



Information for Health Professionals

Mum2BMoodBooster
MumMoodBooster

MumMoodBooster and Mum2BMoodBooster are evidence-based e-treatments designed to help women anywhere in Australia who are experiencing depression either during pregnancy (antenatal depression) or after the birth of their baby (postnatal depression).

Our treatment programs are based on best practice psychological treatment. They are designed to deliver the benefits of face-to-face cognitive-behavioural treatment without needing to leave your home.

Why choose MumMoodBooster?

- Proven effective in controlled scientific studies
- Rapid symptom reduction
- 80% of users are no longer clinically depressed
- Suitable for pregnant women and new mums
- Six sequential interactive sessions at times to suit yourself. Use from home or on your mobile device
- FREE to use 24 hour access 7 days a week
- Weekly SMS support
- Video vignettes and exercises to help identify and manage symptoms of depression
- Behavioural and cognitive skills
- Interactive and tailored workbook
- Highest completion rate of any PND program (over 95% of sessions completed by users)

Is the program effective?

MumMoodBooster has been trialled in clinical studies in the US and Australia, and in randomised controlled trials in Australia. It has proven effective in the treatment of major depressive disorder and minor depressive disorder. Eighty percent of women completing the program are no longer depressed. MumMoodBooster has a 95% completion rate.

How is it different to other online depression programs?

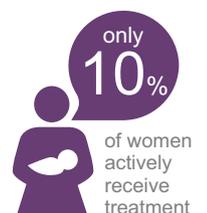
MumMoodBooster is the only Australian e-treatment designed and validated specifically for the clinical treatment of perinatal depression.

Unlike most e-treatments for depression, MumMoodBooster is not a series of “slides” containing text and cartoon stories with suggestions for “homework”. Instead, MumMoodBooster is an active, six-session cognitive-behavioural therapy treatment program, closely comparable to the therapy delivered in traditional face-to-face psychology sessions, but entirely under the control of the user.

It allows women to work through their own issues and develop strategies for dealing with these. Low-intensity sms messages provide regular contact, advice and encouragement to remain motivated in completing the treatment. Changes in symptoms of depression are regularly monitored throughout the program. Women can invite their partners to access a partner website with information on perinatal depression and for managing their own emotional health.

How does it work?

The treatment format is highly interactive and includes engaging, personalisable content; personalised tools for tracking mood and activities in real time; exercises and journaling activities to be completed online; behavioural strategies for personalised depression treatment; video vignettes and tutorials of cognitive-behavioural strategies; online and email reminders for session completion.



Clinician Portal - integrating MumMoodBooster into your practice

Do you have a new mum who is struggling to cope or depressed? This online treatment may help.

Registration

By registering for a MumMoodBooster account you will be able to refer your patients directly to the MumMoodBooster postnatal depression treatment program.

Patient referral

Following registration, you can immediately refer your patients to the program using the referral form, which contains a unique code to be used for all your patients.

Once a patient registers for the program using your unique code, she can begin the MumMoodBooster treatment program. This same referral code can be given to any of your patients and you do not need to register again.

Risk alerts

Whilst we cannot provide crisis support, email alerts are sent if depression monitoring indicates your patient is having a significantly difficult time (experiencing suicidal ideation or escalating depression). The email alert will advise her to speak to a health professional or contact a telephone support service, and that the program may not be sufficient for her needs. You will also be notified for your information.

Summary Reports

By using a username and password which you create at registration, you will be able to login to your Clinician Portal account at any time to review your patients' progress. You will find each patient listed by name.

You will also receive e-mail notifications when progress reports are available (at 1, 4 and 8 weeks). The first report will contain screening (The Edinburgh Postnatal Depression Scale), psychological assessment results (PHQ-9 Patient Health Questionnaire), DSM-5 Cross-sectional symptom measure), and her program usage details.

Whilst you may have already screened a patient, MumMoodBooster offers an additional EPDS screening assessment.

How much does the program cost?

MumMoodBooster and Mum2BMoodBooster are provided **FREE** to Australian women and are supported, via MumSpace, by the Australian Government.

Learn more

For further information or to access the online treatment tool and resources visit mumspace.com.au or email piri@austin.org.au

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