

Symposium title: **Prevention of postpartum common mental disorders among primiparous women: promising evidence that a primary care psychoeducational program for couples and babies is feasible, salient, and effective**

A NEW WAY OF THINKING ABOUT PREVENTION OF POSTNATAL COMMON MENTAL DISORDERS AMONG PRIMIPAROUS WOMEN: EVIDENCE FROM A cRCT OF A GENDER-INFORMED PSYCHOEDUCATIONAL PROGRAM FOR COUPLES

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Objectives

Interventions to prevent postpartum common mental disorders (PCMD) among unselected populations of women have had limited success. What Were We Thinking (WWWT) is a gender-informed, psycho-educational program for couples and babies. It is manualised, and comprises primary care from a trained nurse, print materials and a face-to-face seminar. We aimed to establish in a cluster RCT whether WWWT, can prevent PCMD among primiparous women

Methods

Data were collected in blinded computer-assisted telephone interviews 6 and 26 weeks postpartum. Maternal and child health centres were allocated randomly to provide usual care (24), or usual care plus WWWT (24). Participants were primiparous women receiving care at trial centres

Results

Among the 204 participants in the intervention and 196 in the control arms, >90% provided complete data. The Adjusted Odds Ratio (AOR) of PCMD in the intervention compared to the control group was 0.78 (95%CI 0.38;1.63 ns), but mild-to-moderate anxiety symptoms (AOR 0.58, 95%CI 0.35;0.97) and poor self-rated health (AOR 0.46, 95%CI 0.22;0.97) were significantly lower. PCMD prevalence was significantly lower (AOR 0.36, 95%CI 0.14;0.95) among those who received the full intervention rather than usual care. No harms were detected.

Conclusions

WWWT is readily integrated into primary care, includes fathers and addresses modifiable risks directly and is a promising PCMD prevention program and a component of stepped mental health care.

Keywords

Prevention, psychoeducation, cluster randomised controlled trial

References

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