

Are you pregnant and feeling low?

Join

Beating the Blues before Birth

A study exploring the benefits of treatment for antenatal depression.

The Parent-Infant Research Institute at Austin Health is conducting a government-supported study to evaluate the benefits of psychological treatment for depression in pregnancy, for both mother and baby.

YOU WILL RECEIVE:

- Telephone assessment with a psychologist
- Discussion of treatment options and support services
- Half of the women will also receive 8 free sessions of individual cognitive-behavioural therapy

Is the study suitable for me?

For information on how to join the study, refer to the following page, visit <https://www.piri.org.au/current-treatment-trials-now-open-for-recruitment/> or email us at piri@austin.org.au



Beating the Blues before Birth

What is the Beating the Blues before Birth (BBB) study?

We are conducting a study to evaluate the benefits of our Beating the Blues before Birth psychological treatment program for both mother and baby.

How can I get involved?

If you would like to take part in the Beating the Blues before Birth study and if this study is suitable for you, you will be randomly allocated free-of-charge to Beating the Blues before Birth or Standard care.

All expectant mothers who may be experiencing depression and are interested in participating will also receive:

- A free assessment session with a psychologist to discuss the treatment options offered to help you link in with support services.
- A booklet from beyondblue on emotional health during pregnancy and early parenthood.
- With your permission, your GP will be kept informed.
- Report of your child development at 2 years

What else does participation involve?

Participation in this project will involve a telephone assessment and completing questionnaires at four time points: baseline (enrolment), 10 weeks post-enrolment, and post-birth at 3 months, 12 months and 24 months. The questionnaires and assessments will also include questions about your baby and a free developmental assessment at 2 years.

Beating the Blues before Birth Program

This program is designed for women who are:

- Struggling to cope
- Feeling flat, sad, or depressed, and finding less enjoyment from things
- Feeling anxious or overwhelmed

Women receive 8 sessions of cognitive-behavioural therapy. Each session lasts up to one hour. Women learn coping strategies to help manage their moods. Seven sessions help women develop the following:

Behavioural Skills:

- Understanding and managing moods
- Pleasant activities – how can I find the time?
- Relaxation on the run
- Assertiveness and self-esteem – telling others what I think and how I feel

Cognitive Skills:

- Unrealistic expectations of parenting – Influences from the past
- My internal dialogue – The missing link
- Developing a more helpful thinking style
- Challenging my internal critic

In addition, one couple session is held to provide information and support to partners, as well as the opportunity for them to become involved in the therapeutic process. You do not need to have a partner to participate.

Standard Routine Care

Women receive individual monitoring of their emotional well-being and referral to appropriate services in their local area. Individuals are networked with health professionals to provide a “safety net” of support.



To join the study, scan the QR code, visit www.piri.org.au/bbb-registration-form-begins/ or email us at piri@austin.org.au