

FINAL OUTCOMES: MOTHERS AND BABIES (MB) GROUP STUDY:

Comparing the Effectiveness of Mental Health Professionals and Home Visitors (Paraprofessionals) to Reduce Postpartum Depression

WHAT IS MOTHERS AND BABIES?

Mothers and Babies (MB) is a program that helps women manage stress and mood during their pregnancy and after childbirth.

WHAT WAS THIS STUDY ALL ABOUT?

AIM 1

We compared the effectiveness of MB when led by a home visitor (HV) to usual home visiting services which does not include the MB program.

AIM 2

We compared the effectiveness of MB when led by a HV to MB led by a mental health professional (MHP).

AIM 3

We looked at whether the HV-led groups and the MHP-led groups were more or less effective based on characteristics of the women receiving MB.

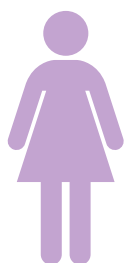
AIM 4

We looked at how feasible and acceptable it is for MB to be delivered by both HVs and MHPs.

WHY DID WE CONDUCT THIS STUDY?

- To improve the lives of pregnant women at-risk for developing postpartum depression
- To integrate a low-cost program aimed at improving mental health into home visiting programs
- To show that MB delivered by HVs will result in similar mental health outcomes as when delivered by MHPs
- To deliver a community-level depression prevention program
- To obtain data that will help expand MB to home visiting programs across the country

WHO PARTICIPATED?

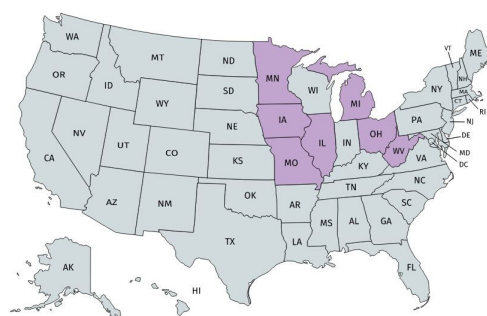


We recruited 1,316 pregnant women from 45 home visiting programs across 7 different states.

- 874** women participated in the study
- 159** women received regular home visiting
- 310** received MB with a mental health professional
- 405** received MB with a home visitor

The average participant age was **26 years old**

WHERE OUR PARTICIPANTS CAME FROM



DEMOGRAPHICS

43.71%	29.41%	18.99%	1.03%	0.69%	3.78%	2.40%
Black/African American	White/Caucasian	Hispanic/Latina	Asian American	Native American	Bi-racial	Unknown

PARTICIPANTS' PRIMARY LANGUAGE

83.30% English **13.50%** Spanish
0.80% Other **2.40%** Unknown

WHAT DID WE FIND?

AIM 1

Women in all three groups of the study (regular home visiting, MHP-led MB, HV-led MB) showed similar decreases in depressive symptoms over time.

AIM 2

Women who received MB from MHPs and those who received MB from HVs showed similar decreases in depressive symptoms. These results suggest that both HVs and MHPs can improve women's mental health through the delivery of MB.

AIM 3

Women from a racial/ethnic minority group who received MB from a HV had greater reductions in depressive symptoms than non-racial/ethnic minority women. Women receiving MB from a HV or MHP who were pregnant for the first time showed greater reductions in symptoms than women who already had children.

AIM 4

MB participants and group facilitators found the program to be acceptable and feasible.

WHAT FACILITATORS SAID:

"The fact that it [MB] can relate to anybody...it pertains to everybody that's going through this new chapter of life."

"Having a tool to help my clients makes me feel more confident and hopeful."

"It's a program that's much needed in our community. The mothers, they love the program. They didn't want to leave."

WHAT MOMS SAID:

"After [MB], I started to learn how to help myself and my baby...I worked on how to control my internal and external reality thoughts to coincide with each other. "

"I've become more responsible and more self-confident."

"I learned how to think before I act and how to control my temper with the people around me."

WHY ARE THESE FINDINGS IMPORTANT?

- This study is the first to demonstrate that facilitators who are not MHPs can effectively prevent depressive symptoms from getting worse among pregnant women and new mothers
- Delivering the MB program through HVs will minimize the need for home visiting programs to use other costly resources associated with using MHPs
- Home visiting programs should feel confident using home visitors to deliver MB and should consider whether certain clients (ex., first-time mothers) may benefit more from MB

WHAT'S NEXT?

Effects of a Prenatal Depression Preventive Intervention on Parenting and Young Children's Self-Regulation and Functioning (EPIC), a 5-year research study looking at long-term impact of the MB groups on parenting and early child development.

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