



# Group Oriented Interpersonal Therapy for Women with Postnatal Depression

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# Overview

- Practice Based Research
- Program Rationale
- Clinical Framework: Content & Process
- Assessment Measures
- Program Outcomes
  - Statistical Measures
  - Practice Experience
- Future Directions

# Program Rationale

- Significance of Postnatal Mood Disorder & the Impact on Attachment and Development
- Australian Studies
  - 9% Antenatal Depression & 16 % Postnatal Depression (Buist & Bilszta, 2006)
  - 20.4% Anxiety Disorder assessed late pregnancy to early postnatal (Austin et al, 2010).
- Impact on Infants
  - Mother-Infant Attachment
  - Physical Effects on the Infant
  - Longitudinal Studies (Pawlby & Fernyhough, 2009)
- Confounding effects of Psychosocial Issues
- AEDI Data

# Program Rationale

- Demographics
  - No. of Births (exceeded 3000 public hospital births in 2012-2013)
  - AEDI (Australian Early Development Index) Data
  - Fastest Growing Corridor (South East Queensland)
    - High % Young Families
  - Family CARE Program 2001
  - Influence on population

# Clinical Framework: Content & Process

- 8 Week Therapeutic Group Program
- Attended by Mothers and their Babies
- Theoretical Basis:
  - Attachment Theory
  - Parent-Infant Psychotherapy
- Intervention Model
  - Family Partnerships Model
    - Conceptual framework for the process of helping and facilitating the program
    - Utilises the complementary expertise of the parent and the professional
  - Acceptance Commitment Therapy (ACT)
  - Mindfulness

# Clinical Framework: Content & Process

- Session 1
  - Developing Therapeutic Environment
  - Experiences & Expectations of becoming a Mother
  - Symptoms of Postnatal Depression & Anxiety
  - Pre-group Assessments
- Session 2
  - Adjusting to parenting

# Clinical Framework: Content & Process

- Session 3
  - Managing emotions
    - Anxiety,  
Depression &  
Stress
  - Introduction of  
Mindfulness  
Strategies & ACT
- Session 4
  - Life Journey

# Clinical Framework: Content & Process

- Session 5

- Family Relationships & Roles
- Communication

- Session 6

- Influence, Motivation & Change
- Valued Living

- Session 7

- Experiences of Being Parented
- Exploring the Parent-Infant Relationship
- Mindful Motherhood



# Clinical Framework: Content & Process

- Session 8
  - Review of Achievements
  - Maintenance Plan
  - Post-group Assessments and Evaluation
- Follow-Up Session

# Intervening in the Mother-Infant Relationship

- Enhance Reflective Function
  - Watch, Wait, Wonder – Let the Infant Lead
- “Getting to Know You”
- Expectations & Representations of Motherhood
  - Feelings of Guilt & Experiences of Trauma
- Myths of Motherhood & Role Transitions
  - “I knew it would be hard but I didn’t know it would be this hard!”
- The Dark Side of Mothering

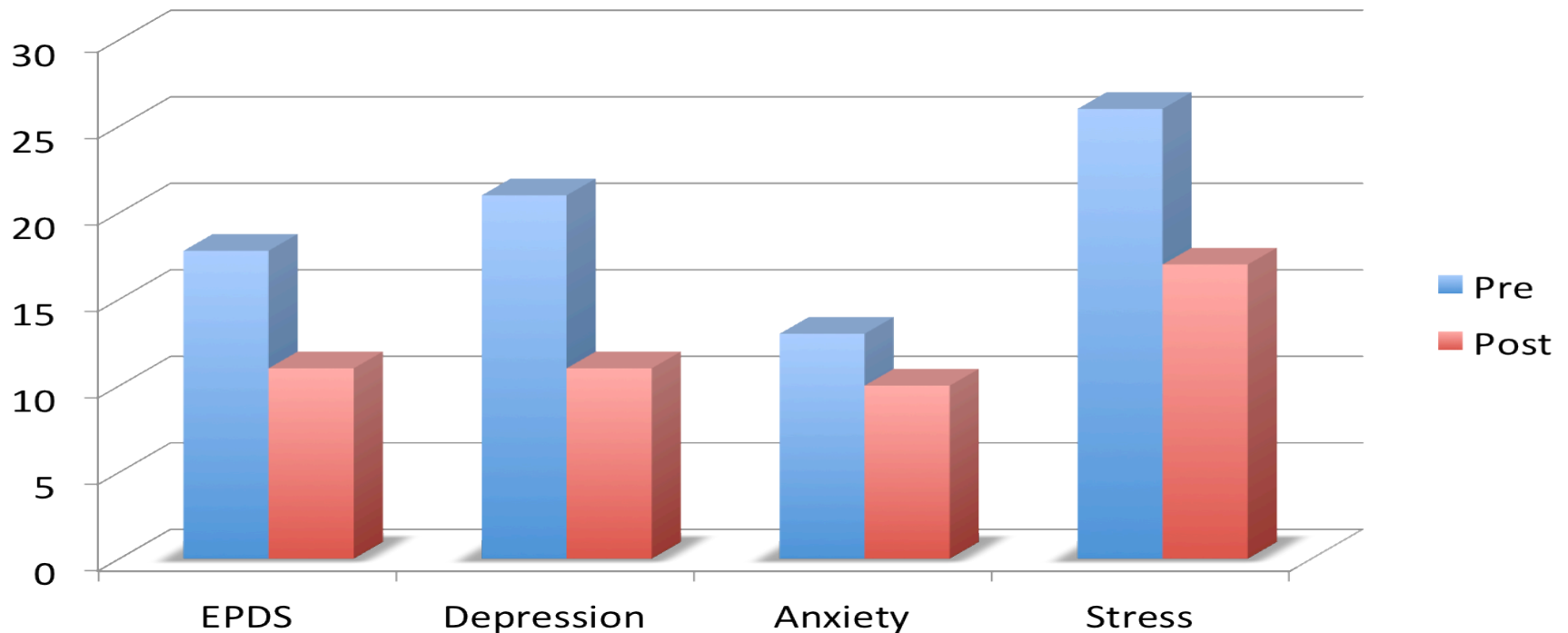
# Assessment Measures

- 15 Programs since 2007 (n=66)
- Edinburgh Postnatal Depression Scale (Cox & Holden, 1986)
- Depression, Anxiety & Stress Scale (Lovibond & Lovibond, 1995)
- Postnatal Risk Questionnaire (Austin & Priest, 2005)
- Psychosocial Aspects of PND (Gregory, Cullen & Fullbrook, 2009)

# Outcome Measures:

## EPDS (Cox & Holden, 1986)

## DASS (Lovibond & Lovibond, 1995)

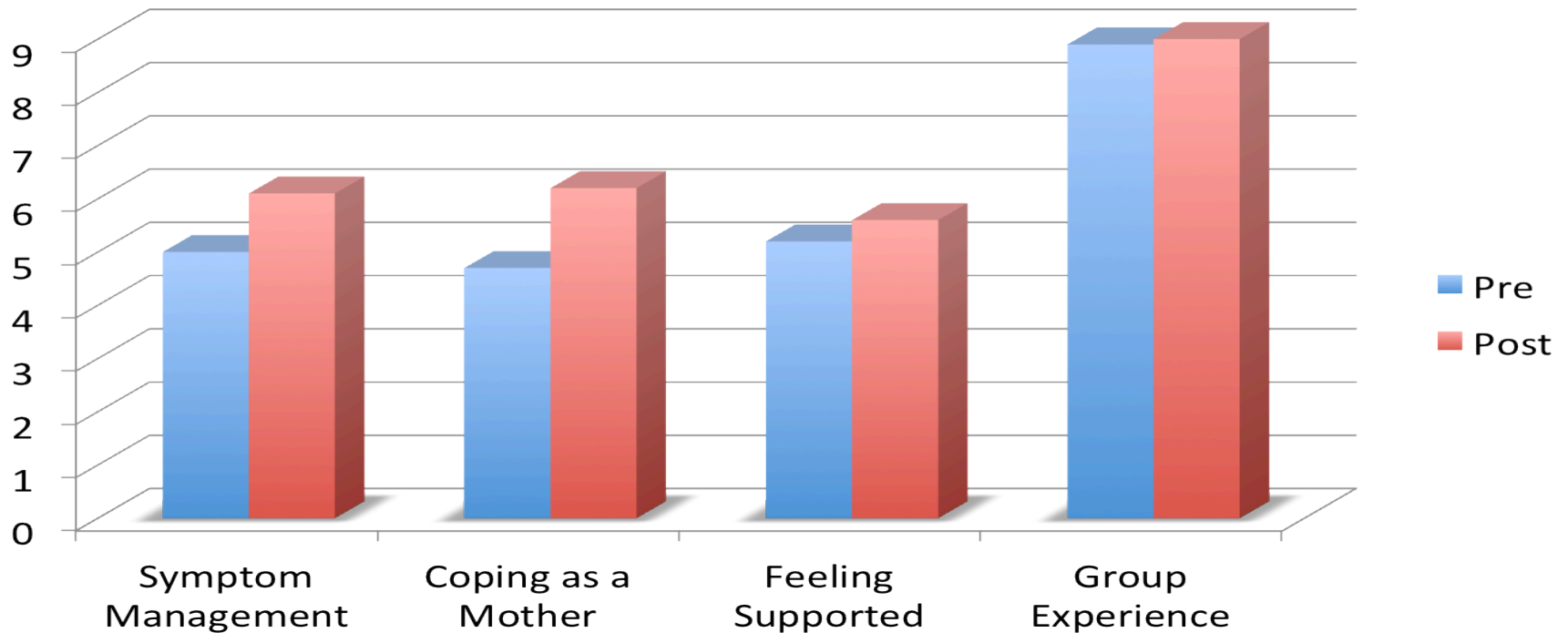


# Postnatal Risk Questionnaire (Austin & Priest, 2005)

- Black Dog Institute (<http://www.blackdoginstitute.org.au>)
- Measure of Risk
- Examples of Questions
  - “When you were growing up, did you feel your mother was emotionally supportive of you?”
  - “Were you emotionally abused when you were growing up?”
  - “Have you ever been sexually or physically abused?”
  - Was your experience of giving birth to this baby disappointing or frightening?”
- Clinical Cut-Offs = 10 Minimum to 77 Maximum
- Range of Scores
  - Highest = 74; Lowest = 18; Mean = 47.5

# Psychosocial Aspects of PND

(Gregory, Cullen & Fullbrook, 2009)



# Impacts on the Mother-Infant Relationship

- Holding the Mother in Mind & Creating a Secure Base
- Impact of the group process
  - Maternal Representations of their Infant in the Antenatal & Early Postnatal Period
  - Self-Concepts as Mothers
  - Observations & Monitoring of Representational Shifts
    - Mater Observation Tool
- Self Report on the Mother-Infant Relationship at the Conclusion

# Has the Relationship with You and Your Baby changed?

- “I want to spend more time with him, and see him as more my son who I love and not this annoying thing that makes me crazy due to lack of sleep.”
- “I have discovered this new sense of love for my youngest. I can now appreciate him and give him the attention he deserves.”
- “I am calmer, happier, and so is she.”
- “I’ m a lot happier in myself, so he is happier too.”
- “ I feel more connected with him.”
- “Relaxed more, seeing her better, understanding and patience much improved.”



# Future Directions

- Formal Measure of Mother-Infant Attachment
- Modify Interventions to specifically target Anxiety
- Impacts for Aboriginal & Torres Strait Islander Women (Beyond Blue Practice Guidelines, p.3)

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