

PIRI

PARENT-INFANT
RESEARCH
INSTITUTE &
INFANT CLINIC



Is online treatment as effective as face-to-face CBT for PND?

This is the question we are asking in our new MumMoodBooster study starting soon.

A growing body of research shows that online treatments for depression are effective¹, and when looking specifically at online treatment for postnatal depression (PND), our recent MumMoodBooster feasibility study showed significant reductions in depression over the course of the program that were maintained at 6 month follow-up².

Given the convenience, accessibility, and cost-effectiveness of online

treatments, what we now want to know is how does our MumMoodBooster program compare with face-to-face cognitive-behavioural therapy (CBT) for PND.

Help us answer this question by encouraging women who are struggling to cope or feeling flat, sad or depressed to visit the study's website:

www.mummoodbooster.com

There, they can find out about this innovative study, which compares three treatments:

1. **MumMoodBooster** online treatment supported by a personal coach (telephone)
2. **Face-to-face CBT** treatment provided in the woman's local area (currently available in Melbourne only)

3. **Routine primary care** (Women in this group also receive MumMoodBooster at the end of their participation in the study).

We're looking for women with a baby under 12 months who are not currently receiving treatment for PND (therapy or medication) to participate.

The more referrals we receive, the sooner we can finish the study and make MumMoodBooster more widely available.

This study recently featured in the Herald Sun. Read the article [here](#).

For more information, contact Dr Christopher Holt: (03) 9496 4496 Christopher.Holt@austin.org.au.

¹ Perini, S. et al. (2009). ANZJP, 43, 571-578.

² Danaher, B. et al. (2013). J Med Internet Research, 15(11), e242.



The Parent-Infant Research Institute (PIRI) is a vigorous & innovative Australian research institute focusing on understanding, developing and applying treatments to improve parent and infant well-being. PIRI believes that early intervention is the key to better outcomes for families.

While PIRI has a strong research focus, it also comprises a clinical unit (Infant Clinic). The Infant Clinic is a Centre of Excellence and provides clinical services to assist with the difficulties experienced by parents & infants in the first years of life.

PSYCHOLOGISTS WANTED

PIRI is recruiting psychologists to deliver face-to-face CBT treatment as part of the MumMoodBooster research project

If you are...

- Experienced in CBT treatment for PND
- Want to deliver a manualised 10 session program
- Want training and support from PIRI
- Interested in being involved in cutting-edge research
- Able to work from your own rooms

All sessions are Medicare funded and training and support will be provided.

Register your interest...

Email: piri@austin.org.au

Phone: (03) 9496 4496

www.piri.org.au



Group Treatment for PND

PIRI is offering group-based treatment programs for postnatal depression (PND) continuously throughout the year. Groups are currently held either at PIRI (Heidelberg Repatriation Hospital) or in partnership with the City of Whittlesea at a venue in Doreen.

The program is a **16-session free comprehensive treatment** for postnatal depression which includes:

- **Nine mother-only sessions** using cognitive-behavioural therapy to treat postnatal depression
- **Three couples' sessions** to provide information and support to partners as well as the opportunity to be involved in the treatment process
- **Four mother-infant playgroup sessions** to enhance the relationship between mother and infant, which is important after an episode of depression.

All women are clinically assessed by a psychologist prior to joining the group.

Babysitting is available.

This program is currently being offered through a study to compare the effectiveness of two mother-infant playgroups for enhancing mother-infant relationships.

For more information, please contact Dr Charlene Holt on (03) 9496 4496 or charlene.holt@austin.org.au.

Mum 2B MoodBooster

Online treatment for Antenatal Depression

The Ian Potter Foundation has funded PIRI to develop an innovative online treatment for pregnant women who are depressed.

The program is based upon our successful MumMoodBooster online treatment program for postnatal depression (MumMoodBooster.com) which has been systematically developed, consumer-tested and evaluated in a feasibility trial.

The new funding will be used to adapt the structure and approach of the existing postnatal program to be focused specifically on antenatal depression treatment.

We know depression and anxiety in pregnancy have a huge impact on both fetal and infant development, yet no research has developed an intervention designed specifically to treat antenatal depression and anxiety in an accessible web-based program.

Depression & Psychosocial Assessment Workshops

A report on Maternal and Child Health Knowledge, Comfort & Confidence

Over 1000 MCHNs in Victoria were trained in 21 workshops run by PIRI in conjunction with the Austin Health PND Initiative by Jennie Ericksen, Psychologist, and Pauline Cox, MCHN, for the Department of Education and Early Childhood Development.

Key outcomes:

MCHN knowledge, skills, comfort and confidence in screening for depression and anxiety, and undertaking psychosocial assessment with postnatal women, were assessed by self-report questionnaires before and after the workshop. **Positive change was demonstrated.**

- ✓ Changes in confidence, comfort and knowledge about depression and psychosocial assessment post-workshop where all highly significant ($p < .001$)
- ✓ MCHNs were significantly more comfortable in asking women about all psychosocial domains with particular marked improvements in abuse/violence and drug and alcohol questioning (areas of greater concern to MCHNs pre-workshop)
- ✓ Improved understanding of the EPDS properties and the screening practice
- ✓ MCHN's beliefs about how comfortable women were to be screened for depression and anxiety and psychosocial risk factors changed significantly to reflect the empirical evidence that women are quite comfortable with the process
- ✓ MCHNs were more familiar with the *beyondblue* Clinical Practice Guidelines, had a copy and other resources
- ✓ 97% indicated that they had a better understanding of what woman centred care and communication was post-workshop
- ✓ The workshop was rated highly for its usefulness to MCHNs: 25% of nurses rated it 10/10 and 91.5% rated it 6/10 or higher; indicating that nurses found the information useful and relevant to their work, while also being targeted appropriately for their needs
- ✓ MCHN could identify what they had learned from the workshop and consistently indicated the aims of the workshop and topics for future professional development



BOOK REVIEW

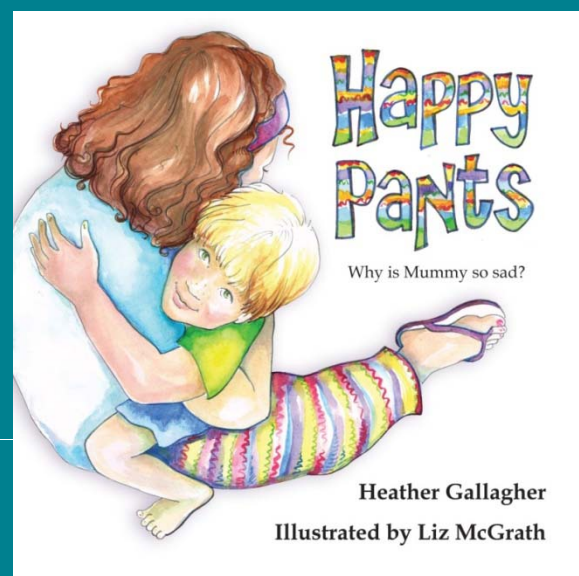
HAPPY PANTS

Why is mummy so sad?

This beautifully illustrated book for children explores an older child's perspective on how his mummy changes after she brings home her second child from hospital.

The impact of postnatal depression on the family, the importance of family support to provide nurturing for the children and the help sought from the GP are illustrated from the child's point of view. The message of hope and that mum will get better with help are clear.

This book may be a useful way to address these complex issues with an older child and may also assist adults to appreciate the child's experience and needs.



Training Calendar

Pre-Term Infants and Pre-Term Parents

Presented by – Dr Carol Newnham, Neuropsychologist

22 July, 2014 (9am–4pm)

Cost: \$330.00 (GST inc). Includes lunch voucher and morning/afternoon teas.

In this workshop you will learn:

- The developmental areas in which preterm infants commonly have deficits
- The known aetiologies of these problems
- The suspected aetiologies that may also contribute to developmental problems
- The outcomes of studies that have intervened to reduce developmental problems
- A model of brain plasticity that suggests ways to intervene with prematurely-born infants
- How MCHNs can help parents help their infants
- Perinatal Mental Health – how premature experience affects mothers
- A model of proactive parenting

Getting Ahead of Postnatal Depression

Presented by – Ms Jo du Buisson & Ms Sofia Rallis

18 & 19 November, 2014 (9.15am–4.30pm)

Cost: \$660.00 (GST inc.). Includes lunch voucher and morning/afternoon teas.

The workshop focuses on assessment and group treatment of postnatal depression and has been APS Accredited.

Understanding Mother-Infant Interactions

Presented by – Ms Jennie Ericksen & Ms Elizabeth Loughlin

20 November, 2014 (9.15am–4.30pm)

Cost: \$330.00 (GST inc.). Includes lunch voucher and morning/afternoon teas.

The workshop focuses on observing and assessing mother-infant interactions

Promoting Pleasurable Infant-Mother Play

Short course for health professionals working with vulnerable mothers & infants

Presented by – Elizabeth Loughlin, Dance therapist/Creative arts therapist /Social Worker, Mother-infant programs, PIRI & Austin Acute Psychiatry Unit.

12 September, 2014 (9.30am-1.30pm)

Cost: \$165.00 GST inc. (\$150 agency, multiple bookings). Includes morning tea.

- Active observation of the infant-mother play: video excerpts
- Ways to engage infant and mother with play 'tools'
- Development stages of early social play
- How to set up a simple play space
- Working with dyadic 'holding patterns' in floor play & moving together
- Mirror neurons: their effect in reciprocal infant-mother mirroring
- Participation in play scenarios

All workshops are held at the Parent-Infant Research Institute, First Floor, South Wing, Centaur Building, Heidelberg Repatriation Hospital

For workshop enquiries: please contact Vera Corbisieri, (03) 9496 4496 or vera.corbisieri@austin.org.au

PIRI's team is growing!

We would like to warmly welcome two new staff members to the PIRI team: Dr Natalie Rose and Ms Eliza Hartley.

Natalie joins the team as a Senior Research Officer, contributing to the writing of grant applications, ethics applications and journal articles.

Eliza joins the team as a Research Assistant supporting staff with project-related activities.

PIRI & Infant Clinic Team

Prof Jeannette Milgrom
Executive Director

Ms Jennie Ericksen
Manager, Psychologist

Dr Carol Newnham
Psychologist, Researcher

Dr Charlene Holt
Researcher

Ms Sofia Rallis
Psychologist, Researcher

Dr Alan Gemmill
Researcher

Dr Christopher Holt
Researcher

Ms Elizabeth Loughlin
Dance Therapist

Dr Jessica Ross
Psychologist, Researcher

Dr Carmel Ferretti
Researcher

Ms Sofia Galgut
Psychologist

Ms Rachel Watts
Psychologist

Dr Natalie Rose
Researcher

Ms Eliza Hartley
Researcher

Ms Barbara Frazer
Admin Assistant

Ms Vera Corbisieri
Admin Assistant