




CRCF Illuminates Research **No. 6**

Investigating the Acceptability of
a Telephone-Based Interpersonal
Support Therapy to Support
Expectant Mothers during COVID-19

What is the social issue?

The developmental implications of perinatal anxiety and depression are of great concern as the negative effects of in-utero exposure to highly stressful life events, such as during this COVID-19 pandemic, are well documented. Creating supportive relationships during pregnancy is a critical component of resilience building in expectant mothers.



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What are we doing?

We developed a perinatal intervention targeting maternal and partner mental health aimed at improving intergenerational mental health outcomes (i.e., parents and children).





What is the project?

The pilot project funded is part of a larger research program that involves other research aims and researchers. The pilot relied on an earlier version of the now nine-module web-based maternal and partner intervention which aims to reduce depression and anxiety symptomology, improve parental self-care and emotion regulation as well as parenting practices. The protocol of the feasibility / acceptability pilot study integrated a nurse follow-up and support component to increase program engagement and participation.



What has been accomplished?

The pilot has been carried out and produced the expected outcomes: program acceptability and feasibility as well as qualitative accounts suggesting expectant mothers improved well-being.

Our team has relied on this pilot data to receive funding for a larger CIHR RCT Grant.

Moreover, the program has been accepted by the neonatal / obstetrics units of the CHU Sainte-Justine and is currently being implemented with expectant women being followed or referred to psychiatry during their pregnancy.

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