | 9.4 (1.9–45.8) | 8.8 (1.8–42.6) | 9.1 (1.9–44.0) | 9.4 (1.8–50.3) | 9.7 (2.0–46.7) |
| SGA | 5.1 (1.0–25.8) | 5.3 (1.0–26.4) | 4.7 (0.9–24.1) | 4.4 (0.9–22.7) | 4.2 (0.8–21.9) | 4.8 (0.9–24.4) | 5.4 (1.0–28.0) |
| Control | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 |
| <i>Manual dexterity</i> | | | | | | | |
| VLBW | 4.4 (1.1–17.5) | 2.8 (0.6–12.4) | 4.3 (1.1–17.2) | 4.0 (1.0–16.5) | 3.8 (0.9–15.6) | 3.5 (0.8–14.9) | 5.4 (1.1–27.6) |
| SGA | 4.5 (1.2–17.6) | 4.6 (1.2–18.0) | 4.2 (1.1–16.6) | 4.0 (1.0–16.0) | 4.0 (1.0–16.0) | 4.3 (1.1–17.0) | 7.8 (1.5–39.6) |
| Control | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 |
| <i>Ball skills</i> | | | | | | | |
| VLBW | 3.2 (0.8–13.4) | 2.2 (0.5–10.5) | 2.9 (0.7–12.3) ^a | 2.2 (0.5–10.2) ^a | 2.8 (0.6–12.3) ^a | 2.3 (0.5–10.7) ^a | 2.6 (0.6–11.3) ^a |
| SGA | | | | | | | |
| Control | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 |
| <i>Static/dynamic balance</i> | | | | | | | |
| VLBW | 6.9 (1.8–26.4) | 6.0 (1.5–23.5) | 6.3 (1.6–24.4) | 5.8 (1.5–22.9) | 6.6 (1.7–25.8) | 6.0 (1.4–24.8) | 6.5 (1.7–25.3) |
| SGA | 2.9 (0.7–12.1) | 2.9 (0.7–12.3) | 2.6 (0.6–11.2) | 2.9 (0.7–12.3) | 2.5 (0.6–10.9) | 3.0 (0.7–12.7) | 2.8 (0.7–12.0) |
| Control | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 | 1.0 |

^a OR cannot be computed due to the value 0 in one cell (no SGA adolescents had poor ball skills).

4.4.6. Visual variables that did not affect the odds of motor problems

Accommodation and convergence did not reduce the odds of having motor problems in any of the low birth weight groups.

4.4.7. Possible confounders

The results were essentially the same when including sex or low IQ_{est} as possible confounders of the association between visual functions and motor skills (data not shown).

5. Discussion

In this study, we found that visual impairments significantly influenced motor problems among VLBW adolescents. In particular, problems in manual dexterity were mainly affected by impairments in vision. However, the risk of total motor and balance problems in this group were still increased after adjustment for visual impairments.

Among term SGA adolescents, motor problems were essentially unaffected by visual impairments.

One physiotherapist did all motor evaluations, one paediatric ophthalmologist performed all visual examinations and one psychologist did all neuropsychological tests, avoiding any problems of inter-tester reliability. The three examiners were blinded to group assignment and to the results of the other assessments, reducing the risk of information bias.

In all, 33% of eligible adolescents did not meet for follow-up. However, it is unlikely that the association between vision and motor skills in these adolescents were systematically different from those who met.

Since we wanted to examine associations between visual functions and motor skills that were not determined by extreme abnormal values, we excluded children with CP. Moreover, the results were essentially the same when controlling for sex and low IQ_{est} as possible confounders.

Movement ABC is standardised up to 12 years of age, whereas we have studied 14-year-old children. A ceiling effect could mask subtle differences in motor skills. However, a ceiling effect would theoretically affect mean and top centile values, whereas we have studied adolescents with scores below the 5th and 15th centile derived from our own control group. Thus, in our opinion, a possible ceiling effect is unlikely to influence our results.

The 5th centile cut-off for defining motor problems is common^{2,5,8,11} and in accordance with the Movement ABC manual.³⁸ We also included analysis with a less strict cut-off, i.e. scores below the 15th centile, which indicates borderline motor problems. These analyses gave essentially the same results as using the 5th centile, which gives further support to our conclusions.

Other studies of VLBW populations have also reported associations between motor problems and visual functions, in particular stereoacuity,^{2,10,11,15} visual acuity, contrast sensitivity and strabismus.^{10,11} Which of these that are most important for motor skills varies between the studies. In our study, total motor problems were most strongly associated with impaired visual acuity, but apart from this observation the material is not large enough to safely allow speculation on the internal relative importance of the other visual variables.

The number of participants in this study was too small to include more than two variables in regression analysis. However, when we adjusted for the abnormality score

Table 6 – Crude odds ratios (OR) with 95% confidence intervals (CI) as an estimate of the relative risk of definite and borderline motor problems and adjusted for abnormality score for visual impairments in two groups of adolescents with low birth weight compared with a control group

| | <5th centile | | <15th centile | |
|-------------------------------|-----------------------------|----------------------------|-------------------|----------------------|
| | Crude OR (95% CI) | Adjusted OR (95% CI) | Crude OR (95% CI) | Adjusted OR (95% CI) |
| <i>Total ABC</i> | | | | |
| VLBW | 10.4 (2.2–49.4) | 6.8 (1.3–34.5) | 5.2 (2.2–12.5) | 4.0 (1.6–10.1) |
| SGA | 5.1 (1.0–25.8) | 5.1 (1.0–25.6) | 1.1 (0.4–2.9) | 1.1 (0.4–2.9) |
| Control | 1.0 | 1.0 | 1.0 | 1.0 |
| <i>Manual dexterity</i> | | | | |
| VLBW | 4.4 (1.1–17.5) | 3.0 (0.7–13.4) | 2.4 (1.0–5.7) | 1.4 (0.5–3.8) |
| SGA | 4.5 (1.2–17.6) | 4.5 (1.2–17.5) | 2.1 (0.9–5.0) | 2.1 (0.9–5.0) |
| Control | 1.0 | 1.0 | 1.0 | 1.0 |
| <i>Ball skills</i> | | | | |
| VLBW | 3.2 (0.8–13.4) ^a | 1.7 (0.3–8.4) ^a | 1.8 (0.6–5.0) | 1.2 (0.4–3.8) |
| SGA | | | 0.5 (0.1–1.9) | 0.4 (0.1–1.8) |
| Control | 1.0 | 1.0 | 1.0 | 1.0 |
| <i>Static/dynamic balance</i> | | | | |
| VLBW | 6.9 (1.8–26.4) | 4.9 (1.2–20.1) | 5.8 (1.7–19.1) | 4.4 (1.2–15.7) |
| SGA | 2.9 (0.7–12.1) | 2.9 (0.7–12.1) | 2.1 (0.6–7.9) | 2.1 (0.6–8.0) |
| Control | 1.0 | 1.0 | 1.0 | 1.0 |

^a OR cannot be computed due to the value 0 in one cell (no SGA adolescents had poor ball skills).

(i.e. the sum score of all visual variables), the odds of having motor problems in the VLBW group were reduced more than by each visual variable separately. Our results therefore indicate that several visual functions are important for motor problems, and that additive effects may play an important role. None the less, we found that even after adjustment for visual impairments, adolescents born VLBW had a substantially increased risk of motor problems in general (total ABC) and in static and dynamic balance in particular.

There are several ways in which visual abilities may affect motor skills in VLBW adolescents. Vision plays an essential role in early motor learning and development,^{27,45,46} and tends to dominate as a source of sensory information in the control of coordinated, voluntary movement.²⁸ Even in persons with otherwise normal neurodevelopment, visual deficits may directly affect their motor skills, as seen in elderly populations.^{27,47}

Motor skills seem to be affected by the whole range of visual acuity, from the most severe effects seen in congenital blindness^{45,46} to an association between superior motor ability and visual acuity seen in athletes.⁴⁸ Subtle visual disturbances, such as deficits in stereoacuity and contrast sensitivity, are also important.¹⁰ Good stereoacuity is known to be an advantage especially at near distance and in tasks requiring complex hand–eye coordination.^{48–50} Contrast sensitivity is important in control of movement, since it allows the detection of shape and edges of objects.²⁷ Improvement in contrast sensitivity has been shown to improve visually guided behaviour,⁵¹ and reduction in contrast sensitivity on the other hand has been shown to affect tasks requiring distance judgements and mobility.⁵²

There is a well known increased prevalence of brain lesions, especially periventricular leucomalacia (PVL), in VLBW children, which is not found in term SGA and control children.⁵³ Both the optic radiations and the corticospinal motor tracts pass through the periventricular white matter and therefore PVL is strongly associated with cerebral visual impairment as well as cerebral palsy.⁵⁴ So, in addition to the above-mentioned cause-and-effect theory, with visual impairments leading to motor deficits, the association between visual and motor problems in the VLBW group may be of a shared common aetiology. This point of view has also been advocated by other authors.^{10,11} Cooke et al.¹¹ claim that the association of poor visual acuity and low contrast sensitivity with minor motor impairment suggests a diffuse lesion such as defective myelination of the cerebrum, which has been shown to occur in preterm infants.⁵⁵

Finally, our finding of increased total motor and balance problems even after adjusting for visual deficits, may suggest that specific motor areas, independent of vision, have also been insulted.

We are not aware of other studies describing the association between vision and motor skills in SGA children or adolescents. Our results suggest that the motor problems in SGA adolescents cannot be explained by poor visual functions.

We have previously argued that the motor problems in term SGA adolescents may have a different origin than those of VLBW adolescents.^{9,33} The different effects of visual impairments on motor problems in the current study support this. Martinussen et al.⁵⁶ found reduced brain volume in SGA adolescents; however there is no evidence of increased cortical thinness⁵⁶ or increased prevalence of white matter

reduction, ventricular dilatation or thinning of corpus callosum compared with controls.⁵³

Animal studies have shown that growth restriction before and after birth may result in reduced myelination and weight of the cerebellum.^{57,58} In the previous study we speculated whether this mechanism may be responsible for the manual dexterity problems seen in the SGA group.⁹ If this is the case, it may be reasonable to assume that deficits in visual functions may not influence the motor problems in this group, since vision and visual perception is predominantly a cerebral function.⁵⁹

It has also been shown in animal studies that intrauterine growth retardation (IUGR) does not affect all cerebral metabolic pathways equally⁶⁰ and perhaps visual functions are dependent on pathways more resilient to IUGR.

Interestingly, the proportions of SGA adolescents with definite and borderline motor problems were approximately the same. This suggests that there is a subgroup of the SGA adolescents with very poor performance, especially in manual dexterity, whereas the rest of the SGA group does not have motor problems.

The strong associations between visual impairments and motor problems found in VLBW children in this and previous studies^{2,10,11,15} suggest that visual functions are of importance for motor skills in this population. The nature of this association may be both one of cause and effect (visual impairment causing motor problems) and one of a shared common aetiology.

Our results may contribute to an increased understanding among caregivers, teachers and health professionals that it is insufficient to address visual and motor problems independently. Instead, combinations of minor impairments in different functions need to be met by a multidisciplinary approach. Especially, the findings highlight the importance of a wide assessment of visual functions in VLBW children, since having several visual impairments is more frequent among VLBW adolescents.

Although our study was not set up to investigate this, it seems possible that some visual problems may be improved with adequate treatment, for instance optimal correction for refractive errors, thereby improving motor skills.

In conclusion, visual impairments influence the motor problems in VLBW adolescents, whereas the motor problems in SGA adolescents seem to be relatively unaffected by visual impairments.

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Paper III



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Inter- and intra-modal matching in very low birth weight and small for gestational age adolescents[☆]

Kari Anne Indredavik Evensen^{a,e,*}, Hermundur Sigmundsson^{b,e},
Pål Romundstad^{c,e}, Marit S. Indredavik^{d,e},
Ann-Mari Brubakk^{a,e}, Torstein Vik^{c,e}

^a Department of Laboratory Medicine, Children's and Women's Health, Faculty of Medicine, Norway

^b Department of Sociology and Political Science, Faculty of Social Sciences and Technology Management, Norway

^c Department of Public Health and General Practice, Faculty of Medicine, Norway

^d Department of Neuroscience, Faculty of Medicine, Norway

^e Norwegian University of Science and Technology, Trondheim, Norway

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Abstract

Background: Motor problems in low birth weight children may be related to problems in sensorimotor integration processes. Specific tests of inter- and intra-modal matching have not been used in low birth weight populations.

Aim: Examine whether low birth weight adolescents have poorer performance in inter- and intra-modal matching than normal birth weight adolescents.

Study design: A population based follow up study of very low birth weight and small for gestational age children at 14 years of age.

Subjects: Fifty-three very low birth weight adolescents (VLBW: birth weight ≤ 1500 g), 59 term small for gestational age (SGA: birth weight < 10 th centile) and 82 adolescents with birth weight ≥ 10 th centile at term (reference group).

Outcome measures: Inter- and intra-modal matching was assessed by a manual matching task and results were presented for the preferred and the non-preferred hand in the visual (inter-modal) and proprioceptive (intra-modal) condition.

Results: VLBW adolescents performed poorer in inter- and intra-modal matching compared with the reference group. However, the results were mainly due to a higher number of adolescents with cerebral palsy (CP) and a low estimated intelligence quotient (IQ_{est}) in the VLBW group. SGA adolescents showed poorer performance with their non-preferred hand compared with their preferred hand in both inter- and intra-modal matching, whereas adolescents in the reference group and VLBW adolescents with normal IQ_{est} and without CP performed equally well with both hands.

[☆] ETHICS APPROVAL: The Regional Committee for Medical Research Ethics (Health Region IV) approved the protocol May 5th 2000.

* Corresponding author. Department of Laboratory Medicine, Children's and Women's Health, St. Olavs Hospital HF, N-7006 Trondheim, Norway.

E-mail address: karianne.i.evensen@ntnu.no (K.A.I. Evensen).

Conclusion: VLBW adolescents with normal IQ_{est} and without CP do not have major problems in inter- and intra-modal matching. The poorer performance with the non-preferred hand in the SGA group may suggest a specific effect of intrauterine growth retardation.
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1. Introduction

Prematurity and intrauterine growth restriction both represent risk factors for motor problems. Several studies have reported increased prevalence of motor problems in children with birth weight below 1500 g (very low birth weight: VLBW) at preschool [1–4] and school age [5–9]. We have previously reported that VLBW adolescents have increased risk of motor problems both in manual dexterity, ball skills and balance compared with a reference group [10].

Children who have been growth retarded in utero are usually diagnosed by having a low birth weight for their gestational age (small for gestational age: SGA). Studies on motor problems among younger SGA children born at term have shown inconsistent results [11–13]. We found that SGA adolescents, particularly boys, had increased risk of motor problems in manual dexterity [10].

Motor problems in children with low birth weight may be related to problems in sensorimotor integration processes. Such processes may involve different sensoric modalities and include transfer of information from one hemisphere to the other. It has been widely reported that low birth weight children also have problems related to visuo-motor functions [5,14–20] which could in part explain the motor problems in these children.

A specific test matching vision with proprioception (inter-modal matching) and the proprioceptive space of one hand with the proprioceptive space of the other (intra-modal matching) has been developed [21]. Associations between poor inter- and intra-modal matching and increased risk of motor problems in children in normal populations have been reported [22–26]. Although both VLBW and SGA children are at increased risk of having motor problems, inter- and intra-modal matching have not been examined in these risk groups.

Moreover, in low birth weight children tests of inter- and intra-modal matching may be particularly relevant since studies using magnetic resonance imaging (MRI) have reported a higher prevalence of ventricular dilatation [27–33], white matter reduction [29–31], thinning of corpus callosum [28,30–32] and periventricular gliosis/leukomalacia [27,29,30,32] in VLBW than in normal birth weight children and adolescents.

Thus, the aim of this study was to examine whether low birth weight adolescents have poorer performance in inter- and intra-modal matching than adolescents with appropriate birth weight, assessed by a manual matching task.

2. Method

2.1. Study design

The study is a population based follow up study of two groups of adolescents with low birth weight; one group of

preterm very low birth weight (VLBW) adolescents and one group of term small for gestational age (SGA) adolescents. The groups are being compared with a reference group of normal birth weight.

The VLBW adolescents were born to mothers living in the two counties of North- and South-Trøndelag (total population approximately 375,000) and admitted to the Neonatal Intensive Care Unit (NICU) at the University Hospital in Trondheim (the referral hospital) between January 1986 and December 1988. Children born in 1988 were assessed thoroughly at one and six years of age [27,34].

The SGA and reference adolescents were born to mothers living in the Trondheim region (total population approximately 135,000). They were enrolled before week 20 of pregnancy in a multicenter study between January 1986 and March 1988 [35,36]. A 10% random sample of women (para 1 and 2) was selected for follow up during pregnancy. At birth, all children born to mothers in the random sample and all the SGA children were included for follow up. The children were examined by project paediatricians at one and five years of age [37].

The present follow up study was carried out from November 2000 to October 2002, when the children were 14 years old, as part of a larger study. The follow up examination included assessment of motor and intellectual abilities, in addition to neuropediatric and psychiatric evaluation.

2.2. Study population

2.2.1. VLBW adolescents

Ninety-nine children with a birth weight ≤ 1500 g were admitted to the NICU in 1986–1988. Of these children, 23 died, one child with trisomy 21 was excluded, and six had moved out of the region. Of the remaining 69 children, 15 (22%) did not consent to participate and one child with CP (quadriplegia) was not able to do the test. Thus, a total of 53 VLBW children (29 boys and 24 girls) were examined.

In the VLBW group, 19 adolescents were born SGA, whereas 34 were born non-SGA, according to Norwegian standards [38]. However, we have treated them as one group since there were no differences between SGA and non-SGA VLBW adolescents on any of the inter- or intra-modal matching tests.

2.2.2. SGA adolescents

Of 1200 eligible women, 104 (8.7%) gave birth to a SGA child, defined by a birth weight <10th centile, adjusted for gestational age, gender and parity. At follow-up, 12 children had moved. Of the remaining children, 33 (36%) did not consent to participate, leaving 59 SGA children (27 boys and 32 girls) for further examination.

2.2.3. Non-SGA adolescents

The reference group comprised 120 children with birth weight ≥ 10 th centile for gestational age, born at term to mothers in the 10% random sample. Ten children had moved, while 28 (25%) did not consent. In total, 82 children in the reference group (35 boys and 47 girls) were examined.

2.2.4. Non-participants

There were no significant differences in maternal age, duration of pregnancy, the infants' birth weight, body length and head circumference between those who participated and those who did not consent to participation in any of the groups.

Gestational age and anthropometric measurements at birth are shown in Table 1.

2.3. Methods

Each adolescent was tested with a manual matching task according to von Hofsten and Rösblad [21]. This manual matching task has been used in different age groups and populations [21–24].

The manual matching task uses a test board measuring 60×80 cm. The task is to match pins from underneath the test board to targets at the top of the board. Two different conditions to locate the target were examined; one when the target is seen (Fig. 1A: Inter-modal matching; matching of vision and proprioception) and one when the target is felt (Fig. 1B: Intra-modal matching; matching of the proprioceptive space of one hand with the proprioceptive space of the other). The subjects had four attempts with each hand (preferred and non-preferred hand) in each condition.

X- and y-coordinates were used to measure the distance between the pin position and the target. *Absolute error* (a), the distance in mm between the pin (p) and the target (T), was calculated according to the equation $a = \sqrt{x_p^2 + y_p^2}$. Mean absolute error was calculated as the sum of the absolute errors over the four trials ($a_1 - a_4$) divided by four ($\bar{a} = \sum_{a=1}^4 a/4$).

The *systematic error* (s) reflects a systematic shift between the system (visual or proprioceptive) that indicates the position of the target and the proprioceptive system of the matching arm [21]. The systematic error is the distance between the centre of the four pin positions (P_c) and the target (T) (Fig. 2). The coordinates of P_c are calculated by

the mean position in the x- and y-directions. The systematic error is calculated by the formula ($s = \sqrt{x_{P_c}^2 + y_{P_c}^2}$).

The *random error* (r) reflects the level of precision in pointing [21], and is the distance between the pin position (p) to the centre of pin positions (P_c) (Fig. 2). The mean random error is calculated as the sum of the random errors over the four trials ($r_1 - r_4$) divided by four ($\bar{r} = \sum_{r=1}^4 r/4$).

Mean *directional error* was calculated for the horizontal and vertical direction as the mean of the distance between the four pin positions and the target in x- and y-directions separately.

All tests were performed by the first author, who was blinded to group assignment.

Cerebral palsy (CP) was diagnosed and classified as diplegia, hemiplegia and quadriplegia by project paediatricians [39].

An estimate of intelligence quotient (IQ_{est}) was calculated using the vocabulary, arithmetic, block design and picture arrangement subscales of Wechsler Intelligence Scales (WISC-III) [40,41]. We defined "low IQ_{est} " below 2 SD of the reference group mean value.

Socioeconomic status (SES) was calculated according to Hollingshead's Two Factor Index of Social Position [42].

2.4. Ethics

The Regional Committee for Medical Research Ethics approved the study protocol. Written informed consent was obtained from both adolescents and parents.

2.5. Statistical analysis

SPSS for windows version 12.0.1 (SPSS Inc, Chicago, IL) was used for data analysis, and a significance level of 0.05 was chosen. Two-group comparisons were made by Student's t -test for variables with a normal distribution and Mann-Whitney U -test for variables with a non-normal distribution. The χ^2 test was used to analyse differences in proportions between groups.

Absolute, systematic and random errors were log normal, thus geometric means with 95% confidence intervals are presented for these variables. We used parametric methods on the log transformed data.

With a power of 80% ($\beta = 0.20$) and $\alpha = 0.05$, this study may detect a 3.8 mm difference in mean absolute error in the

Table 1 Gestational age and anthropometric measurements at birth in two groups of low birth weight children and a non-SGA reference group in a follow-up study

| | VLBW ($n = 53$) | | SGA ($n = 59$) | | Reference group ($n = 82$) | |
|--------------------------------------|-------------------|----------|------------------|----------|------------------------------|-------|
| | Mean | (SD) | Mean | (SD) | Mean | (SD) |
| Gestational age (weeks) | 28.9 | (2.7)*** | 39.5 | (1.1) | 39.6 | (1.2) |
| Birth weight (g) | 1180 | (236)*** | 2916 | (210)*** | 3699 | (455) |
| Body length (cm) [†] | 38.5 | (2.8)*** | 48.4 | (2.0)*** | 51.0 | (1.8) |
| Head circumference (cm) [‡] | 26.9 | (2.5)*** | 33.8 | (1.2)*** | 35.4 | (1.1) |

*** $p < 0.001$ vs. the non-SGA reference group (gestational age and birth weight were the selection criteria, and differed by definition vs. the reference group).

[†]Body length was only measured for 34 children in the VLBW group.

[‡]Head circumference was only measured for 41 children in the VLBW group.

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

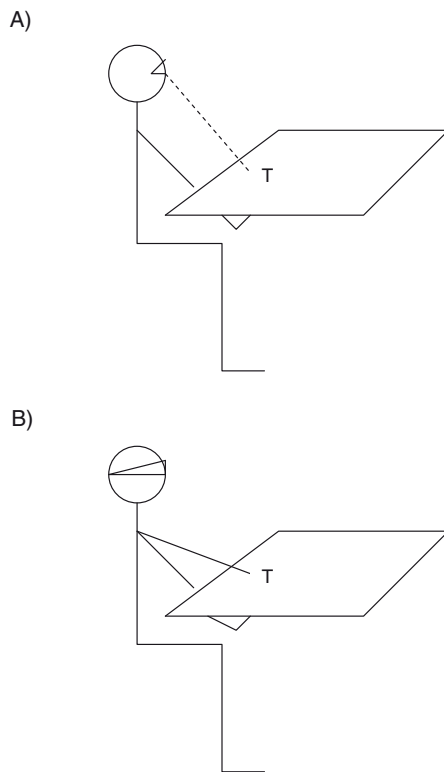


Figure 1 Illustration of the inter- and intra-modal matching test. Upper panel (A): Inter-modal matching (seen target). The subject looks at (stippled line) the target (T), and the objective is to place a pin with one hand (solid line) from underneath the test board as close to the target as possible. The subject undertakes four attempts with the preferred hand and four attempts with the non-preferred hand. All four attempts are used in the calculations (see Fig. 2 and text). Lower panel (B): Intra-modal matching (felt target). The eyes of the subject are covered and the index finger is placed on the target (T) of the upper side of the test board. The objective is to place a pin with the other hand from underneath the test board as close to the target as possible. The subject undertakes four attempts with each hand (preferred and non-preferred). All four attempts are used in the calculations (see Fig. 2 and text).

visual condition (preferred hand) and a 5.7 mm difference in the proprioceptive condition (preferred hand) between the VLBW and the reference group.

3. Results

VLBW and SGA adolescents were shorter, lighter and had smaller head circumference than the reference group, whereas body mass index did not differ between the groups (Table 2). IQ_{est} and SES were lower in the VLBW group than in the reference group. There were no differences between groups with respect to age or sex. In the reference group,

eight of 82 (9.8%) adolescents were left-handed, compared with 10 of 53 (18.9%) VLBW and 10 of 59 (16.9%) SGA adolescents (n.s.).

Six (11.3%) adolescents in the VLBW group (four boys, two girls) had CP; five had diplegia, one hemiplegia. One (1.7%) adolescent in the SGA group (a boy) had diplegia. Nine (17%) adolescents in the VLBW group (one boy, eight girls) and four (6.8%) adolescents in the SGA group (all boys) had a low IQ_{est} compared with three (3.7%) adolescents in the reference group (two boys, one girl).

3.1. Absolute errors

Mean absolute error was higher in the VLBW group compared with the reference group in the proprioceptive condition with the non-preferred hand (Table 3). There were no significant differences in mean absolute errors between the SGA group and the reference group. However, both VLBW and SGA adolescents had higher mean absolute errors with their non-preferred hand compared with their preferred hand in the proprioceptive condition (mean difference in mm: 5.1; 95% CI: 1.2;8.9 and 4.0; 95% CI: 0.9;7.1 respectively) (Table 5). The SGA group also had higher mean absolute error for the non-preferred hand than the preferred hand in the visual condition (Table 5). These differences between hands were not found in the reference group.

When we excluded subjects with CP and low IQ_{est} , the difference between the VLBW group and the reference group in mean absolute error for the non-preferred hand using proprioception disappeared. Also, the difference between hands in the VLBW group in the proprioceptive condition was no longer statistically significant. In the SGA group the differences remained statistically significant (data not shown).

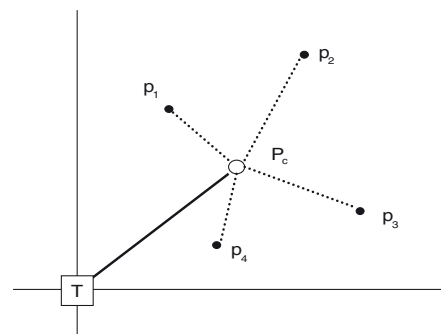


Figure 2 Illustration of the measurements used in the calculation of systematic and random error (adapted from von Hofsten and Rösblad [21]). The pin positions (the subject's four trials) are labelled p_1 , p_2 , p_3 and p_4 . The errors of the four trials were transformed into one coordinate system, in which the correct position of a pin, the target (T), defines the origo. The centre of pin positions is labelled P_c . Systematic error is the distance between P_c and T. Random error is the distance between each of the pin positions (p_1-p_4) and P_c . The mean random error is calculated as the sum of the random errors over the four trials divided by four.

Table 2 Age, height, weight, body mass index, head circumference and socioeconomic status in two groups of low birth weight adolescents and a non-SGA reference group

| | VLBW (n=53) | | SGA (n=59) | | Reference group (n=82) | |
|--|-------------|-----------|------------|----------|------------------------|--------|
| | Mean | (SD) | Mean | (SD) | Mean | (SD) |
| Age (years) | 14.1 | (0.3) | 14.2 | (0.3) | 14.2 | (0.3) |
| Height (cm) | 162 | (8.7)*** | 164 | (7.4)** | 167 | (7.7) |
| Weight (kg) | 50.4 | (11.5)** | 52.2 | (8.5)** | 56.8 | (10.8) |
| Body Mass Index (kg/m ²) | 19.2 | (3.8) | 19.5 | (2.9) | 20.2 | (3.0) |
| Head circumference (cm) | 54.4 | (1.9)*** | 54.7 | (2.0)*** | 55.9 | (1.5) |
| Estimated intelligence quotient (IQ _{est}) | 79.7 | (19.1)*** | 90.2 | (17.8) | 94.5 | (16.6) |
| Socioeconomic status | 3.2 | (1.3)* | 3.4 | (1.3) | 3.8 | (1.1) |

* $p < 0.05$ ** $p < 0.01$ *** $p < 0.001$ vs. the non-SGA reference group.

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

3.2. Systematic errors

Systematic errors did not differ significantly between the low birth weight groups and the reference group (Table 4). However, the VLBW group had higher systematic error with the non-preferred hand compared with the preferred hand in the proprioceptive condition (mean difference in mm: 4.4; 95% CI: 0.6;8.3) (Table 5). The SGA group had higher systematic errors with the non-preferred hand than the preferred hand in both the visual (mean difference in mm: 3.0; 95% CI: 0.4;5.5) and the proprioceptive condition (mean difference in mm: 4.6; 95% CI: 0.9;8.2) (Table 5).

When we excluded subjects with CP and low IQ_{est}, the difference between hands in the VLBW group in the proprioceptive condition was no longer statistically significant. In the SGA group the results were unchanged (data not shown).

3.3. Random errors

Mean random errors were higher in the VLBW group compared with the reference group using both the preferred

and the non-preferred hand in the visual condition, and the non-preferred hand in the proprioceptive condition (Table 6). There were no differences in mean random errors between the SGA and the reference group.

When we excluded subjects with CP and low IQ_{est}, the mean random error for the preferred hand using vision remained higher in the VLBW group compared with the reference group, while the differences with the non-preferred hand using vision and proprioception disappeared.

There were no differences in mean random errors between the preferred and the non-preferred hand in either condition in any of the groups (data not shown).

3.4. Directional errors

The VLBW group pointed more to the left with their preferred hand in the visual condition compared with the reference group ($p = 0.04$). This difference disappeared when we excluded subjects with CP and low IQ_{est} (data not shown).

There were no significant differences in the vertical direction (over/undershots) between any of the low birth weight groups and the reference group (data not shown).

Table 3 Results of the manual matching task: Mean absolute error (geometric mean with 95% confidence intervals) in two groups of low birth weight adolescents and a non-SGA reference group

| Condition | VLBW | | SGA | Reference group |
|-----------------------------------|---|---|----------------------------|----------------------------|
| | Including cases with CP/low IQ _{est} | Excluding cases with CP/low IQ _{est} | | |
| | (n=53) | (n=40) | | |
| | Mean [†] (95% CI) | Mean [†] (95% CI) | Mean [†] (95% CI) | Mean [†] (95% CI) |
| Visual preferred hand | 16.9 (15.0;19.1) | 16.4 (14.4;18.6) | 14.3 (12.6;16.3) | 15.0 (13.7;16.4) |
| Visual non-preferred hand | 17.1 (15.0;19.5) [§] | 15.8 (13.8;18.1) | 16.9 (15.0;19.1) | 14.8 (13.5;16.3) |
| Proprioceptive preferred hand | 22.3 (19.7;25.2) | 20.4 (17.9;23.3) | 20.8 (18.7;23.1) | 21.7 (19.6;24.0) |
| Proprioceptive non-preferred hand | 25.7 (22.3;29.5)* | 23.6 (20.6;27.1) | 24.2 (21.5;27.2) | 21.5 (19.5;23.7) |

[†]Geometric mean (mm).

* $p < 0.05$ vs. the non-SGA reference group (Student's *t*-test).

[§] $0.05 \leq p \leq 0.07$ vs. the non-SGA reference group (Student's *t*-test).

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

CP = Cerebral Palsy.

IQ_{est} = Estimated Intelligence Quotient.

Table 4 Results of the manual matching task: *Systematic error* (geometric mean with 95% confidence intervals) in two groups of low birth weight adolescents and a non-SGA reference group

| Condition | VLBW | | SGA | Reference group |
|-----------------------------------|---|---|------------------|------------------|
| | Including cases with CP/low IQ _{est} | Excluding cases with CP/low IQ _{est} | | |
| | (n = 53) Mean [†] (95% CI) | (n = 40) Mean [†] (95% CI) | | |
| Visual preferred hand | 13.1 (10.8;15.9) | 12.3 (9.8;15.3) | 10.4 (8.5;12.8) | 11.8 (10.2;13.5) |
| Visual non-preferred hand | 13.7 (11.6;16.1) | 12.7 (10.6;15.1) | 13.7 (11.5;16.3) | 11.6 (10.2;13.2) |
| Proprioceptive preferred hand | 16.7 (13.6;20.5) | 14.6 (11.4;18.7) | 15.2 (12.7;18.1) | 16.2 (13.8;19.1) |
| Proprioceptive non-preferred hand | 18.9 (15.1;23.7) | 16.8 (13.1;21.7) | 18.7 (15.2;23.0) | 16.8 (14.6;19.4) |

[†]Geometric mean (mm).

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

CP = Cerebral Palsy.

IQ_{est} = Estimated Intelligence Quotient.

3.5. Gender differences

When stratified by gender, the differences in mean absolute and systematic error between hands were essentially the same in the VLBW group (Table 7). Also, the higher mean random errors with the preferred and the non-preferred hand using vision compared with the reference group were essentially the same for boys and girls, although only significant for VLBW boys with the preferred hand compared with reference boys ($p=0.03$). However, VLBW boys had higher mean random error with the preferred hand also in the proprioceptive condition ($p=0.02$). The results were unchanged when we excluded subjects with CP and low IQ_{est} (data not shown).

In the SGA group, the difference in mean absolute error and systematic error between the non-preferred and the preferred hand in the visual condition was mainly found in boys (Table 7). In the proprioceptive condition, the difference between hands was mainly due to a difference in mean absolute error and systematic error in girls. These results remained unchanged when we excluded subjects with CP and low IQ_{est} (data not shown).

4. Discussion

In this study, we found that VLBW adolescents performed poorer in inter- and intra-modal matching compared with a reference group. However, the results were mainly

Table 5 Results of the manual matching task: Difference between the non-preferred and the preferred hand in *mean absolute error* and *systematic error* with 95% confidence intervals in two groups of low birth weight adolescents and a non-SGA reference group

| Condition | VLBW | | SGA | Reference group |
|--|---|---|----------------|-----------------|
| | Including cases with CP/low IQ _{est} | Excluding cases with CP/low IQ _{est} | | |
| | (n = 53) Mean (95% CI) | (n = 40) Mean (95% CI) | | |
| Difference between visual non-preferred and preferred hand in mean absolute error (mm) | 0.5 (-2.3;3.2) | -0.6 (-3.2;2.0) | 2.6 (0.2;4.9)* | -0.2 (-1.8;1.4) |
| Difference between proprioceptive non-preferred and preferred hand in mean absolute error (mm) | 5.1 (1.2;8.9)* | 3.9 (-0.1;7.9) [§] | 4.0 (0.9;7.1)* | -0.5 (-3.3;2.4) |
| Difference between visual non-preferred and preferred hand in systematic error (mm) | 0.3 (-2.5;3.1) | -0.4 (-3.2;2.4) | 3.0 (0.4;5.5)* | -0.4 (-2.3;1.4) |
| Difference between proprioceptive non-preferred and preferred hand in systematic error (mm) | 4.4 (0.6;8.3)* | 3.6 (-1.0;8.2) | 4.6 (0.9;8.2)* | -0.2 (-3.5;3.1) |

* $p < 0.05$ (paired t -test).

[§] $0.05 \leq p \leq 0.07$ (paired t -test).

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

CP = Cerebral Palsy.

IQ_{est} = Estimated Intelligence Quotient.

Table 6 Results of the manual matching task: Mean random error (geometric mean with 95% confidence intervals) in two groups of low birth weight adolescents and a non-SGA reference group

| Condition | VLBW | | SGA | Reference group |
|-----------------------------------|---|---|--|--|
| | Including cases with CP/low IQ _{est} | Excluding cases with CP/low IQ _{est} | | |
| | (n = 53) Mean [†] (95% CI) | (n = 40) Mean [†] (95% CI) | (n = 59) Mean [†] (95% CI) | (n = 82) Mean [†] (95% CI) |
| Visual preferred hand | 9.4 (8.6;10.3)* | 9.3 (8.4;10.3)* | 8.2 (7.4;9.1) | 8.0 (7.4;8.7) |
| Visual non-preferred hand | 9.6 (8.6;10.8)* | 8.9 (7.8;10.1) | 8.5 (7.6;9.5) | 8.3 (7.5;9.1) |
| Proprioceptive preferred hand | 12.8 (11.4;14.2) | 11.9 (10.7;13.2) | 12.0 (10.9;13.1) | 11.9 (11.0;12.9) |
| Proprioceptive non-preferred hand | 14.1 (12.7;15.7)* | 13.3 (12.2;14.5) | 12.7 (11.4;14.2) | 12.1 (11.2;13.1) |

[†]Geometric mean (mm).

* $p < 0.05$ vs. the non-SGA reference group (Student's *t*-test).

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

CP = Cerebral Palsy.

IQ_{est} = Estimated Intelligence Quotient.

explained by a higher number of adolescents with CP and low IQ_{est} in the VLBW group. SGA adolescents showed poorer performance with their non-preferred hand compared with their preferred hand in both inter- and intra-modal matching, whereas adolescents in the reference group and VLBW adolescents with normal IQ_{est} and without CP performed equally well with both hands. We are not aware of other studies that have used the manual matching task in low birth weight populations.

The 10th centile definition of SGA is crude, and a certain proportion of normal small infants could have been classified as SGA, whereas some infants who may have been growth retarded in utero, could have been classified as belonging to the reference group. This may have contributed to an underestimation of potential differences between SGA and

reference adolescents. The VLBW adolescents were classified according to a birth weight ≤ 1500 g. In the VLBW group, 36% were born SGA. However, there were no differences in inter- and intra-modal matching between SGA and non-SGA VLBW adolescents, and we have therefore chosen to treat them as one group, as a contrast to the adolescents born at term.

The reason why 76 adolescents (28%) did not want to participate in this study is not known. We found, however, no significant differences in key variables between mothers and children who participated and those who did not consent to participate. It is therefore unlikely that the results are due to selection bias.

The examiner was blinded to the adolescents' group assignment, thus, it is unlikely that there is information bias.

Table 7 Results of the manual matching task by gender: Difference between the non-preferred and the preferred hand in mean absolute error and systematic error with 95% confidence intervals in two groups of low birth weight adolescents and a non-SGA reference group

| Group | Difference between hands in mean absolute error visual condition (mm) | Difference between hands in mean absolute error proprioceptive condition (mm) | Difference between hands in systematic error visual condition (mm) | Difference between hands in systematic error proprioceptive condition (mm) |
|------------------------|---|---|--|--|
| | Mean (95% CI) | Mean (95% CI) | Mean (95% CI) | Mean (95% CI) |
| VLBW | | | | |
| Boys (n=29) | 0.8 (-3.6;5.3) | 5.6 (-0.5;11.7) [§] | 0.5 (-4.0;5.1) | 3.8 (-2.1;9.7) |
| Girls (n=24) | 0.03 (-3.1;3.2) | 4.5 (-0.3;9.2) [§] | -0.01 (-3.4;3.4) | 5.2 (-0.02;10.4) [§] |
| SGA | | | | |
| Boys (n=27) | 4.2 (0.4;8.0)* | 0.8 (-4.4;6.1) | 4.9 (1.0;8.8)* | 2.0 (-4.2;8.2) |
| Girls (n=32) | 1.2 (-2.0;4.3) | 6.7 (2.9;10.4)** | 1.4 (-2.1;4.8) | 6.8 (2.3;11.2)** |
| Reference group | | | | |
| Boys (n=35) | 0.03 (-2.2; 2.3) | 2.3 (-2.7; 7.3) | -0.4 (-3.1;2.3) | 3.3 (-2.7;9.3) |
| Girls (n=47) | -0.3 (-2.7; 2.0) | -2.6 (-5.9; 0.8) | -0.4 (-3.1;2.2) | -2.8 (-6.4;0.9) |

* $p < 0.05$, ** $p < 0.01$ (paired *t*-test).

[§] $0.05 \leq p \leq 0.07$ (paired *t*-test).

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

The only finding in the inter-modal matching condition (i.e. matching of vision and proprioception) was higher random errors in the VLBW group, which may imply a slight deficit in the transfer between visual input and motor output, leading to less precise matching. This may be consistent with the finding of reduced visuo-motor integration in VLBW children [5,14–20].

In the intra-modal matching condition (i.e. matching of the proprioceptive space of one hand with the proprioceptive space of the other), the VLBW group demonstrated poorer performance with the non-preferred hand than the reference group in terms of higher mean absolute and random errors. However, these results were no longer statistically significant when we excluded subjects with CP and low IQ_{est}.

Power analyses suggested that we were able to detect differences of approximately 5 mm between groups in both conditions. Smaller differences may be biologically interesting, but are less likely to be of major clinical importance. Compared with other known impairments in VLBW populations, both in motor abilities [1–10] and in visuo-motor integration [5,14–20], it may be somewhat surprising that the VLBW adolescents did not differ more from adolescents born at term on these tasks. This could suggest that the regions of the brain concerned with manual matching tasks are preserved in VLBW adolescents. One may also speculate whether other parts of the brain have adjusted their capacity in order to process such information adequately [43].

However, we discovered a difference in performance between hands in both the VLBW and the SGA group, but not in the reference group. The VLBW group had poorer performances with their non-preferred hand compared with their preferred hand in the intra-modal matching condition, reflected by higher mean absolute error and systematic error. There were no gender differences in this group, and the differences between hands disappeared when we excluded subjects with CP and low IQ_{est}.

The SGA group had poorer performances with their non-preferred hand compared with their preferred hand in both inter- and intra-modal matching conditions (mean absolute error and systematic error), and these differences remained significant when we excluded subjects with CP and low IQ_{est}. The gender differences in the SGA group were striking; the boys seem to have poorer inter-modal matching with the non-preferred hand, which may imply a deficit in visual input and/or motor output in this hand. This may be in accordance with their poor manual dexterity on the Movement ABC [10]. For the SGA girls, the difference between hands seemed to manifest itself only in the intra-modal matching condition.

Asymmetrical performances have also been found in studies on other groups of children with motor problems [22–24,44]. Sigmundsson and Whiting [24] argue that these findings could be accounted for by insufficiency within the hemisphere controlling the non-preferred hand, with or without a dysfunctional corpus callosum. Our finding that this asymmetry was more evident in the SGA than in the VLBW group, may suggest a specific effect of intrauterine growth retardation. The reason why the asymmetry manifested itself differently in boys and girls cannot be answered in this study.

5. Conclusion

VLBW adolescents with normal IQ_{est} and without CP do not seem to have major problems in inter- and intra-modal matching as assessed by the manual matching task. However, SGA adolescents performed poorer with their non-preferred than their preferred hand both in inter- and intra-modal matching. This asymmetry may be a part of the complex aetiology of motor problems in this group, and may be a specific effect of intrauterine growth retardation.

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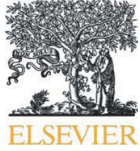
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Paper IV



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Predictive value of early motor evaluation in preterm very low birth weight and term small for gestational age children

Kari Anne I. Evensen^{a,b,*}, Jon Skranes^{a,c}, Ann-Mari Brubakk^{a,c}, Torstein Vik^a

^a Department of Laboratory Medicine, Children's and Women's Health, Faculty of Medicine, Norwegian University of Science and Technology, Trondheim, Norway

^b Department of Physical Medicine and Rehabilitation, St. Olav's University Hospital, Trondheim, Norway

^c Department of Pediatrics, St. Olav's University Hospital, Trondheim, Norway

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ABSTRACT

Background: Motor problems are common in children born preterm or small for gestational age.

Aim: To study the predictive value of early motor assessments for later motor skills.

Subjects: Twenty-eight children born preterm with very low birth weight (VLBW: birth weight ≤ 1500 g), 57 children born small for gestational age (SGA: birth weight < 10 th centile) at term and 77 term-born controls with normal birth weight.

Methods: The psychomotor development index (PDI) of the Bayley Scales of Infant Development was used as a measure of motor skills at age one, the Peabody Developmental Motor Scales (PDMS) at age five and the Movement Assessment Battery for Children (Movement ABC) at age 14. Low/borderline low scores were defined as $< -2SD / -1SD$ (PDI) or < 5 th/15th centile (PDMS; Movement ABC).

Results: In the VLBW group, motor problems in adolescence were identified both by low PDI (sensitivity: 0.80; 95%CI:0.38–0.96) and PDMS scores (sensitivity: 0.83; 95%CI:0.44–0.97). In the SGA and the control group sensitivity was poor for low PDI and moderate for low PDMS scores. However, in the SGA group, sensitivity increased when borderline low PDMS scores were used as cut-off (sensitivity: 0.75; 95%CI:0.41–0.93). Specificity of PDI and PDMS was high in all three groups.

Conclusions: Both PDI and PDMS may be valuable tools for early identification of motor problems in VLBW children, whereas PDMS best predicted motor problems in the two other groups. In all three groups, a normal motor examination at 1 and 5 years was highly predictive of normal motor skills at age 14.

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1. Introduction

Very low birth weight (VLBW) children have an increased risk for delayed motor development during the first year of life [1–4], often developing into more established motor problems at preschool [5–8] and school age [9–13]. Furthermore, these children do not seem to grow out of their motor problems as they enter adolescence [14–16].

In contrast, results of studies in children born small for gestational age (SGA) at term are less clear. Whereas some authors have reported motor delay at some stages in infancy [17,18] and a higher prevalence of motor problems in young children [19] and adolescents [15], other studies do not support these findings [20–23].

Early identification of children with motor impairments is important in order to provide support and intervention for the child

(and parents) as early as possible. Optimal treatment for motor problems may reduce academic and psychosocial problems [24].

Accurate tools for measuring motor development are central in identification, classification and diagnosis of motor deficiencies [25,26], and a number of tests have been developed in order to evaluate motor behaviour and motor skills in infants and children [27–37]. Among these, the Motor Scale of the Bayley Scales of Infant Development (BSID), the Peabody Developmental Motor Scales (PDMS) and the Movement Assessment Battery for Children (Movement ABC) are all commonly used tests both in clinical work and in scientific studies [38–40]. The BSID and the PDMS are cumulative scales testing young children up to their ceiling level of motor performance [28,29]. The Movement ABC is one of the few tests that can be used for older children and is more specifically designed to identify children with motor problems, without focusing especially on their maximum performance [31].

Several studies have used BSID [1–4,41–43], PDMS [42,44–46] and Movement ABC [5,6,8,12,14,47] to evaluate motor skills in low birth weight populations. However, we have not been able to identify studies who have examined the predictive value of early motor evaluation with respect to long-term motor outcome in adolescence.

* Corresponding author. Department of Laboratory Medicine, Children's and Women's Health, Faculty of Medicine, Norwegian University of Science and Technology, N-7489 Trondheim, Norway. Tel.: +47 7257 4660; fax: +47 7386 7708.

E-mail address: karianne.i.evensen@ntnu.no (K.A.I. Evensen).

In a follow-up study of 14 year old adolescents we have previously reported a high prevalence of motor problems in VLBW children, whereas children born SGA at term in particular had increased risk for poor manual dexterity [15]. Most of the adolescents also had their motor skills assessed by BSID at 1 year of age and by PDMS at 5 years of age.

The aim of the present study was to examine the predictive value of motor assessments performed at an early age in these populations.

2. Methods

2.1. Study design

In this study we used data from a previously reported follow-up study of three groups of children born during 1986–88 [15,48,49]. One group comprised children born prematurely with very low birth weight (VLBW; birth weight ≤ 1500 g), the second consisted of children born at term with low weight/small for gestational age (SGA; birth weight < 10 th centile adjusted for gestational age, sex and parity), while the third group comprised control children born at term with a birth weight ≥ 10 th centile.

The VLBW children were admitted after birth to the Neonatal Intensive Care Unit (NICU) of St. Olav's University Hospital in Trondheim, Norway, but only those born in 1988 were originally invited to participate in the one and five year follow-up [48]. The SGA and control children were born in 1986–88 to mothers who had been enrolled before week 20 of pregnancy in a multicenter study on causes and consequences of intrauterine growth retardation [49]. A 10% random sample of women was selected for follow-up during pregnancy, and at birth all children born to mothers in the random sample and all the SGA children were included for follow-up.

Motor examinations were performed at 1, 5 and 14 years of age. Between 70 and 80% of the children met for each examination, however, not every child was examined at all three examinations. Since our main objective was to study the predictive value of motor examination performed at 1 and 5 years of age, we chose to use all available data. The principal analyses were therefore done for participants who met at 1 and 14 years of age and for children who met at 5 and 14 years of age separately. Thus, the number of participants is not identical in the two comparisons. In addition, we also restricted the analyses to children who met for all three examinations in order to examine changes in classifications throughout the years.

2.2. Study groups

2.2.1. VLBW group

Fifty-one children with a birth weight ≤ 1500 g were admitted to the NICU of St. Olav's University Hospital in Trondheim (the referral hospital) in 1988. Eleven of these children died during the neonatal period and one child with trisomy 21 was excluded. At 1 year (corrected age), eight children had moved. Among the remaining 31 VLBW children, a successful motor examination was obtained in 28. At 14 years of age, five of these did not consent, leaving 23 VLBW children (12 boys, 11 girls) with motor assessments at 1 and 14 years of age.

At 5 years of age, five additional children born in 1987 were also invited to participate. From the original cohort, nine children had moved and six did not consent. Thus, 29 VLBW children were examined, with complete test results in 28. At 14 years of age, three children did not consent, leaving 25 children (16 boys, 9 girls) with assessments at 5 and 14 years of age.

Two of the children (boys) participating at 1, 5 and 14 years of age had cerebral palsy (CP) of spastic diplegic type of functional level II according to the Gross Motor Function Classification System (GMFCS) (walking independently, but with limitations on uneven surfaces or on inclines) [50].

2.2.2. SGA group

Of 1200 eligible women, 104 (9%) gave birth to a SGA child, defined by a birth weight < 10 th centile, adjusted for gestational age, sex and parity. One child had a congenital malformation (oesophageal atresia) and was excluded. At 1 year of age, three children had moved and 28 were not able or willing to participate. Thus, 72 children were examined. At follow-up at 14 years, further five children had moved and 22 children did not consent, leaving 45 SGA children (19 boys, 26 girls) with assessments at 1 and 14 years of age.

At 5 years of age, eight had moved and 17 were not able or willing to participate. Thus, 78 SGA children were examined, and complete test results were obtained in 77. At 14 years, three of these had moved and 25 did not consent, leaving 49 SGA children (22 boys, 27 girls) with assessments at 5 and 14 years of age.

One of the participating boys had spastic diplegic CP of GMFCS level II.

2.2.3. Control group

The control group comprised 120 children with birth weight ≥ 10 th centile for gestational age, born at term (i.e. between 37 and 42 weeks gestation) to mothers in the 10% random sample of the 1200 participants. Two children with congenital malformations (Goldenhar syndrome and urinary tract malformation) were excluded.

At 1 year of age, three children had moved and 18 were not able or willing to participate. Thus, 97 control children were examined. Of these, further seven had moved and 19 did not consent at 14 years, leaving 71 children in the control group (32 boys, 39 girls) with assessments at 1 and 14 years of age.

At 5 years, eight children had moved and 14 did not consent. Thus, 96 controls were examined. At 14 years, further five children had moved and 18 did not consent, leaving 73 control children (34 boys, 39 girls) with assessments at 5 and 14 years of age.

2.2.4. Non-participants

Among the children examined at an early age (i.e. eligible for this study) there were no differences in maternal age, duration of pregnancy, birth weight, head circumference or Apgar scores after 1 and 5 min between those who participated, and those who did not consent at 14 years of age, in any of the groups. In the VLBW group, prevalence of intraventricular hemorrhage (IVH) and length of stay in NICU did not differ significantly, but non-participants had more days on mechanical ventilator compared with participants ($p = 0.02$). There was a non-significantly higher proportion of non-participating children with low motor scores at age one in the VLBW group (40%) and at age five in the SGA (36%) and the control group (17%) compared with participants (Tables 3 and 5).

2.3. Methods

2.3.1. Bayley scales of infant development (BSID)

At age one, all children were examined by one test technician with the Bayley Scales of Infant Development (BSID) [28], which measures both mental and motor development in children from 0.1 to 30 months of age. In this study we used the results obtained from the motor scale, which consists of maximum 81 items. The motor scale of the BSID at this age involves activities common in children's daily life including standing up, standing, walking, throwing a ball etc. The children were tested from their basal level up to their ceiling level and raw scores (i.e. the total number of items the child has passed including all items below the basal level) on the motor scale were converted to age-adjusted standard scores; the psychomotor development index (PDI), ranging from 50 to 150 (which corresponds to ± 3 SD for the standardisation sample).

According to the manual, we defined low scores ('abnormal') as a PDI more than two standard deviations (SD) below the mean of all children in the control group ($n = 97$), corresponding to a PDI < 86 . We defined borderline low scores as a PDI < 1 SD, corresponding to a PDI < 98 .

2.3.2. Peabody developmental motor scales (PDMS)

At age five, motor skills were assessed by one paediatrician (JS) with the eye-hand coordination (fine motor, scale C), balance (gross motor, scale B) and locomotor (gross motor, scale D) subscales of the Peabody Developmental Motor Scales (PDMS) [29]. The eye-hand coordination scale consists of items such as copying various designs using wooden blocks, cutting with scissors and drawing. The balance scale includes both static balance (such as standing on one foot) and dynamic balance (walking on a wooden beam on the floor). The locomotor scale consists of jumping, hopping, skipping, galloping and rolling forward. Each item was scored in agreement with the manual: 0 = cannot perform item, 1 = clear resemblance to correct performance and 2 = correct performance, giving a maximal cumulative raw score of 86 for eye-hand coordination, 66 for balance and 116 for locomotor.

We defined low scores ('abnormal') as at least one of the three subscales <5th centile [20] in our control group ($n = 96$), corresponding to a cumulative raw score of 75 for eye-hand coordination, 51 for balance and 90 for locomotion. Borderline low scores were defined as at least one of the three subscales <15th centile (77 for eye-hand coordination, 54 for balance and 100 for locomotor).

2.3.3. Movement assessment battery for children (Movement ABC)

At age 14, the children were tested with the Movement Assessment Battery for Children (Movement ABC) [31] by one physiotherapist (KAIE) who was blinded to group adherence and to the previous test results. The Movement ABC consists of eight items grouped as three subscores: Manual dexterity (three items), ball skills (two items) and static/dynamic balance (three items). Each item is scored between zero (optimal score) and five, giving a total ABC score ranging from zero to 40. According to the manual, scores <5th centile indicate definite motor problems [31]. We used the highest age band, designed for 11 to 12 year old children. Since the study population was examined at 14 years of age, we used the 5th centile derived from all the children in the control group who met for motor assessment ($n = 81$). This corresponded to a total ABC score of 14, well in accordance with the 5th centile in the manual.

Manual dexterity score was missing for one control due to a recent hand cast and static/dynamic balance score was missing for one VLBW subject due to an ankle sprain. Thus, total ABC scores were missing for these two children.

2.3.4. Ethics

The study was approved by the Ethical committee for medical research in Mid-Norway. Written informed consent was obtained from the children and their parents.

2.3.5. Statistical analysis

SPSS 15.0 was used for data analyses. Two-sided p -values less than 5% were considered statistically significant. The Mann Whitney U -test was used to analyse differences in ordinal or scalar variables. The Pearson's chi-square test or Fisher's exact test was used to analyse differences in proportions between groups. Receiver-operating characteristics curves

Table 1

Birth weight, head circumference, gestational age and Apgar scores in preterm VLBW, term SGA and control children who were examined at 1 and 14 and/or 5 and 14 years of age.

| | VLBW ($n = 28$) | | SGA ($n = 57$) | | Control ($n = 77$) | |
|-------------------------|-------------------|-------|------------------|-------|----------------------|-------|
| | Mean | (SD) | Mean | (SD) | Mean | (SD) |
| Birth weight (grams) | 1187 | (210) | 2919 | (212) | 3720 | (454) |
| Head circumference (cm) | 26.8 | (2.6) | 33.8 | (1.2) | 35.4 | (1.1) |
| Gestational age (weeks) | 28.7 | (2.5) | 39.5 | (1.1) | 39.7 | (1.2) |
| Apgar score 1 min | 6.8 | (2.3) | 8.8 | (1.1) | 8.9 | (0.3) |
| Apgar score 5 min | 8.4 | (1.4) | 9.8 | (1.3) | 9.8 | (1.0) |

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

Table 2

Mean values and standard deviations (SD) of the Psychomotor Development Index (PDI) of the Bayley Scales of Infant Development at age one, the Peabody Developmental Motor Scales (PDMS) at age five and the Movement ABC at age 14 in preterm VLBW, term SGA and control children.

| | VLBW | | SGA | | Control | |
|---------------------------------|-------|--------|-------|--------|---------|--------|
| | Mean | (SD) | Mean | (SD) | Mean | (SD) |
| PDI at age one | | | | | | |
| Number of children ^a | 23 | | 45 | | 71 | |
| Corrected age in months | 12.3 | (0.3) | 13.3 | (0.6) | 13.3 | (0.6) |
| PDI | 100.3 | (17.5) | 104.6 | (13.0) | 108.9 | (12.0) |
| PDMS at age five | | | | | | |
| Number of children ^b | 25 | | 49 | | 73 | |
| Age in years | 5.8 | (0.3) | 5.3 | (0.3) | 5.3 | (0.3) |
| Eye/hand coordination | 79.0 | (5.6) | 79.1 | (5.3) | 80.7 | (3.3) |
| Balance | 56.8 | (5.4) | 58.7 | (4.8) | 59.1 | (4.3) |
| Locomotor | 100.6 | (11.5) | 105.2 | (8.1) | 105.9 | (5.4) |
| Movement ABC at age 14 | | | | | | |
| Number of children ^c | 28 | | 57 | | 77 | |
| Age in years | 13.9 | (0.2) | 14.2 | (0.3) | 14.2 | (0.3) |
| Manual dexterity | 2.5 | (3.2) | 2.1 | (3.1) | 1.2 | (1.6) |
| Ball skills | 2.7 | (2.6) | 1.3 | (1.5) | 1.6 | (1.9) |
| Static/dynamic balance | 5.0 | (4.4) | 3.7 | (3.0) | 3.4 | (2.8) |
| Total ABC score | 10.3 | (8.8) | 7.1 | (5.5) | 6.2 | (4.2) |

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

^a Children who were examined at 1 and 14 years of age.

^b Children who were examined at 5 and 14 years of age.

^c Total number included in the study (i.e. children who were examined at 1 and 14 and/or 5 and 14 years of age).

(ROC curves) were used to calculate area under the curve (AUC) as an estimate of diagnostic accuracy of the PDI and the PDMS with respect to outcome on the Movement ABC. Where appropriate, 95% confidence intervals (CI) are given. For proportions, these were calculated using Wilson's method, as recommended by Altman [51].

3. Results

3.1. Background

Table 1 shows some clinical characteristics of the participating children. The VLBW group had median 1 day (range: 0–35) on mechanical ventilator and length of stay in NICU was median 64 days (range: 1–386). There were two VLBW children with IVH grade 1.

Table 2 shows the results of the motor tests for all children included in this study.

3.2. Children with examinations at 1 and 14 years of age

In the VLBW group, ROC curve analyses indicated that 92% of the children were correctly classified by the PDI into those with and those without motor problems at age 14 (AUC: 0.92; CI: 0.78–1.0). In the

Table 3

Proportion of children with a low Psychomotor Development Index (PDI <2SD) of the Bayley Scales of Infant Development at age one and Movement ABC scores <5th centile at age 14 in preterm VLBW, term SGA and control children.

| | VLBW ($n = 23$) | | SGA ($n = 45$) | | Control ($n = 71$) | |
|-------------------------------------|-------------------|--------|------------------|--------|----------------------|-------|
| | n | (%) | n | (%) | n | (%) |
| PDI | 4 | (17.4) | 4 | (8.9) | 3 | (4.2) |
| Manual dexterity ^a | 4 | (17.4) | 10 | (22.2) | 3 | (4.3) |
| Ball skills | 4 | (17.4) | 0 | (0) | 3 | (4.2) |
| Static/dynamic balance ^b | 4 | (18.2) | 6 | (13.3) | 3 | (4.2) |
| Total ABC ^c | 5 | (22.7) | 8 | (17.8) | 2 | (2.9) |

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

^a One control had missing data on Manual dexterity.

^b One VLBW had missing data on Static/dynamic balance.

^c These two children therefore had missing data on Total ABC.

Table 4

Sensitivity, specificity, positive and negative predictive value with 95% confidence interval of a low Psychomotor Development Index (PDI <2SD) of the Bayley Scales of Infant Development at age one in order to predict motor problems (Movement ABC scores <5th centile) at age 14 in preterm VLBW, term SGA and control children.

| PDI <2SD | Sensitivity | (95% CI) | Specificity | (95% CI) | PPV | (95% CI) | NPV | (95% CI) |
|-------------------------------------|--------------|-------------|-------------|-------------|--------------|-------------|------|-------------|
| Total ABC <5th centile | | | | | | | | |
| VLBW | 0.80 | (0.38–0.96) | 1.0 | (0.82–1.0) | 1.0 | (0.51–1.0) | 0.94 | (0.74–0.99) |
| SGA | 0.13 | (0.02–0.47) | 0.92 | (0.79–0.97) | 0.25 | (0.05–0.70) | 0.83 | (0.69–0.91) |
| Control | 0.0 | (0.0–0.66) | 0.97 | (0.90–0.99) | 0.0 | (0.0–0.66) | 0.97 | (0.90–0.99) |
| Manual dexterity <5th centile | | | | | | | | |
| VLBW | 1.0 | (0.51–1.0) | 1.0 | (0.83–1.0) | 1.0 | (0.51–1.0) | 1.0 | (0.83–1.0) |
| SGA | 0.10 | (0.02–0.40) | 0.91 | (0.78–0.97) | 0.25 | (0.05–0.70) | 0.78 | (0.63–0.88) |
| Control | 0.0 | (0.0–0.56) | 0.97 | (0.90–0.99) | 0.0 | (0.0–0.66) | 0.96 | (0.88–0.98) |
| Ball skills <5th centile | | | | | | | | |
| VLBW | 0.25 | (0.05–0.70) | 0.84 | (0.62–0.94) | 0.25 | (0.05–0.70) | 0.84 | (0.62–0.94) |
| SGA | ^a | | 0.91 | (0.79–0.96) | ^a | | 1.0 | (0.91–1.0) |
| Control | 0.0 | (0.0–0.56) | 0.96 | (0.88–0.98) | 0.0 | (0.0–0.56) | 0.96 | (0.88–0.98) |
| Static/dynamic balance <5th centile | | | | | | | | |
| VLBW | 0.75 | (0.30–0.95) | 0.94 | (0.74–0.99) | 0.75 | (0.30–0.95) | 0.94 | (0.74–0.99) |
| SGA | 0.0 | (0.0–0.39) | 0.90 | (0.76–0.96) | 0.0 | (0.0–0.49) | 0.85 | (0.72–0.93) |
| Control | 0.0 | (0.0–0.56) | 0.96 | (0.88–0.98) | 0.0 | (0.0–0.56) | 0.96 | (0.88–0.98) |

PPV = Positive Predictive Value.

NPV = Negative Predictive Value.

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

^a Sensitivity and PPV cannot be calculated because no children in the SGA group scored <5th centile on Ball skills.

SGA group, the AUC was 0.73 (CI: 0.57–0.90), whereas in the control group AUC was 0.70 (CI: 0.58–0.82).

The proportions of children with low scores among those who were examined at 1 and 14 years of age are shown in Table 3, while Table 4 shows sensitivity, specificity, positive and negative predictive value of a low PDI in predicting motor problems at age 14. A low PDI correctly identified four of five VLBW children with later motor problems, two of whom had CP, while all children with a normal ABC score at 14 years of age had a normal PDI at 1 year of age.

In the SGA group, a low PDI identified only one of eight SGA children with later motor problems, resulting in poor sensitivity and low positive predictive value (Table 4). The one child identified had spastic diplegic CP.

In the control group, a low PDI at 1 year did not identify the two children with motor problems at age 14. However, specificity was high both in the SGA and the control group (Table 4).

Table 4 also shows the results for the different subscores on the Movement ABC. Manual dexterity was best predicted by a low PDI in the VLBW group, while in the SGA group the diagnostic efficiency measures were essentially the same for all subscores of the Movement ABC (Table 4).

3.3. Children with examinations at 5 and 14 years of age

The AUC for the three PDMS subscales in the VLBW group was 0.75 (CI: 0.47–1.0) for eye-hand coordination, 0.89 (CI: 0.70–1.0) for balance and 0.86 (CI: 0.61–1.0) for locomotor.

In the SGA group, the AUC for the three PDMS subscales at age five was slightly lower than in the VLBW group. For eye-hand coordination it was 0.74 (CI: 0.56–0.91), for balance 0.86 (CI: 0.73–1.0) and for locomotor 0.81 (CI: 0.61–1.0).

In the control group, AUC was 0.84 (CI: 0.73–0.94) for eye-hand coordination, 0.90 (CI: 0.76–1.0) for balance and 0.65 (CI: 0.35–0.95) for locomotor.

Table 5 shows the proportions of children with low scores at 5 and 14 years of age, while Table 6 shows sensitivity, specificity, positive and negative predictive values of a low PDMS score in predicting motor problems at age 14. In the VLBW group, a low PDMS score identified five of six children with motor problems at age 14, two of whom had CP.

In the SGA group, a low PDMS score identified four of eight children who had motor problems at age 14, including the one child with CP.

In the control group, a low PDMS score correctly identified one of the two subjects with motor problems at 14 years of age.

Again, specificity was high in all three groups (Table 6), indicating that most children without motor problems at age 14 had normal scores at age five.

Table 6 also shows the results of the different subscores on the Movement ABC. Again, manual dexterity problems were best predicted by a low PDMS score in the VLBW group, but now also in the SGA group, while static/dynamic balance was best predicted in the control group.

3.4. Children with borderline low scores at 1 and 5 years

Using borderline low PDI or PDMS as cut-offs resulted in better sensitivity for both the PDI (0.50; CI: 0.22–0.78) and the PDMS (0.75; CI: 0.41–0.93) for later motor problems in the SGA group, while sensitivity was unchanged in the VLBW and the control group. However, specificity was lower in all three groups (data not shown).

Regarding the Movement ABC subscores, sensitivity was unchanged in the VLBW group, whereas a borderline low PDMS score identified seven of eight SGA children with manual dexterity problems (sensitivity: 0.88; CI: 0.53–0.98) and four of six SGA children with static/dynamic balance problems (sensitivity: 0.67; CI: 0.30–0.90) at age 14.

Table 5

Proportion of children with low scores (<5th centile) on each of the three subscales of the Peabody Developmental Motor Scales (PDMS) and on at least one of three PDMS subscales at age five and Movement ABC scores <5th centile at age 14 in preterm VLBW, term SGA and control children.

| | VLBW (n=25) | | SGA (n=49) | | Control (n=73) | |
|-------------------------------------|-------------|--------|------------|--------|----------------|-------|
| | n | (%) | n | (%) | n | (%) |
| Eye/hand coordination | 6 | (24.0) | 8 | (16.3) | 1 | (1.4) |
| Balance | 3 | (12.0) | 2 | (4.1) | 2 | (2.7) |
| Locomotor | 5 | (20.0) | 4 | (8.2) | 1 | (1.4) |
| PDMS | 8 | (32.0) | 9 | (18.4) | 4 | (5.5) |
| Manual dexterity ^a | 5 | (20.0) | 8 | (16.3) | 3 | (4.2) |
| Ball skills | 4 | (16.0) | 0 | (0) | 2 | (2.7) |
| Static/dynamic balance ^b | 5 | (20.8) | 6 | (12.2) | 3 | (4.1) |
| Total ABC ^c | 6 | (25.0) | 8 | (16.3) | 2 | (2.8) |

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

^a One control had missing data on Manual dexterity.

^b One VLBW had missing data on Static/dynamic balance.

^c These two children therefore had missing data on Total ABC.

Table 6

Sensitivity, specificity, positive and negative predictive value with 95% confidence interval of a low score on the Peabody Developmental Motor Scales at age five (PDMS); at least one of three subscores <5th centile) in order to predict motor problems (Movement ABC scores <5th centile) at age 14 in preterm VLBW, term SGA and control children.

| PDMS <5th centile | Sensitivity | (95% CI) | Specificity | (95% CI) | PPV | (95% CI) | NPV | (95% CI) |
|---|--------------|-------------|-------------|-------------|--------------|-------------|------|-------------|
| Total ABC <5th centile | | | | | | | | |
| VLBW | 0.83 | (0.44–0.97) | 0.83 | (0.61–0.94) | 0.63 | (0.31–0.86) | 0.94 | (0.72–0.99) |
| SGA | 0.50 | (0.22–0.78) | 0.88 | (0.74–0.95) | 0.44 | (0.19–0.73) | 0.90 | (0.77–0.96) |
| Control | 0.50 | (0.09–0.91) | 0.96 | (0.88–0.99) | 0.25 | (0.05–0.70) | 0.99 | (0.92–1.0) |
| Manual dexterity <5th centile | | | | | | | | |
| VLBW | 1.0 | (0.57–1.0) | 0.85 | (0.64–0.95) | 0.63 | (0.31–0.86) | 1.0 | (0.82–1.0) |
| SGA | 0.63 | (0.31–0.86) | 0.90 | (0.77–0.96) | 0.56 | (0.27–0.81) | 0.93 | (0.80–0.97) |
| Control | 0.0 | (0.0–0.56) | 0.94 | (0.86–0.98) | 0.0 | (0.0–0.49) | 0.96 | (0.88–0.98) |
| Ball skills <5th centile | | | | | | | | |
| VLBW | 0.50 | (0.15–0.85) | 0.71 | (0.50–0.86) | 0.25 | (0.07–0.59) | 0.88 | (0.66–0.97) |
| SGA | ^a | | 0.82 | (0.69–0.90) | ^a | | 1.0 | (0.91–1.0) |
| Control | 0.0 | (0.0–0.66) | 0.94 | (0.86–0.98) | 0.0 | (0.0–0.49) | 0.97 | (0.90–0.99) |
| Static/dynamic balance <5th centile | | | | | | | | |
| VLBW | 0.80 | (0.38–0.96) | 0.79 | (0.57–0.91) | 0.50 | (0.22–0.78) | 0.94 | (0.72–0.99) |
| SGA | 0.33 | (0.10–0.70) | 0.84 | (0.70–0.92) | 0.22 | (0.06–0.55) | 0.90 | (0.77–0.96) |
| Control | 0.33 | (0.06–0.79) | 0.96 | (0.88–0.99) | 0.25 | (0.05–0.70) | 0.97 | (0.90–0.99) |

PPV = Positive Predictive Value.

NPV = Negative Predictive Value.

VLBW = Very Low Birth Weight.

SGA = Small for Gestational Age.

^a Sensitivity and PPV cannot be calculated because no children in the SGA group scored <5th centile on Ball skills.

In the control group, one of three children with manual dexterity problems was identified by borderline low PDI and PDMS. One of three controls with ball skills problems was identified by a borderline low PDI.

3.5. Analyses excluding children with CP

When we excluded the children with CP from the analyses AUC for the PDI in the VLBW group was 0.87 (CI: 0.65–1.0). For the PDMS it was 0.79 (CI: 0.31–1.0) for eye/hand coordination, 0.83 (CI: 0.57–1.0) for balance and 0.79 (CI: 0.43–1.0) for locomotor. In this group,

sensitivity of the PDI (both <1 and 2SD) for total motor problems at age 14 was reduced to 0.67 (CI: 0.21–0.94) and sensitivity of the PDMS (both <5th and 15th centile) was reduced to 0.75 (CI: 0.30–0.95).

In the SGA group, AUC for PDI was 0.70 (CI: 0.52–0.97), for PDMS eye/hand coordination 0.70 (CI: 0.52–0.89), for balance 0.84 (CI: 0.70–1.0) and for locomotor 0.79 (CI: 0.56–1.0). A low PDI did not identify any SGA children with later motor problems, while the sensitivity of a low PDMS score and a borderline low PDI was reduced to 0.43 (CI: 0.16–0.75). Sensitivity of a borderline low PDMS score was reduced to 0.71 (CI: 0.36–0.92).

Specificity was unchanged in both groups.

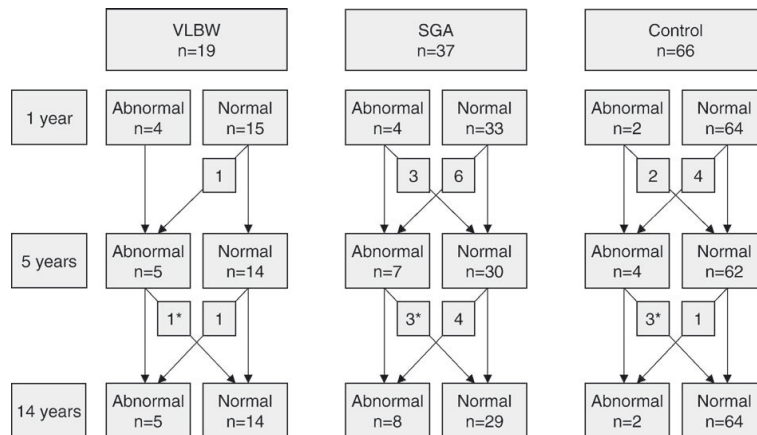


Fig. 1. Proportion of children with 'abnormal' and 'normal' scores at each examination among children with complete test results at all three examination points, illustrating children who changed from 'normal' to 'abnormal' and vice versa. The asterisk indicates children who were classified as 'normal' at age one, 'abnormal' at age five and 'normal' again at age 14.

VLBW Very Low Birth Weight
SGA Small for Gestational Age

*Abnormal:

At 1 year: PDI <2SD;

At 5 years: at least one of the three PDMS subscales <5th centile;

At 14 years: a total Movement ABC score <5th centile.

3.6. Children who were examined at all three examination points

When we restricted analyses to the children who had met at 1, 5 and 14 years of age AUC and sensitivity of a low PDI and PDMS was essentially the same in all three groups (data not shown). In the VLBW group, specificity of a low PDMS score was increased to 0.93 (CI: 0.69–0.99), whereas specificity was essentially the same in the SGA and control group.

Fig. 1 shows that seven (10.6%) controls and two (10.5%) VLBW children changed classification from one to 14 years of age. A total of 13 SGA children (35.1%) ($p=0.003$ vs controls) changed their classification.

The one VLBW child who changed from 'normal' at age one to 'abnormal' at age five were again classified as 'normal' at age 14. The same was the case for three of six SGA children and three of four controls.

The two children who changed classification in the VLBW group had a higher gestational age and fewer days on mechanical ventilator than those who did not change classification (data not shown). The SGA and control children who changed classification did not differ from those who did not change classification with respect to birth weight, head circumference, gestational age or Apgar scores after 1 and 5 min.

4. Discussion

The main finding of the present study is that regardless of being born prematurely, small for gestational age at term or with normal birth weight (controls), a normal motor examination at 1 and 5 years of age is highly predictive of normal motor skills at 14 years of age. Among VLBW children with motor problems at age 14, a high proportion was identified using either Bayley Scales of Infant Development at age one or the Peabody Developmental Motor Scales at age five. In contrast, SGA and control children with motor problems at age 14 were not identified by the Bayley Scales of Infant Development at 1 year of age, while fifty percent were identified by Peabody Developmental Motor Scales at 5 years of age. In the SGA group, sensitivity increased by including those with borderline low scores at age one and five. In particular, the five year examination identified seven of eight SGA children with later manual dexterity problems.

A strength of the present study is that all motor tests at age 14 were carried out by one physiotherapist (KAIE) who was blinded to group adherence. At 1 and 5 years of age, the assessments were done by one examiner, blinded to neonatal history in the VLBW group, and for group adherence regarding SGA and control children. It may be a weakness that the examiner knew which children were born VLBW at the early examinations, but on the other hand, in daily clinical practice knowledge of whether a child was born preterm or not is the reality.

Although our follow-up rate varied between 70 and 80%, comparable to other long-term follow-up studies [16,52], a higher proportion of non-participants had low scores at the early examinations compared with participants (not statistically significant). If these non-participants with low scores at the early examinations would still have low scores at 14 years of age, this would have resulted in better sensitivity. In contrast, if they would all have normal scores at 14 years of age, specificity would be slightly reduced. However, since there were no major differences in background characteristics between non-participants and participants, the latter assumption seems less probable. Thus, we consider it unlikely that the main results are explained by selection bias. Due to the limited sample size, some of the confidence intervals, especially for sensitivity and positive predictive values, were wide, and the point estimates must therefore be interpreted with caution. However, for specificity and negative predictive values, the confidence intervals were narrower, supporting

our main conclusion that a normal motor examination at age one or five is highly predictive of normal motor skills at age 14.

The cut-offs for motor problems used in this study are in accordance with the respective test manuals [28,29,31] with the modification described by Sommerfelt et al. [20] for the PDMS. Percentiles and standard deviations are derived from our own control group.

Although some misclassification cannot be excluded when cut-offs are used [26], the relatively high AUC's of the ROC curve analyses for all groups when the PDI and the PDMS were used as continuous variables, and therefore not affected by cut-off for motor problems at age one and five, support the diagnostic efficiency measures found in this study.

The VLBW children were slightly younger than the control children at the 1 and 14 year follow-up, but older than controls at the five year examination. However, the PDI of the BSID is independent of age at testing, and both the BSID and the PDMS are cumulative scales, i.e. the children are tested up to their ceiling level [28,29]. The outcome measure, the Movement ABC, is not designed to determine basal and ceiling levels, but to identify children with motor problems [31]. However, in this study we do not compare test results between groups, and we therefore consider the small age differences to be unimportant.

Although several authors have studied motor development in low birth weight groups [5,9,10,14,45], we are not aware of others who have examined sensitivity, specificity and predictive values of the BSID and the PDMS with respect to motor outcome in adolescence. However, in children born with extremely low birth weight, a very recent study by Goyen and Lui [53] has examined the predictive value of the PDMS at 3 years of age with regard to developmental coordination disorder at 8 years of age, including ROC curves, sensitivity and specificity. They found that the majority of children with motor problems at 8 years of age could be identified by the PDMS at 3 years of age. Moreover, this study used the 15th centile on the Movement ABC as cut-off for adverse outcome, and the ROC curve analyses yielded a cut-off on the PDMS at the 27th centile for fine and the 41st centile for gross motor function. Our results show that definite motor problems can be identified in VLBW children already at 1 year of age using a stricter cut-off.

Our study suggests that PDI and PDMS predicted later motor problems better in the VLBW group than in the other groups. The reason for this may be linked to the aetiology of motor problems. A number of MRI studies have consistently reported white matter pathology as a consequence of periventricular leukomalacia to be common in VLBW children and adolescents [48,54–58]. Several white matter regions, in particular the corpus callosum, internal capsule and superior fasciculus, have shown less integrity on fractional anisotropy maps in VLBW adolescents compared with controls [58]. Furthermore, studies have shown associations between white matter pathology and motor problems in VLBW children and adolescents [48,54,58]. Thus, it is likely that motor problems in VLBW children may have more severe and focal perinatal causes than in SGA and control children. This could in part explain why the PDI and the PDMS identified children with later motor problems better in the VLBW than in the SGA and control group. The fact that all three children with spastic diplegic CP were correctly identified as having motor problems at 1 and 5 years of age, further supports that the PDI and the PDMS are sensitive to motor problems caused by perinatal brain lesions. Apart from the one child with CP in the SGA group, motor problems in SGA children may be due to more subtle and diffuse brain dysfunctions, which may become more apparent with age. This may explain why we were able to identify more children in this group with later motor problems at age five than at age one. Thus, these children may "grow into" motor problems due to higher demands as they enter kindergarten and school.

Another explanation for our findings in the SGA group may be that the BSID, focusing on the attainment of critical milestones and using a

simple pass/fail assessment [28,59], mainly measures gross motor function. It may therefore be reasonable that the PDI was less predictive of manual dexterity problems, which seems to be a specific finding in this group [15].

The proportion of children who changed classification across the three examinations was higher in the SGA group than in the two other groups. This may suggest a high prevalence of borderline motor problems in the SGA group. However, in all three groups, the children who changed classification from 'abnormal' at age five to 'normal' at age 14 had all been classified as 'normal' at age one. One could therefore speculate that the modified PDMS cut-off was too high. However, this was not supported by other findings in our study, where the proportion of children having motor problems by this definition was 5.5% in the control group, close to the expected proportion, and that PDMS in fact identified 50% of the children with later motor problems both in the SGA and in the control group.

Finally, taking into consideration the continuous development of the child's brain [60], it may be reasonable that a significant proportion of SGA children changed classification and that motor problems were not identified in a high proportion of control and SGA children. Neurodevelopmental changes can result in disappearance of dysfunctions present at early age, but also children without signs of dysfunction at an early age can grow into a functional deficit with increasing age due to the age-related increase in complexity of neural functions [60]. However, reassuring in this study was the high specificity and negative predictive values of the PDI already at 1 year of age.

It is important for physical therapists to use both clinical judgment as well as objective motor test scores when assessing young children [39]. A study by De Kleine et al. [47] has shown that general paediatric examination has limited ability to identify motor problems. Therefore, we argue that systematic evaluation is needed in order to identify children at risk of later motor problems. Early identification of motor problems could also enhance alertness for psychiatric, attentional, social and academic problems often seen in VLBW adolescents [61] and promote subsequent intervention when needed. Some of these problems may also be linked directly to poor motor skills, for instance preventing the children from writing fluently or kicking a ball. This may in turn discourage them from normal playground and school activities [24], and thus reduce their self confidence and social competence [61].

Both BSID and PDMS were primarily developed to discriminate between infants with a deviant neuromotor condition and those falling within the range of typical development and not to predict future motor disorders [62]. However, our results suggest that for VLBW children, being a risk population for later motor problems, these tests may be included in a routine assessment at an early age in order to predict future problems or normality. For SGA children born at term, our results suggest that alertness for later problems seems warranted, since these children were less likely to be identified as early as 1 year of age.

In conclusion, a normal psychomotor development index of the Bayley Scales of Infant Development at age one and normal scores on Peabody Developmental Motor Scales at age five were highly predictive of normal motor skills at age 14 in children born VLBW, SGA and with normal birth weight. Among VLBW children, the Bayley Scales of Infant Development and the Peabody Developmental Motor Scales may be valuable early assessment tools for identifying later motor problems. Including children with borderline motor problems on the Peabody Developmental Motor Scales at age five, most SGA children with later motor problems were identified, in particular those with poor manual dexterity scores.

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