

PIRI

PARENT-INFANT
RESEARCH
INSTITUTE &
INFANT CLINIC



Parent and Baby Wellbeing - An Innovative Service Developed by PIRI & HBA

PIRI and HBA have come together to create the **Parent and Baby Wellbeing** program - a range of support services especially for HBA members with new babies. The following services through PIRI are available under the program:

- Consultation and support over the phone or email
- Identification of depression and anxiety
- Personalised follow-up support if needed, including group programs for adjusting to parenthood and sessions for parents and their babies

These services are fully covered by HBA membership. The Parent and Baby Wellbeing program is part of a shared commitment to taking care of families in our community.

For more information or to access the program, contact PIRI between 9am and 5pm, Monday to Friday on (03) 9496 4496 or piri@austin.org.au.

This partnership hopes to provide a flexible and innovative model of care. An evaluation of its uptake will be undertaken.



PIRI Newsletter

April-June 2008



The Parent Infant Research Institute (PIRI) is a vigorous and 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 a clinical service to assist with the difficulties experienced by parents and infants in the first years of life.

Latest Research Publications

Risk Factors for Antenatal Depression, Postnatal Depression and Parenting Stress

PIRI has recently published a research journal article related to identifiable risk factors for antenatal depression, postnatal depression and early parenting stress.

Background

Efforts have been made to identify risk factors to assist in prevention, identification and treatment. Most risk factors associated with postnatal depression have been well researched, whereas predictors of antenatal depression have been less researched. Risk factors associated with early parenting stress have not been widely researched, despite the strong link with depression. The aim of this study was to identify which risk factors are most predictive of three outcome measures: antenatal depression, postnatal depression and parenting stress and to examine the relationship between them.

Method

Women were recruited antenatally from two major hospitals. 367 women completed a large battery of validated questionnaires to identify risk factors in the antenatal period at 26-32 weeks gestation. A subsample of 161 women also completed questionnaires at 10-12 weeks postnatally.

Results

(1) Significant predictors for antenatal depression: low self-esteem, antenatal anxiety, low social support, negative cognitive style, major life events, low income and history of abuse. (2) Significant predictors for postnatal depression: antenatal depression and a history of depression while also controlling for concurrent parenting stress, which was a significant variable. Antenatal depression was identified as a mediator between seven of the risk factors and postnatal depression. (3) Postnatal depression was the only significant predictor for parenting stress and also acted as a mediator for other risk factors.

Conclusions

Risk factor profiles for antenatal depression, postnatal depression and parenting stress differ but are interrelated. Antenatal depression was the strongest predictor of postnatal depression, and in turn postnatal depression was the strongest predictor for parenting stress. These results provide clinical direction suggesting that early identification and treatment of perinatal depression is important.

References:

Leigh, B. & Milgrom, J. (2008). Risk factors for antenatal depression, postnatal depression and parenting stress. **BMC Psychiatry, 8**, 24. This is an open access journal so the article is available online.

Beating the Blues Before Birth©

We are currently conducting a study to evaluate the effectiveness of our Beating the Blues before Birth program.

Beating the Blues Before Birth (BBB) is a cognitive-behavioural therapy (CBT) group program for antenatal depression based on our existing postnatal depression programs. Women learn coping strategies to help manage their moods. It includes 8-sessions for the mother and one couple session is held to provide information and to support partners, as well as the opportunity for them to become involved in the therapeutic process. Women receive help to link them with support services and a list of community services.

If you know someone who might benefit, please contact

Charlene Schembri on 9496 4496.



Conferences & Workshops...

Circle of Security Workshops

The **Circle of Security** is a user-friendly model of the way in which children move from their attachment needs for security to their needs for exploration and mastery, using their primary caregiver as a secure base for each set of needs. The parent/caregiver's own history, especially the way in which their own needs were responded to, has a powerful influence on the way they will interact with their own children. This in turn has a powerful influence on child development, and the way in which the child will approach life as an adult. The model has relevance for interventions at all stages of human development, and has been successful in changing attachment status from disorganised (at very high risk for psychopathology) to secure (at low risk). The model is easy for all people to understand, and is therefore very useful with hard-to-reach, high risk groups.

Two-day workshop: Saturday & Sunday, 11&12 October 2008.

Venue – Melbourne University
This detailed workshop will give workers a deep understanding of the concepts of the Circle of Security model, and is a pre-requisite for the 8 day intensive workshop. It will be relevant for mental health workers and Maternal and Child health nurses working with any families in our community.

Investment: \$355

Ten-day workshop: October 11-12 (as above), Oct. 14-18, Oct 20-22 2008.

Venue Nurses Memorial Centre, Melbourne.

This workshop provides intensive training in the assessment and treatment planning skills necessary for organising interventions with troubled parent-infant/toddler dyads. Clinicians undertaking this training will have a good working knowledge of the model, and will be able to use it in a number of different ways. Suitable for those working with vulnerable families.

Investment: \$1555

For further information:
www.firstconnections.com.au
Clare Thorp on 03 9482 4867
Presented by Infant Massage Australia.



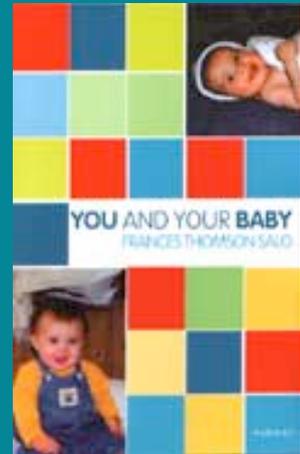
QEC Conference

QEC's 5th Biennial International Conference will be held on 20 & 21 November 2008. The conference theme is: **'Reaching out to Vulnerable Families: Achieving Better Outcomes for Children'**. It will be held at The Sebel Albert Park, Melbourne and conference programs will be available early June 2008. For more information log on to www.qec.org.au

BOOK REVIEW

You and Your Baby

by Frances Thomson Salo



This volume was written to help parents understand what their baby is likely to be feeling in the first year. It describes how the baby's sense of self develops, with intentionality, empathy, and recognition of the self. Babies want to be enthusiastically enjoyed and come into the world with a functioning mind, primed to communicate and learn quickly. These ideas are of fundamental importance for understanding babies. The main developmental achievements of the first year are considered, such as coping with separations and how thinking, self-esteem, and concern for others develop. It focuses on the baby's subjective experience of the world, viewing the baby as a subject in his or her own right.

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