



CCBT for Postnatal Depression: The Netmums Project. Who Uses It, Why and Does It Work?

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Why Develop CCBT for Postnatal Depression (PND)?

Depression during the postnatal period is a significant public health problem

- Affects both mother and infant child (Morrell & Murray, 2003)

Women may encounter a set of circumstances unique to the postnatal period (O'Mahen, Fedock, Henshaw, Flynn, & Himle, 2010).

- Sleep disturbance
- Selfless “good mum” versus appropriate self-care
- Increased and immediate need for support
- Busy nature of motherhood may “hide” typical avoidance patterns
- Need for normalization – “motherhood myth”

Design

- Delivered in collaboration with Netmums.com
 - parenting site with 890,000 members
- Sign up via netmums newsletter and on site
- Inclusion criteria:
 - Had baby within past year
 - Experiencing low mood
- Randomisation



Design

- Pilot Randomised Controlled Trial:
 - Treatment + Treatment As Usual (TAU)
versus
 - Wait list control + Treatment As Usual (TAU)
- Treatment
 - 11 total sessions
 - BA focus
 - Moderated, closed chat-room
 - Weekly online “clinics”
- Wait list control + TAU
 - Health visitor/GP regularly scheduled wellness visits
 - Access to Netmum’s general depression chat room

Content Delivery

- Weekly emailed sessions
- Text, anecdotal written, audio and video examples, worked examples, and weekly homework
- Fill out EPDS online weekly





Support for you

[MEND: Mind, exercise and nutrition](#)

[Netmums Drop-in Clinic](#)

[Video directory](#)

[Netmums Drop in Clinic](#)

[Parenting Course](#)

[Parenting issues](#)

[Family and relationships](#)

[Divorce and separation](#)

[Single Parents](#)

[Sleep problems](#)

[Loss and bereavement](#)

[Special needs](#)

[Autism and Aspergers](#)

[Healthcare and illness](#)

[Swine Flu](#)

[Meeting other mums](#)

[Support for dads](#)

[Domestic abuse](#)

[Mums and alcohol](#)

[Helping yourself](#)

[Where to find help](#)

[Netmums videos](#)

Local to you

- [Local healthcare services](#)
- [ADHD support groups](#)
- [Antenatal classes](#)
- [Autism and Aspergers groups](#)
- [Baby and toddler groups](#)
- [Children's centres](#)

Helping with depression, Netmums Counselling - Autumn THREE

Week 3: "Help! I want to get better!" Identifying Goals



Take a few minutes to think about last weeks exercise:

Were you able to start identifying TRAPs?

If not, were you able to carry on using the mood-activity log and write down information from some of the times

you felt sad and some of the times you felt perhaps a bit better?

- If you were able to do this, take a moment to think about what helped you get this done. For example, was there a time or place that was better to get it done in?
- What was difficult or got in the way of doing the exercises?

Building on the exercise:

Using the examples from [last weeks session](#), we'll look at:

- (1) the impact avoidance patterns are having on you
- (2) which things in your life contribute to you getting stuck in negative mood
- (3) understanding where you want to head during this treatment

Help! I didn't get the exercise done! Now what do I do?

- **Step 1:** Review your worksheet. Does anything stand out to you about where you're at, who you're with, or what you're doing when you're feeling sad? For example, you may notice that you tend to feel sad when you're alone after tea time. Also, review your good moods. Do you notice anything about what you're doing or who you're with? For example, you may feel better after speaking with a friend. These are important details.
- **Step 2:** Check your mood. What did you rate your mood as being?
- **Step 3:** What did you do? (e.g., stayed at home with baby instead of getting out and running some errands). Was your behavior different when you felt sad compared to if you felt good?

Remember that using your mood-activity log will help you to identify TRAPs.

Also remember that there are lots of ways to avoid. Rumination and doing lots of things other than the things that are important are two good ways to avoid.

Other clues to look out for are numbness during the day (when busy with baby/house) and down/worried at night and the middle of the night (when not distracted).

Quick links

- [General PND support and info](#)
- [PND score for this week](#)
- [Getting the most from the course](#)
- [Previous weeks session](#)
- [Course forum](#)

New Today

- [Halloween Best Buys](#)
Get ready to trick or treat
- [Pressure to lose baby weight](#)
Join in the discussion
- [Get organised for half term](#)
With our holiday planner
- [Weight and pregnancy](#)
Tell us and win
- [Have fun with Butlins!](#)
Win £100 Boots Vouchers



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Coffee house Hot Topics

- [Are forceps deliveries risky?](#)
- [Is there a 'right' time to have another baby?](#)
- [Other people hate my baby name choice](#)
- [Charity offers drug addicts £200 to be sterilised](#)

In the news

- [Are forceps deliveries risky?](#)
- [Are parents' evenings](#)

Treatment Content

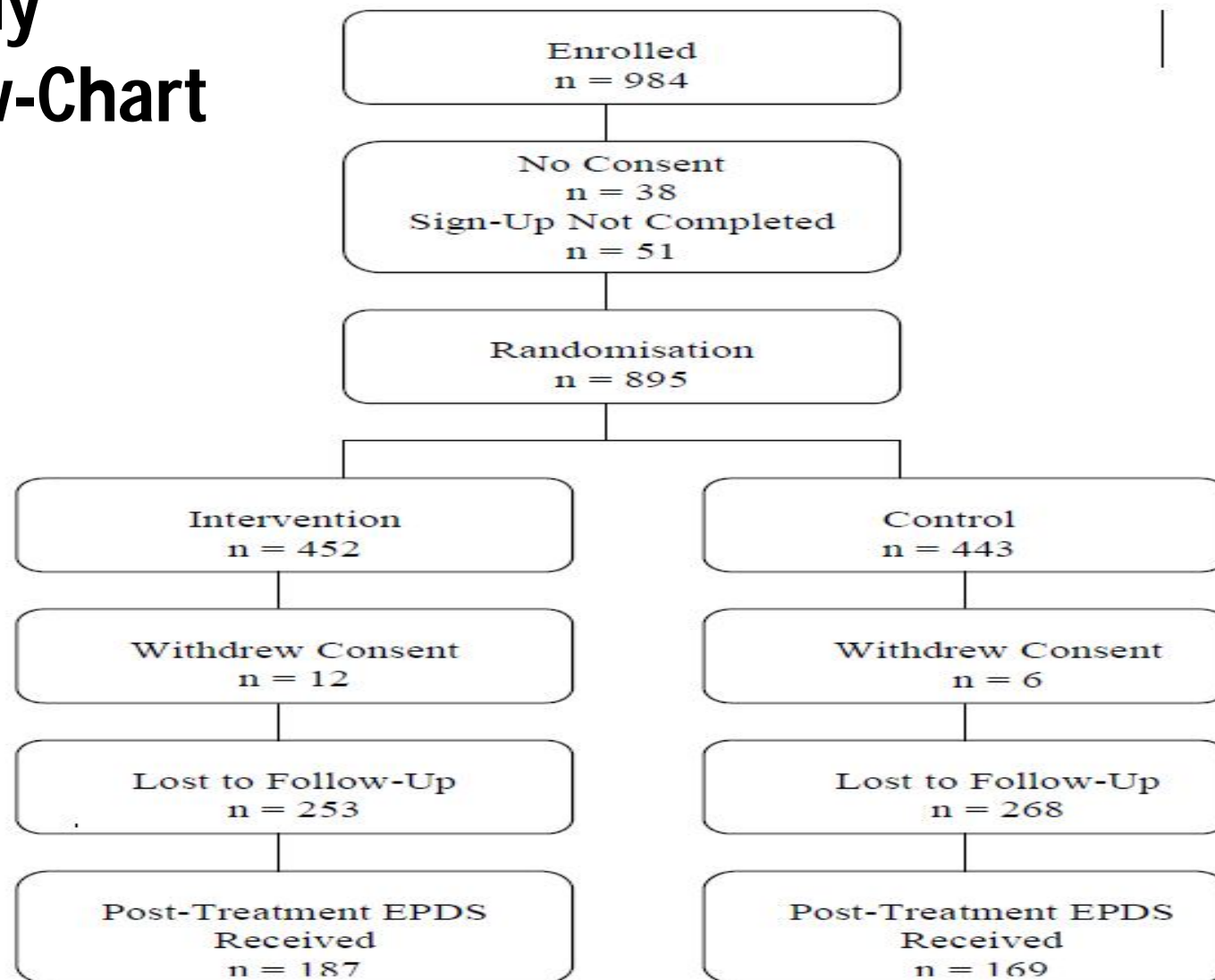
1. Introduction
2. Understanding the mood-activity link
3. How did I get here?" Identifying TRAPS
4. "Help! I want to get better!" Getting on TRAC: Moving out of Depression
5. Taking ACTION: getting changes into your life
6. When the going gets tough, what to do.
7. Getting the balance right. Being a mother and a person.
8. Don't go it alone. Getting the support you need.
9. Mum friends: Building a lifeline.
10. Sticky thoughts: What to do about rumination.
11. Top strategies for staying well.

What Treatment to Use?

- Netmums treatment = Behavioural Activation focussed treatment (Martell, Dimidjian, Herman-Dunn, 2010)
- Why?
 - Straightforward.
 - Parsimonious.
 - Easy to train supporters.



Study Flow-Chart

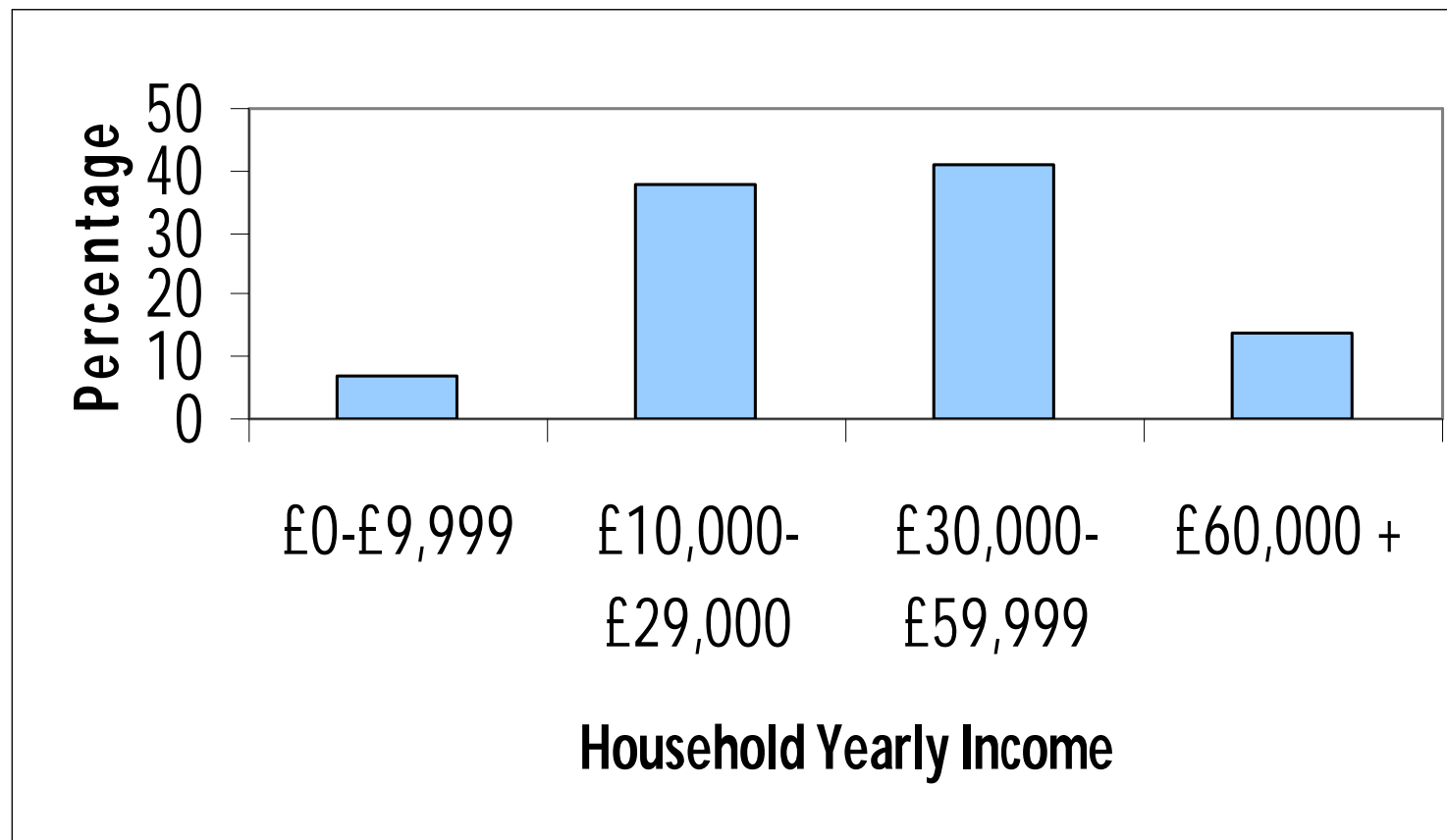


Who Uses It?

- Age – 33 (range 20-49)
- 89.9% White British
- 42.9% High School Education or below, 30.6% Degree Educated.

Who Uses It?

- 42.5% under £29,999 family yearly income

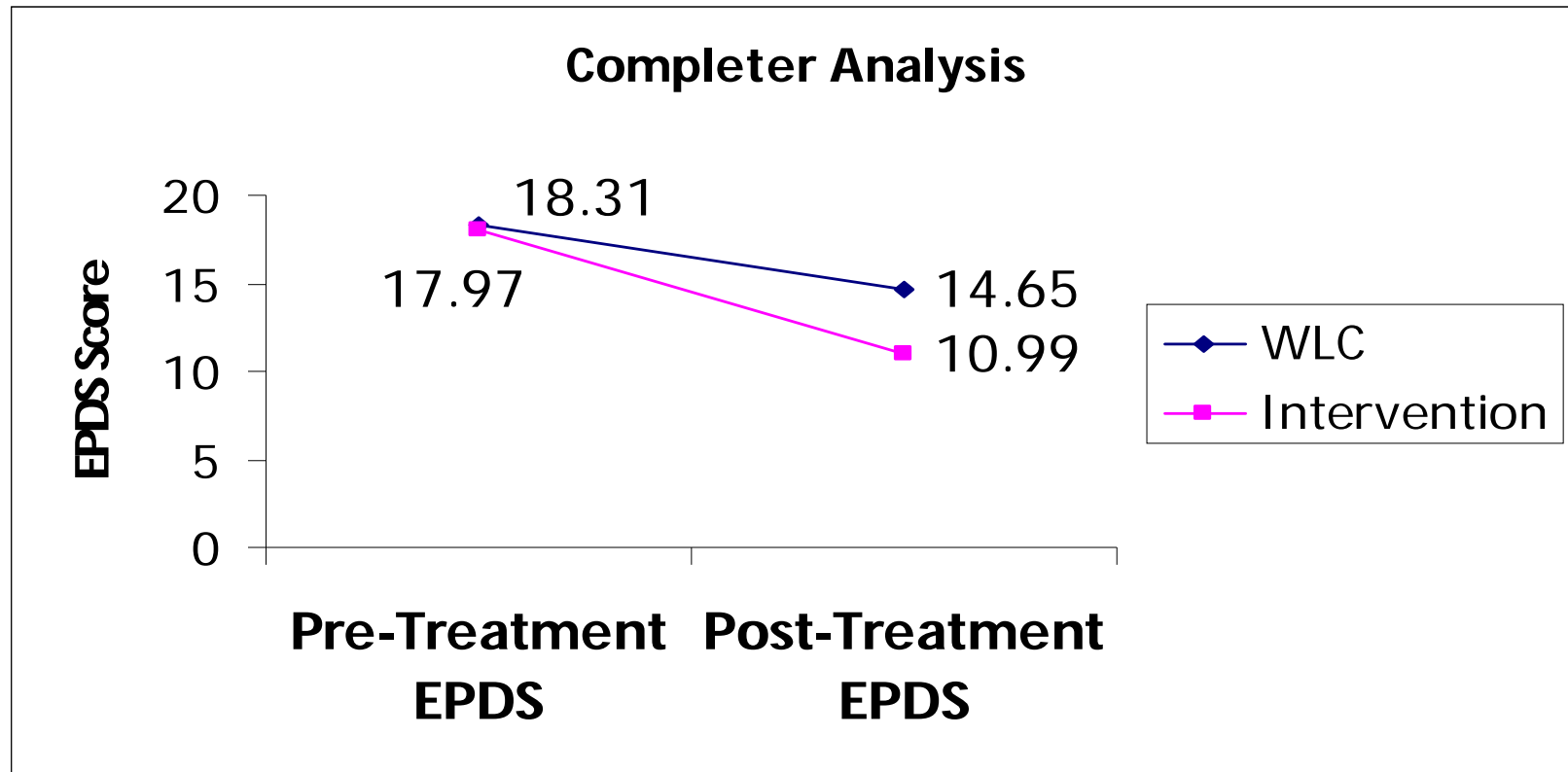


Completer Analysis

WLC n = 169; Intervention n = 187

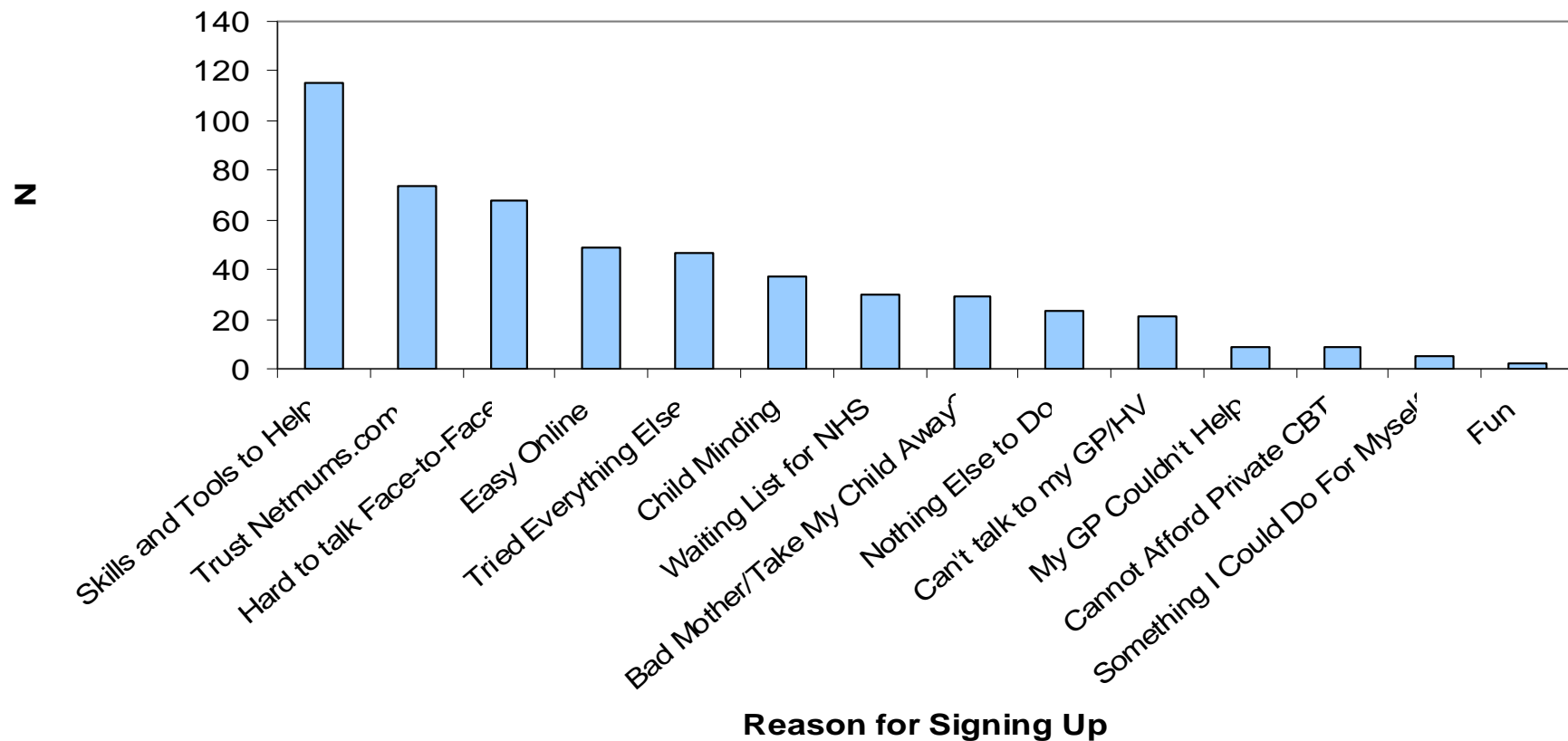
$p \leq 0.0001$

Controlled ES = 0.59 (Medium)



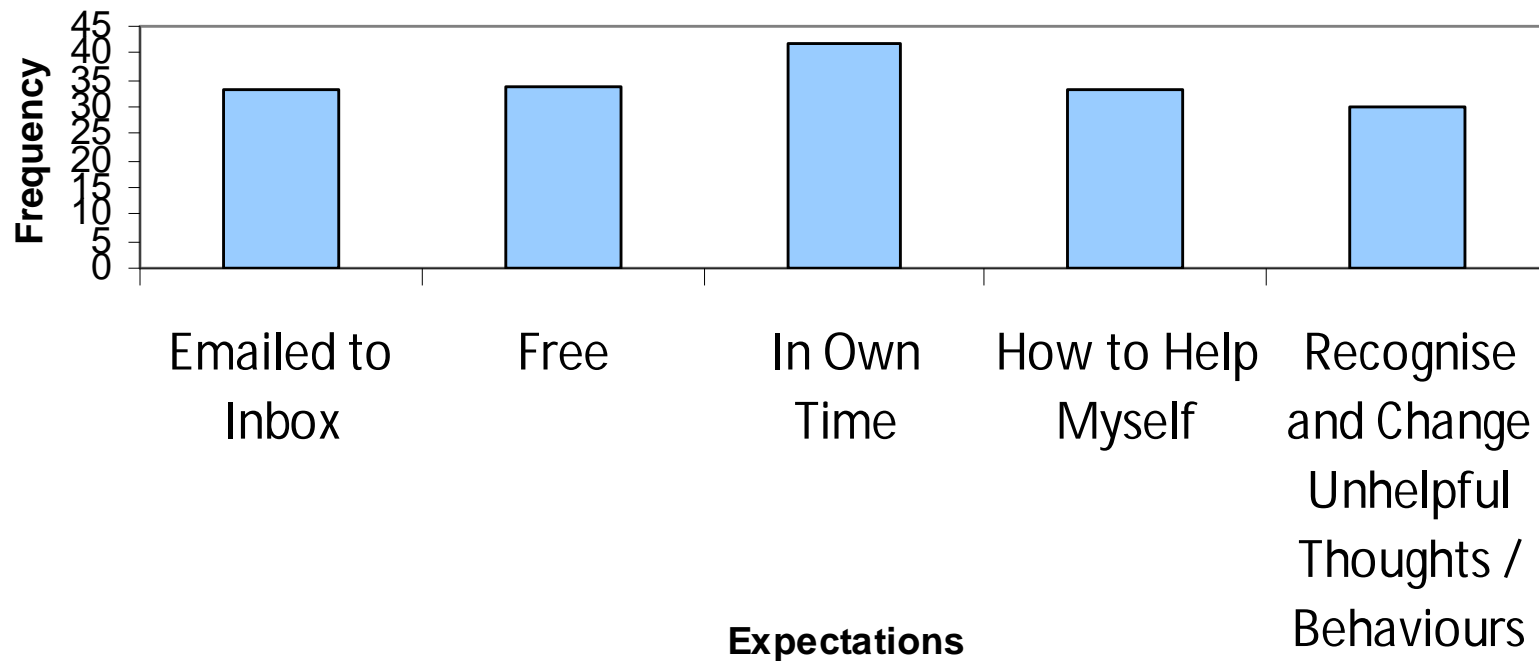
Why Do People Use It?

Reasons for Signing Up to the Course (n=180)

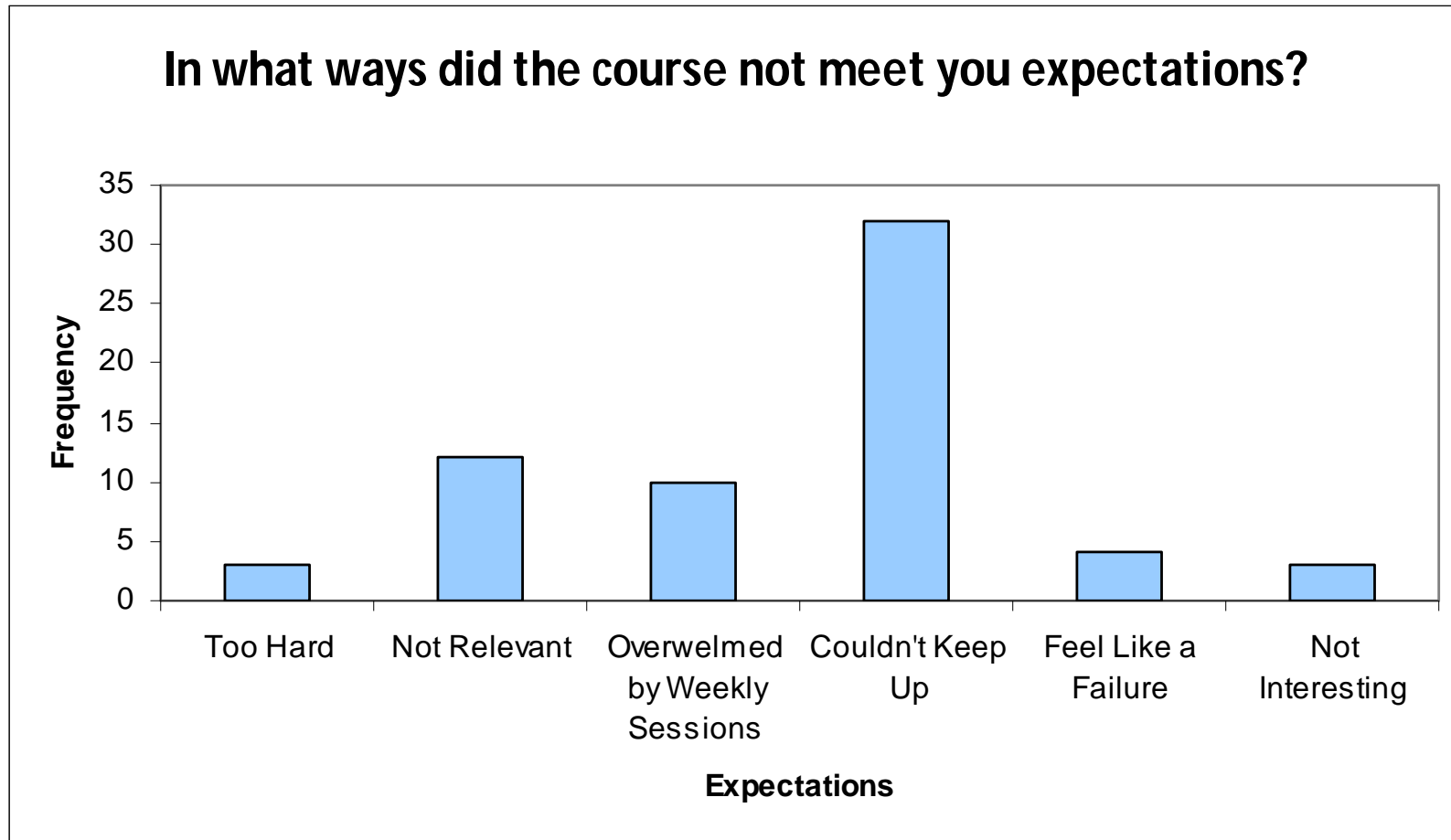


Is It Acceptable?

In What Ways Did the Course Meet Your Expectations?



Is It Acceptable?



Conclusions

- Significant demand
- Preliminary data suggests it works
- Guided component – current pilot
 - 6 mums completed treatment
 - Pre-treatment EPDS = 22 (sd 4.3, range 16-28)
 - Post-treatment EPDS = 4.3 (sd 3.8, range 1-11)
- Promising and acceptable treatment delivery package that can meet high perinatal treatment needs

Further Information

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