

# THE MOTHERS AND BABIES COURSE

A Postpartum Depression Prevention Intervention

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# Conceptual Background

- Cognitive-Behavioral Therapy (CBT)
- Attachment Theory
- Psychoeducation
- Mindfulness



# The Mothers and Babies (MB) Course: An Intervention to Prevent Perinatal Depression

- Uses cognitive-behavioral approaches
  - Encourage pleasant activities (by yourself or with others, including children)
  - Reframe harmful thoughts & encourage helpful thoughts
  - Increase social support
- Emphasizes attachment between caregiver & infant
- Framed as a “stress reduction” intervention



# Mothers and Babies Implementation Options

## Group format:

- 6 sessions, each 1.5 – 2 hours in length
- Intended to be delivered weekly, in sequence

## Individual format:

- 12 sessions each 15-20 minutes in length
- Can be delivered as a stand-alone intervention, or as a supplement to other services (e.g. home visiting session)



# MB Course Content

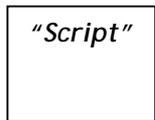
Content	MB 1-on-1	MB Group
Introduction to Mothers & Babies; Stressors that Affect Mother-Baby Relationship	Session 1	Session 1
Your Mood and your Personal Reality (inner and outer experiences); Noticing your Mood	Session 2	Session 1
Pleasant Activities (alone, with others, with baby); Overcoming Obstacles	Sessions 3, 4, 5	Session 2
Thoughts (helpful and harmful thoughts); antidotes to harmful thought patterns; Thoughts about being a mother; Goals for my baby's future	Sessions 6, 7, 8	Session 3, 4
Contact with Others (increasing positive contacts); identifying and expanding social support; communication styles and mood; role transitions	Sessions 9, 10, 11	Session 5, 6
Course Review; Planning for the Future	Session 12	Session 6



# Session Format



- Each topic lists **KEY POINTS**, which are the main messages for the topic.



- Each topic has a **SCRIPT** to guide you when communicating the material for each topic. You do not have to use the script word for word—it is there for you as a roadmap.



- Most topics include **INTERACTIVE LEARNING** activities to help the client understand the concepts, and encourage her to identify examples and situations where she can use and practice the skills in her daily life.



- Each session ends with a **PERSONAL PROJECT**. Introduce the personal project and ask the client to do the activity before the next time you meet.



# Introductory Module



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# Introductory Module

- Highlight that life stressors affect how we feel emotionally and physically.
- Discuss how specific stressors might affect the mother's emotional health and physical well-being, the mother-baby relationship, and the baby.
- Identify common life stressors in participants' lives, including those following birth of their child.



# Introductory Module

- Instill hope that there are skills to manage stress and that the Mothers and Babies Course will discuss helpful ways to manage stress.
- Help participants understand that once they learn these skills and recognize the skills they have already developed, they can pass them on to their children.
- Explain the concepts of inner and outer reality.
- Help participants understand the connection between thoughts, behaviors, contacts with others, and mood.



# Introductory Module

- Explain the Quick Mood Scale.
  - Participant should use the whole range, not just 1, 5, or 9.
  - Participant should fill out the Quick Mood Scale every day and not all at once at the end of the week.
  - It will feel more natural as she practices it. There will be days when it is hard to decide on an average for their mood.
  - Each person is different in how they will complete the Quick Mood Scale.



# Quick Mood Scale

		M	T	W	TH	F	SA	SU
<b>Best Mood</b>	9	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
		7	7	7	7	7	7	7
		6	6	6	6	6	6	6
<b>Average Mood</b>	5	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
		3	3	3	3	3	3	3
		2	2	2	2	2	2	2
<b>Worst Mood</b>	1	1	1	1	1	1	1	1
<b>Number of Pleasant Activities</b>								

# Quick Mood Scale

		M	T	W	TH	F	SA	SU
<b>Best Mood</b>	9	9	9	9	9	9	9	9
		8	8	8	8	8	8	8
		7	7	7	7	7	7	7
		6	6	6	6	6	6	6
<b>Average Mood</b>	5	5	5	5	5	5	5	5
		4	4	4	4	4	4	4
		3	3	3	3	3	3	3
		2	2	2	2	2	2	2
<b>Worst Mood</b>	1	1	1	1	1	1	1	1
<b>Number of Pleasant Activities</b>		1	1	2	0	0	1	4

# Pleasant Activities Module



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# Pleasant Activities Module

- You can choose to do things that make you feel better.
- Doing pleasant activities can actually create energy.
- Pleasant activities are our part of our outer reality.
- When people do pleasant activities they often feel happier, are more likely to have positive thoughts about their lives, and are more likely to have positive contacts with other people.
- Doing pleasant activities help to balance our lives, especially when we are feeling stressed.



# Pleasant Activities Module

- Help client identify activities she enjoys doing a) alone, b) with other people, and c) with her baby.
- Pleasant activities can be brief, low/no cost, and part of everyday routines.
- We don't need to do a lot of pleasant activities to feel good.
- Mothers can do pleasant activities with their babies that can affect both their mood and their babies' mood.



# Pleasant Activities Module

- Doing pleasant activities affects how you feel and it changes both your outer reality (what you are doing) and inner reality (how you feel).
- Help participants identify obstacles to doing pleasant activities and discuss ways they might overcome these obstacles.
- Discuss problem solving as one way to overcome a roadblock or problem.



# Pleasant Activities Module

- Discuss whether client completed the pleasant activity they scheduled.
  - Discuss ways they might overcome obstacles, if any existed.
- Emphasize it is sometimes difficult to complete pleasant activities when they are scheduled, but it is important to not give up on scheduling and doing pleasant activities.



# Pleasant Activities Module

- Help participants identify activities that babies enjoy doing (alone, with mom and/or dad, and with other people/babies).
- Pleasant activities affect the mother-baby relationship by helping mothers have a better mood, by improving the baby's mood and strengthening the mother-baby relationship through shared positive activities.



# Thoughts Module



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# Thoughts Module

- There is a relationship between our thoughts and our mood. Thoughts are part of our inner reality, and our inner reality is related to our mood/emotions. Thoughts can also affect our bodies (e.g., tension) and can affect what we do.
- We have some control over thoughts, and can manage our inner reality.
- Thoughts are like self talk, like having a conversation with ourselves.



# Thoughts Module

- Helpful thoughts help improve mood. Harmful thoughts worsen mood.
- Both helpful and harmful thoughts affect us emotionally and physically and affect our inner reality.
- Identifying harmful and helpful thoughts about your pregnancy and how they affect your mood is an important step toward improving your mood.



# Thoughts Module

- To teach participants how to challenge harmful thoughts using antidotes.
- There are a number of strategies for changing harmful thoughts.
- Each strategy can be used both to reduce our harmful thoughts and to teach our children how to have a healthy mood.

<b><i>Harmful Thought Patterns</i></b>	<i>All or Nothing Thinking</i>
	<i>Overgeneralization</i>
	<i>Blaming Oneself</i>
	<i>Negative Fortune Telling</i>
<b>Antidotes/Strategies</b>	Thought Interruption
	Worry Time
	Self Instruction
	Time Projection



# Thoughts Module

- Children learn patterns of thinking from their parents.
- The way mothers think about their children and themselves affects how they behave with their children, and this affects the way their children think about themselves, their mother, and their relationship.
- Mothers play an important role in shaping their babies' thoughts and inner reality, which can have an impact on both the mother's and the baby's mood.



# Contact with Others Module



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# Contact with Others Module

- Contact with others is part of our outer reality.
- Note the reciprocal relationship between contact with others and mood.
- Help participant identify how to break the cycle between negative mood and fewer positive contacts (or more negative contacts) with others.



## Contact with Others Module

- Identify participant's current support system.
- Examine how the current support system provides different types of support
- Emphasize that people can make choices about who they spend time with (i.e., positive contacts vs. negative contacts)
- Emphasize the importance of expanding one's support network
- Discuss how doing pleasant activities is one way of expanding one's support network



## Contact with Others Module

- Communication style can affect mood as well as relationships with others.
- Identify clients' primary communication style (passive, assertive, aggressive).
- Asking for help in a positive, clear, and direct way (being assertive) can increase the chance that one's needs will be met. One way to ask for help is to do it systematically (step by step approach).



## Contact with Others Module

- By being assertive and expressing what you want and how you feel in a respectful way, you can improve relationships with others.
- Identifying obstacles to being assertive or expressing one's needs can help improve one's outer reality.



## Contact with Others Module

- A role change or transition--like becoming a new mother or having another baby—can affect your mood.
- Sometimes even positive role changes can can affect your mood because taking on a new role can be stressful.
- Understanding how a role change is affecting you can help you feel less helpless and can improve your mood.



## Contact with Others Module

- Having a baby sometimes creates conflicts or disagreements with others; those disagreements can affect your mood.
- It is important to learn how to identify your thoughts, feelings, and behaviors about those disagreements so that we can improve our mood.



# Course Review & Planning for the Future

- Review main concepts: Relationships between pleasant activities, thoughts, and contacts with others can affect one's mood.
- Thoughts affect our inner reality.
- Activities we do and the people in our lives can affect our outer reality.
- We can make choices to have a healthier reality (both inner and outer) and a healthier mood.



## Course Review & Planning for the Future

- Encourage client to keep Mothers & Babies workbook for future reference (or visit our website for new materials)
- Encourage client to continue using strategies that have been helpful and try out some of the skills she has not yet tried
- Emphasize that the Mothers and Babies skills are useful even as one's baby gets older, and can be taught to children



## Implementation & Supervision

- We recommend providers select 1-2 clients to implement the MB course with at first, for individual implementation, or implement 1-2 groups to start
- Regular MB supervision is recommended as you implement for the first time
- All of our materials are available for free download:  
[www.mothersandbabiesprogram.org](http://www.mothersandbabiesprogram.org)



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