



## Evaluating an innovative postpartum mental health promotion intervention:

### Dilemmas in trial design and implementation



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## Maternal mental health

- Prevention of postnatal depression
  - Antenatal
  - Postnatal
- Clinical research and experience
  - Partner relationship
  - Baby behaviour
- Treatments
  - Counselling by MCHNs,
  - Psycho-educational groups
  - Infant sleep and settling

- Psycho-educational program for parents
- Mothers, fathers and first newborns
- Universal
- Primary health care



Funded by *beyondblue* Victorian Centre for Excellence in depression and related disorders

## Objectives of the trial

funded by Australian Government FaHCSIA

- To evaluate the effectiveness of PEPP in promoting confidence and reducing distress in first time parents of newborns
- To build capacity in primary care professionals
  - Mental health
  - Research

## Implementation

- 5 local government areas
- Maternal and Child Health Nurses recruit women and men to the trial
- Trained facilitators deliver PEPP in groups of 5 families
- Extensive training provided

## Dilemmas

1. Prevent contamination
  - controlled before and after design
2. Evidence based innovation
  - a contradiction in terms
3. Building clinical/research capacity
  - evaluating a standardised intervention
  - recruiting similar groups
4. Innovation
  - existing models of practice