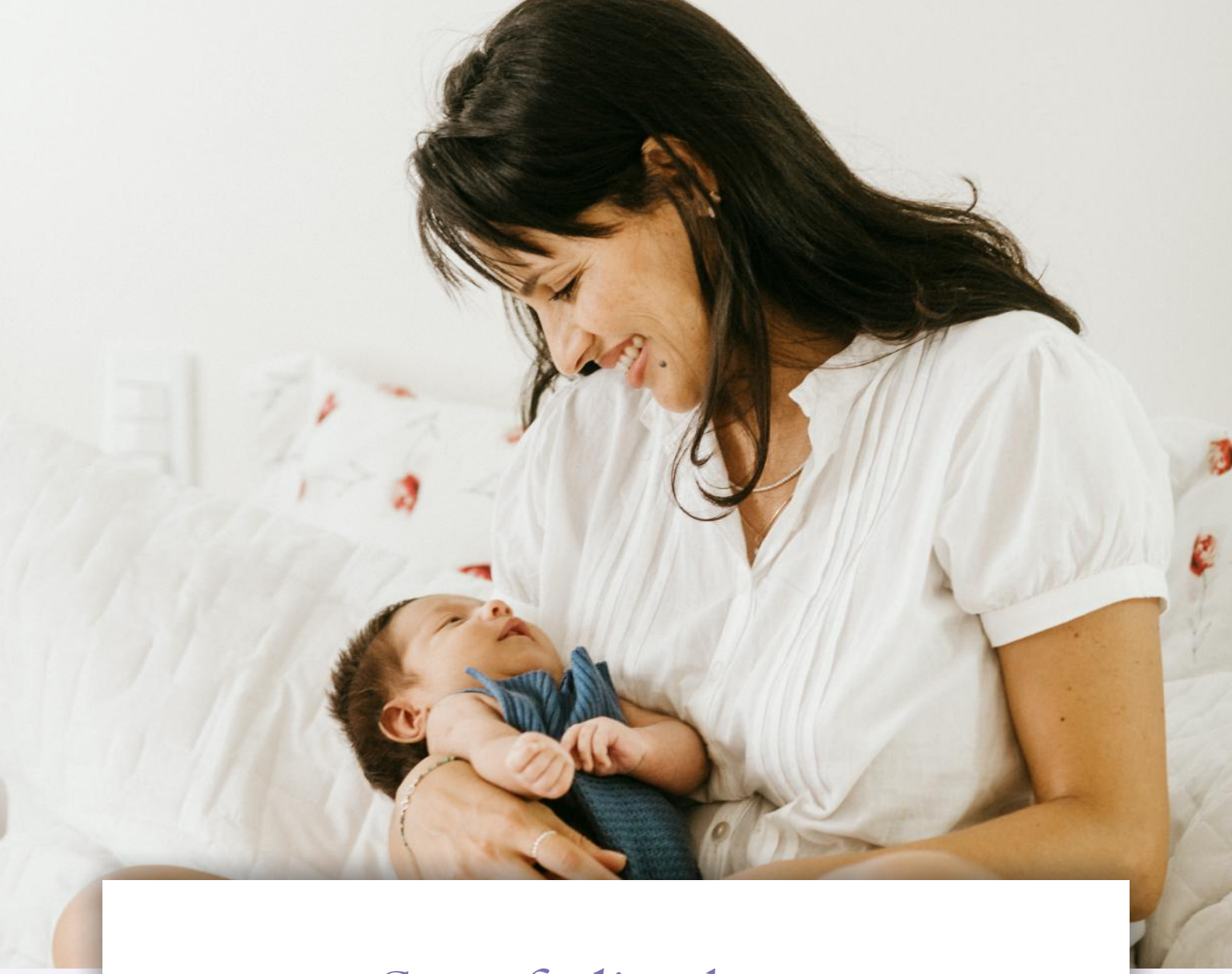


Start feeling better

With the free MumMoodBooster online treatment programs

MumMoodBooster

Mum2BMoodBooster

www.mumspace.com.au/online-treatments

Parent-Infant Research Institute

Accredited Service Provider
National Safety and Quality Digital Mental Health Standards

What is MumMoodBooster?

MumMoodBooster is Australia's leading evidence-based online treatment, designed to help women recover from postnatal depression after the birth of a baby. The MumMoodBooster program comprises six interactive sessions that are sequentially accessed **weekly** to parallel face-to-face cognitive-behavioural treatment. It's like face-to-face therapy but can be accessed from home at a time that is convenient. This online treatment program can be used to complement existing supports, or when access to face-to-face services is limited. It is a free service funded by the Australian government.

MumMoodBooster includes:

- Highly interactive, engaging, personalised content
- Tools for tracking mood and planning activities in real time
- Exercises and journaling activities
- Behavioural strategies for depression treatment
- Videos and tutorials of cognitive behavioural therapy (CBT) strategies
- Supportive SMS messages to help women remain motivated
- Monitoring of depression symptoms
- Access to a dedicated partner website
- Optional weekly telephone coaching is also available
- Free and available immediately, 24/7 helping to improve access to care when and where it is needed.

Mum2BMoodBooster

Mum2BMoodBooster is Australia's leading evidence-based treatment for depression during pregnancy. Mum2BMoodBooster has been adapted from the MumMoodBooster program for women who are depressed during pregnancy. The structure of the program and content is similar to MumMoodBooster and is tailored to the specific needs of women during pregnancy.

Women can access the Mum2BMoodBooster and MumMoodBooster online treatment programs directly by visiting www.mumspace.com.au/online-treatments.

Refer to page 8 to read more about the evidence and efficacy of MumMoodBooster

Mum2BMood Booster MumMood Booster

What's inside MumMoodBooster

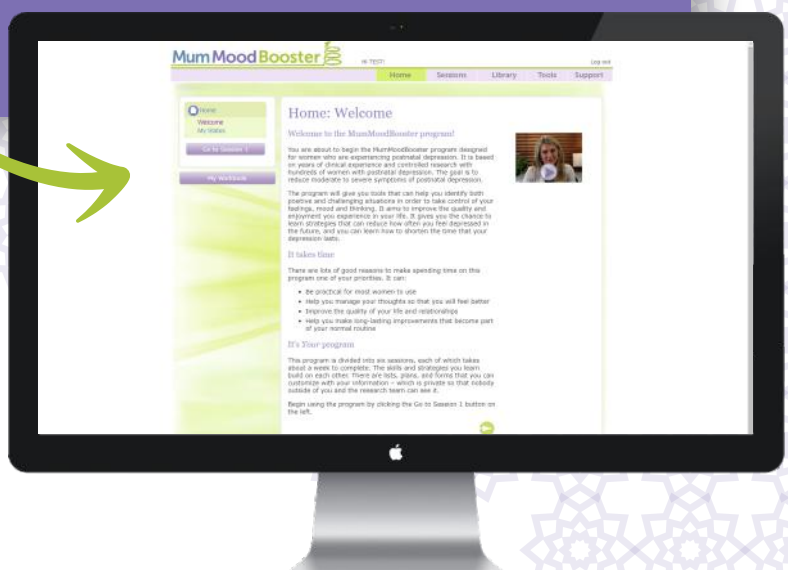
Welcome

MumMoodBooster provides step by step guidance so women can take control of their feelings, behaviour and thinking. The program has video introductions and aims to improve current mood difficulties and the quality and enjoyment experienced in life. MumMoodBooster also provides strategies that can reduce how often they women feel depressed in the future.

My Status

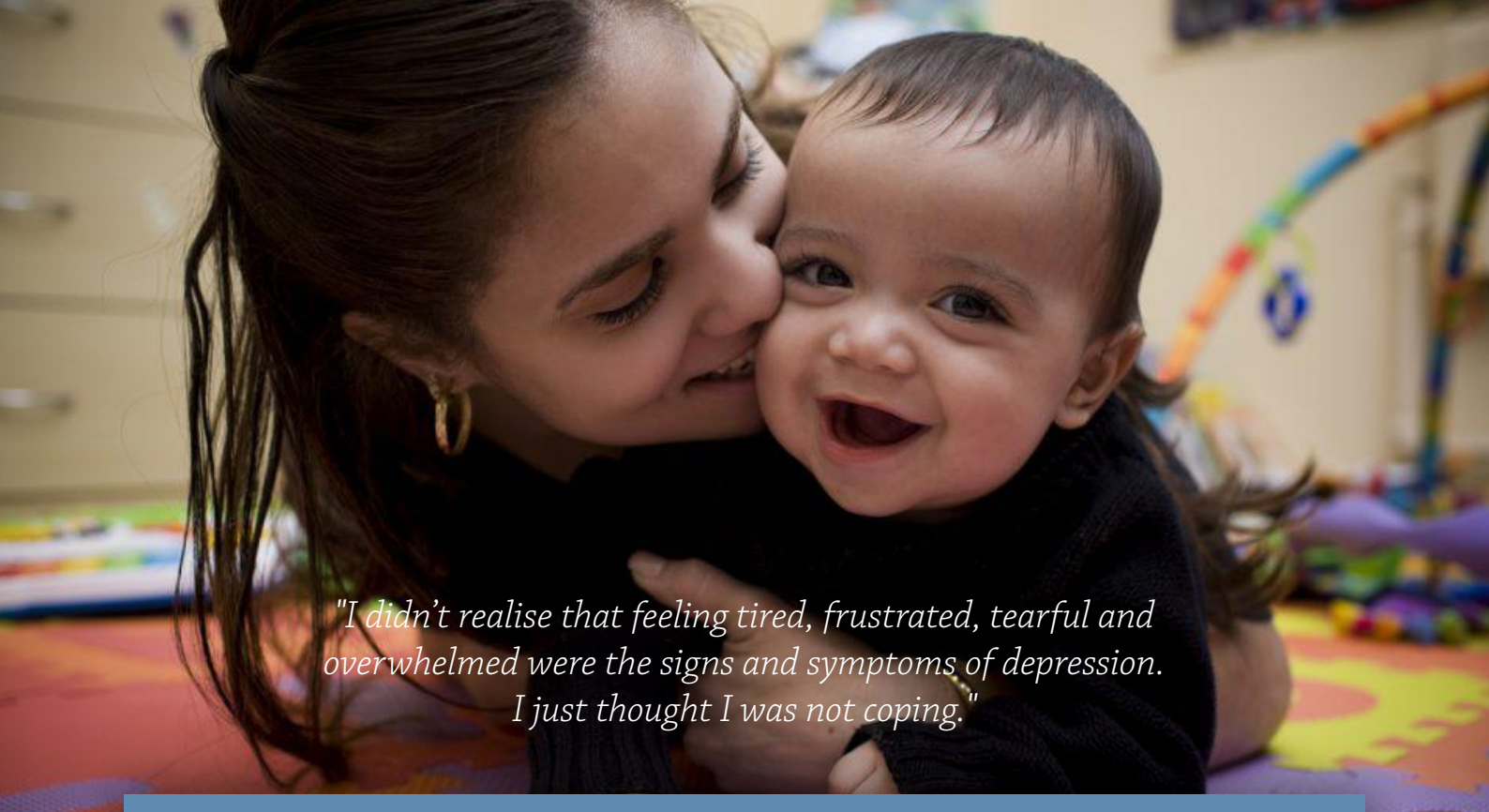
The MumMoodBooster home page is a **personal dashboard** that provides an overview of progress as women work through the program. The type and volume of information changes as women move through the program.

Each time women log in to the program they will start here and will be able to see graphs of their mood ratings and pleasant activities that they have recorded within the program.



MumMoodBooster

Mum2BMoodBooster

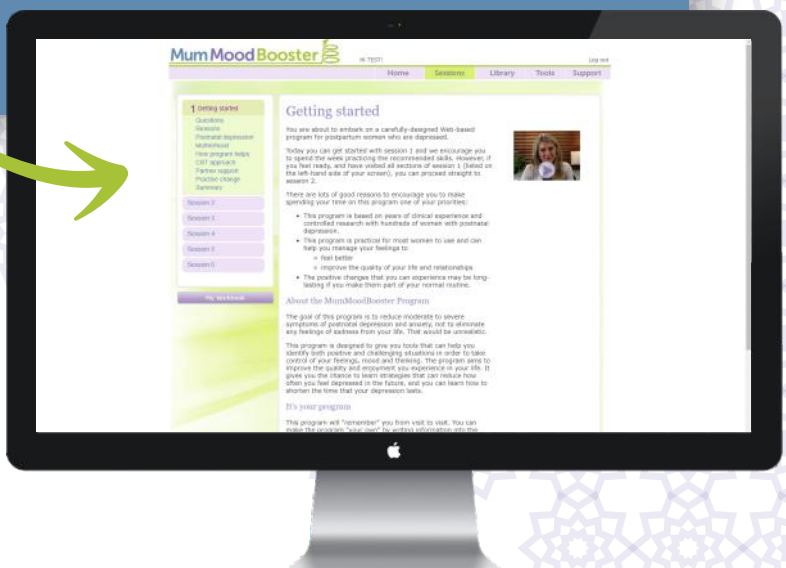


"I didn't realise that feeling tired, frustrated, tearful and overwhelmed were the signs and symptoms of depression. I just thought I was not coping."

Session 1 – Getting started

This session if the first of the six-session CBT program. It introduces women to the program and to the cognitive-behavioural therapy approach, and **answers many of the frequently asked questions**. Session 1 covers the following topics:

- Reasons for wanting to feel better
- What is Postnatal Depression (PND)?
- Motherhood: Myths & facts
- The greater demands of motherhood
- Unrealistic expectations about motherhood
- How this program can help
- The Cognitive-Behavioural Therapy (CBT) approach
- Partner Support Website
- Practise Change
- Recommendations for the week ahead



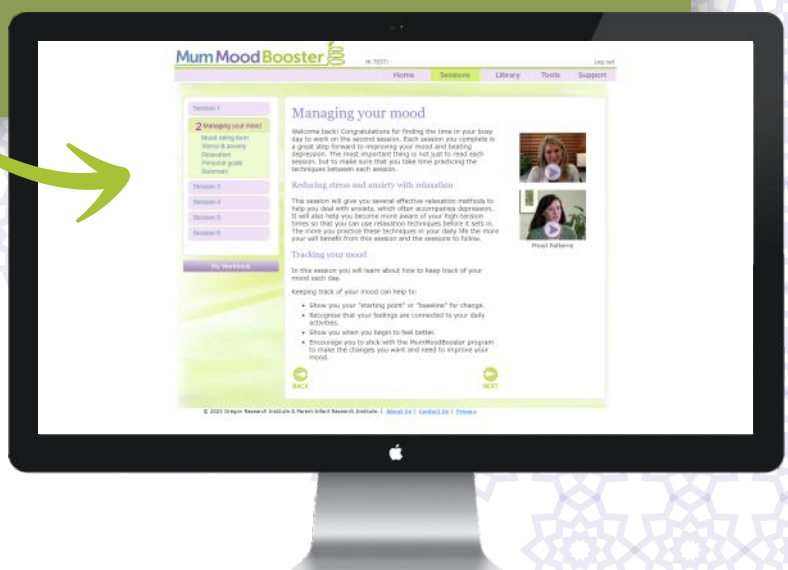
Mum Mood Booster

Mum2B Mood Booster

Session 2 - Managing your mood

This session introduces mood monitoring, an important first step for women to bring awareness to their daily mood and changes throughout the day, to manage their mood more effectively. Stress and anxiety are also introduced, and several effective relaxation methods are provided to help women deal with anxiety, which often accompanies depression. High-tension times are identified so women can use relaxation techniques before anxiety sets in. The more these techniques are practiced in daily life, the more benefits there will be from this session and the sessions to follow. Session 2 covers the following topics:

- Mood monitoring and using a mood rating form
- Stress & anxiety
- Relaxation strategies for busy mums
- Setting personal goals
- Recommendations for the week ahead



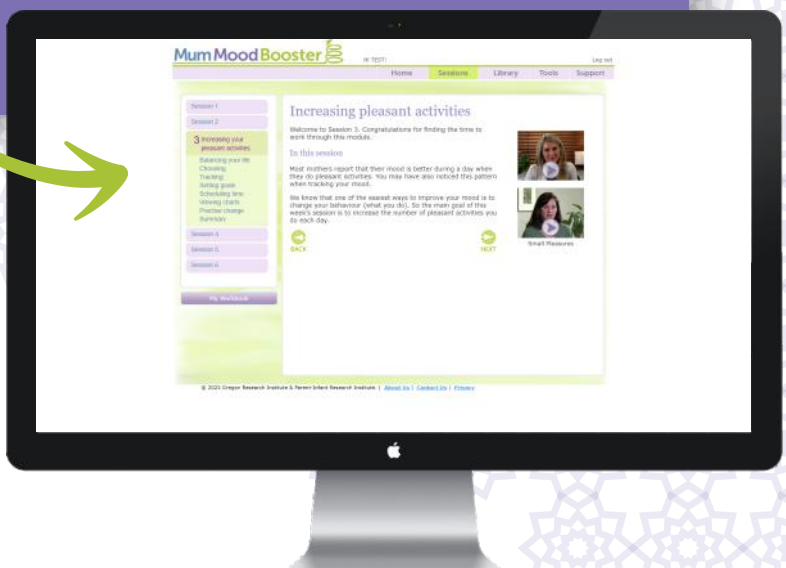
Mum Mood Booster

Mum2B Mood Booster

Session 3 - Increasing pleasant activities

One of the easiest ways to improve mood is to change behaviour (what we do), so the focus of this session is on the balance between things that need to get done each day and things that are done for pleasure. This session aims to **increase the number of pleasant activities** each day. This is called behavioural activation and is one of the most important CBT skills in depression treatment. Session 3 covers the following topics:

- Finding balancing as a busy mum
- Choosing pleasant activities
- Tracking pleasant activities
- Setting pleasant activity goals
- Scheduling time
- Viewing pleasant activity charts within the program
- Practise change
- Recommendations for the week ahead



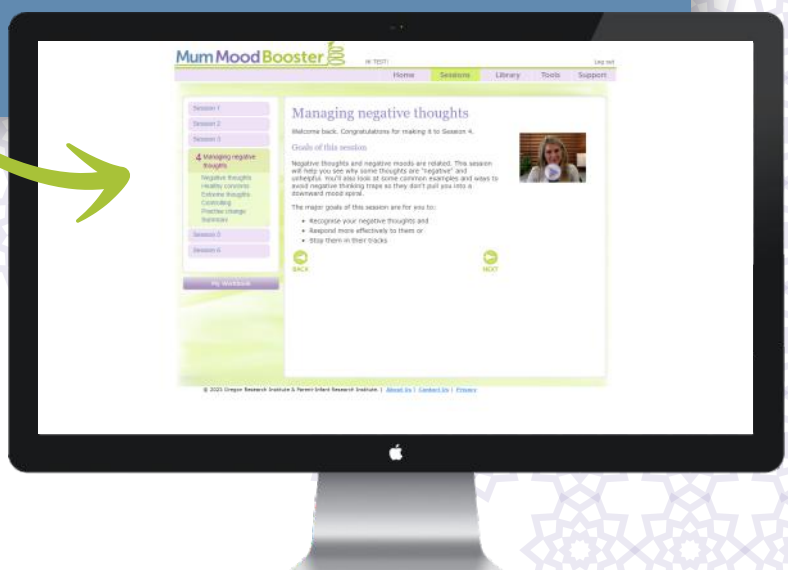
Mum Mood Booster

Mum2B Mood Booster

Session 4 - Managing negative thoughts

This session introduces cognitive (thinking) strategies to help women understand why some thoughts are "negative" and unhelpful and how these thoughts affect mood. Some common examples and ways to avoid negative thinking traps are provided, so women can stop these thoughts from pulling them into a downward mood spiral. The main goals of this session are to **recognise negative or unhelpful thoughts**, respond more effectively to them, or stop them in their tracks. Session 4 covers the following topics:

- Negative thoughts and their impact on mood
- How negative thoughts differ from healthy concerns
- Managing negative thoughts
- Common negative thinking traps
- Sorting out your thoughts
- Stopping negative thoughts
- Practise change
- Recommendations for the week ahead



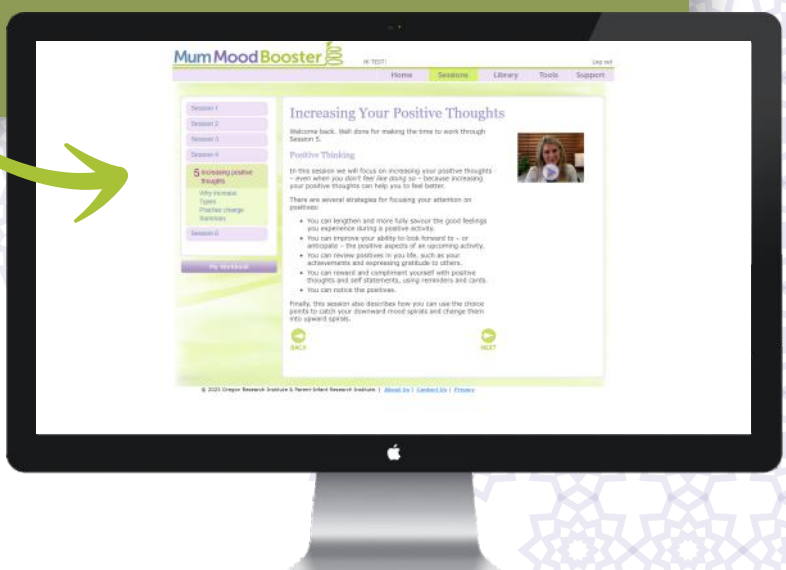
Mum Mood Booster

Mum2B Mood Booster

Session 5 - Increasing your positive thoughts

This session has a focus on **increasing positive thoughts**, which. can help women feel better by shifting their focus from the negatives. There are several strategies for focussing attention to the positives. This session also describes how to use key choice points to catch downward mood spirals and change them into upward spirals. Session 5 covers the following topics:

- Why increase positive thoughts?
- Types of positive thoughts
- How do savouring thoughts help?
- Anticipating pleasant activities
- Simple strategies to increase positive thoughts each day
- Practise change
- Recommendations for the week ahead



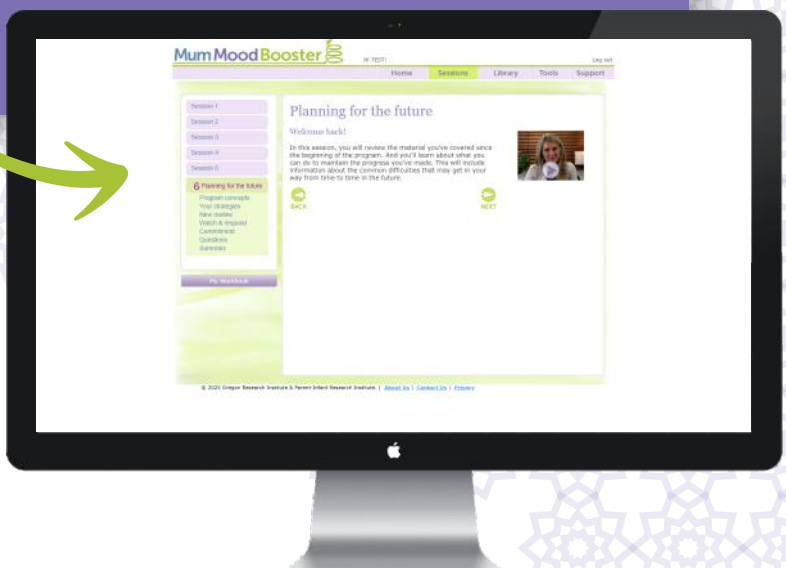
Mum Mood Booster

Mum2B Mood Booster

Session 6 - Planning for the future

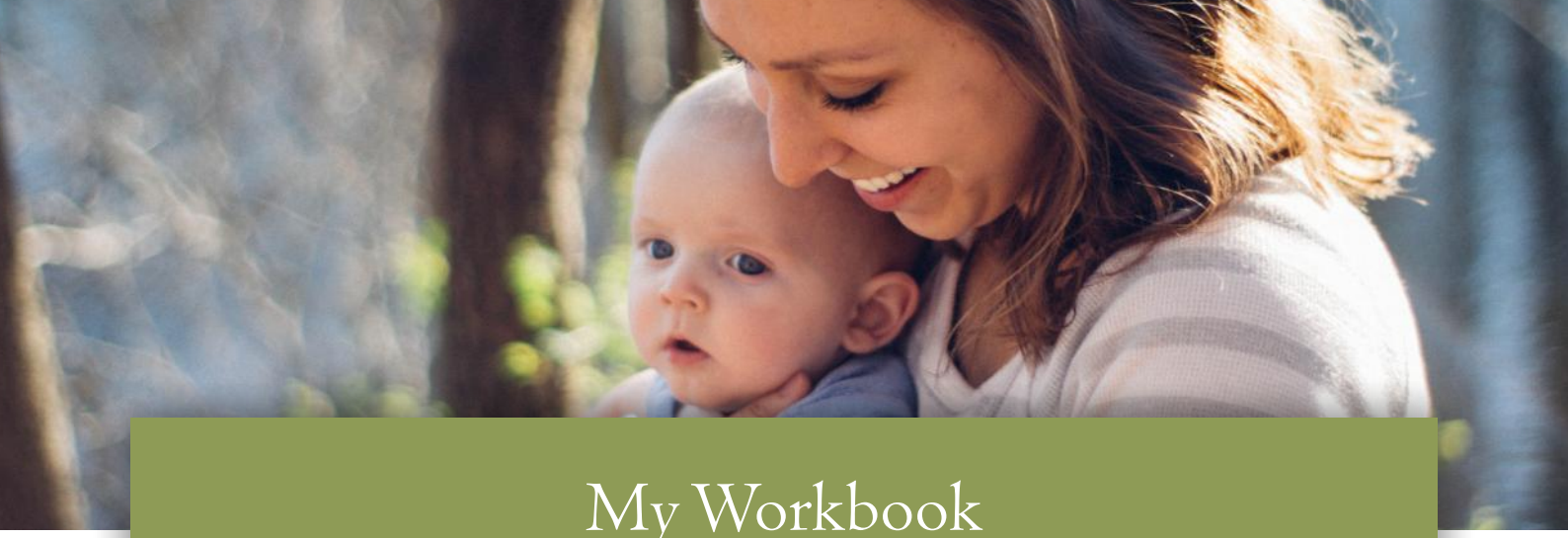
This session reviews the material covered since the beginning of the MumMoodBooster program and helps women identify the strategies that have been most helpful for them so they can plan for the future. Women also learn about what they can do to maintain the positive progress made. This session includes information about the common difficulties that might get in the way from time to time in the future and how to get back on track. Session 6 covers the following topics:

- Review of program concepts
- Sorting through the most helpful strategies
- Settling into a new routine
- Identifying and responding to early warning signs
- Making a personal commitment
- Frequently asked questions
- Recommendations for the future



Mum Mood Booster

Mum2B Mood Booster



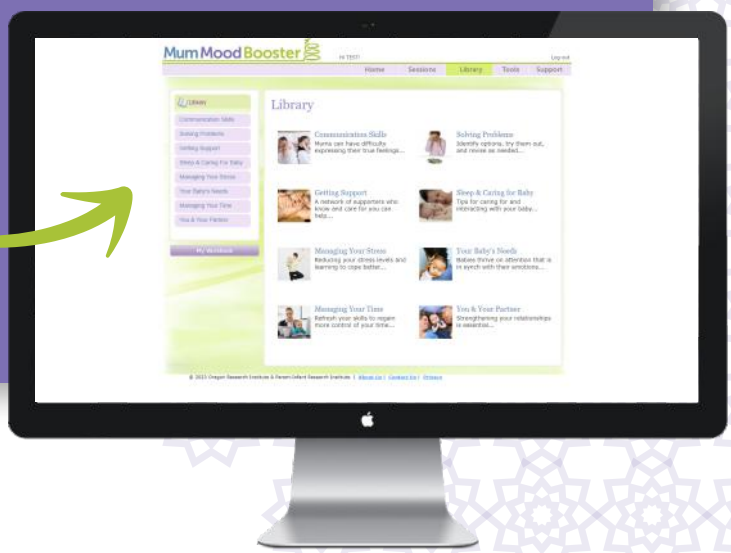
My Workbook

The MumMoodBooster workbook is a printable **at-home reference guide** that describes the main points of the treatment program along with the information and plans women have entered when using the program. Referring back to the workbook can refresh memories of some of the previous steps taken to improve mood.

Resource Library

The MumMoodBooster program has a resource library that can be accessed at any time within the program and is **full of useful information and tips**, covering a range of CBT strategies. The articles focus on the following topics:

- Communication skills
- Solving problems
- Getting support
- Sleep & caring for baby
- Managing your stress
- Your baby's needs
- Managing your time
- You & your partner



MumMoodBooster

Mum2BMoodBooster

Tools and support

The MumMoodBooster program contains tools for daily tracking of mood and pleasant activities, and this information is depicted in easy-to-understand charts. Women can also **personalise** the program with photos and plan pleasant activities.

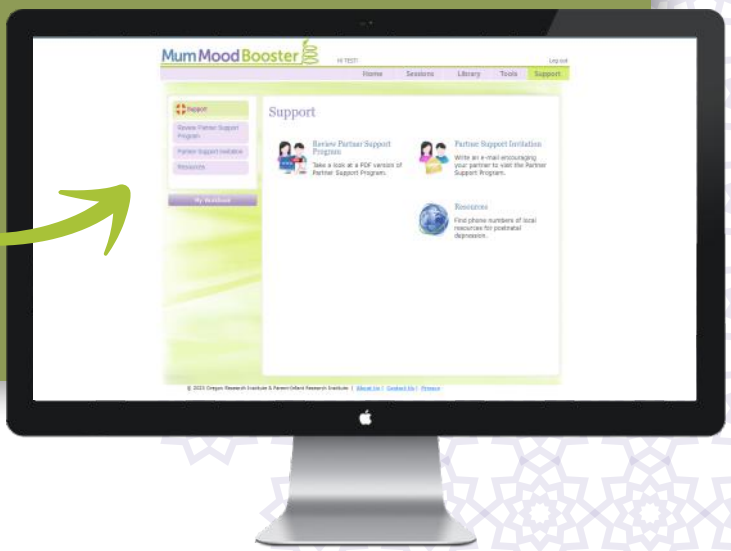
Support

The MumMoodBooster program also provides access to a handy reference to additional support services.

Partner support website

The partner support website has been designed for partners or support persons and includes background information on perinatal depression and anxiety as well as recommendations about how they can support their partner to work to get on top of depression. The information focusses on three core areas for partners as they make the transition to parenthood:

- Caring for yourself
- Caring for your partner
- Caring for your baby



MumMoodBooster

Mum2BMoodBooster

Referring to MumMoodBooster

Women can access the Mum2BMoodBooster or MumMoodBooster online treatment program directly by visiting **www.mumspace.com.au/online-treatments**

Alternatively, health professionals can refer their clients to Mum2BMoodBooster or MumMoodBooster via a dedicated Clinician Portal. This portal provides additional screening and access to information to help monitor their patient's mood, symptoms, and risk.

Health professionals can register for secure access to the Mum2BMoodBooster or MumMoodBooster Clinician Portal to receive a unique referral code for all their patients. For more information about the Mum2BMoodBooster or MumMoodBooster Clinician Portal and to download a referral guide, visit:

www.mumspace.com.au/clinician-portal/

Mum2BMood Booster

Mum Mood Booster

Is MumMoodBooster effective?

MumMoodBooster is the first Australian e-treatment designed and validated specifically for the treatment of diagnosed postnatal depressive disorders. MumMoodBooster is a self-paced cognitive-behavioural therapy (CBT) treatment program that mirrors traditional face-to face psychology sessions. It has been 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). MumMoodBooster is free and is available 24/7, helping to improve access to care when and where it is needed.

MumMoodBooster has been trialled in clinical studies in Australia and the US, and in randomised controlled trials in Australia. It has proven effective in the treatment of major depressive disorder and minor depressive disorder with rapid symptom reduction. 80% of women completing the program are no longer clinically depressed. MumMoodBooster has the highest completion rate of any PND program with over 95% of sessions complete. In a recent trial it has been shown to be as effective as face-to-face CBT therapy and can therefore be used as a stand-alone treatment.

Randomized controlled trial: *Milgrom, J., Danaher, B. G., Seeley, J. R., Holt, C. J., Holt, C., Ericksen, J., ... & Gemmill, A. W. (2021). Internet and face-to-face cognitive behavioural therapy for postnatal depression compared with treatment as usual: randomized controlled trial of MumMoodBooster. Journal of medical Internet research, 23(12), e17185. https://www.jmir.org/2021/12/e17185/*

Randomized controlled trial: *Milgrom, J., Danaher, B. G., Holt, C., Holt, C. J., Seeley, J., Tyler, M. S., . . . Gemmill, A. W. (2016). Internet Cognitive Behavioural Therapy for Women with Postnatal Depression: a randomised controlled trial of MumMoodBooster. Journal of Medical Internet Research, 18(3), e54. doi: doi:10.2196/jmir.4993*

Feasibility Trial: *Danaher, B., Milgrom, J., Seeley, J., Stuart, S., Schembri, C., Tyler, M. et al. (2013). MomMoodBooster Web-Based Intervention for Postpartum Depression: Feasibility Trial Results. Journal of Medical Internet Research, 15(11), e242. https://www.jmir.org/2013/11/e242/*

Usability Study: *Danaher, B. G., Milgrom, J., Seeley, J. R., Stuart, S., Schembri, C., Tyler, M. et al. (2012). Web-based Intervention for Postpartum Depression: Formative Research and Design of the MomMoodBooster Program. JMIR Research Protocols, 1(2), e13. https://dx.doi.org/10.2196/resprot.2329*

The Parent-Infant Research Institute continues to work with collaborators around the world to establish the effectiveness of internet-based psychological treatments for depression. MumMoodBooster and Mum2BMoodBooster have been developed and validated by the Parent-Infant Research Institute (PIRI) in Melbourne, Australia. These online treatment programs are provided FREE to Australian women, supported by funding from the Australian Government. PIRI acknowledges the generous support of beyondblue, the Ian Potter Foundation, NHMRC, NIH and the Windermere Foundation in developing and testing these online treatment programs. **Find out more about PIRI's work at www.piri.org.au**

Parent-Infant Research Institute

The Parent-Infant Research Institute (PIRI)
Austin Health, Heidelberg, Victoria 3084
Phone: (03) 9496 4496
Email: piri@austin.org.au
Website: www.piri.org.au