



Implementation of an Enhanced E-Health Prenatal Program to Promote Maternal Mental Health: HealthyMoms

Nadia Deville-Stoetzel PhD^{1,2}, Monica Vaillancourt PhD Candidate^{1,3}, Anne-Sophie Brazeau PhD⁴, Kaberi Dasgupta MD MSc²,
Tuong Vi Nyugen^{5,6} MD MSc, Elham Rahme MD², Steven Grover MD², Deborah Da Costa PhD^{1,2}

¹Research Institute McGill University Health Centre (RI-MUHC), ²Department of Medicine, McGill University, ³Department of Psychology, McGill University, ⁴School of Human Nutrition, McGill University, ⁵Department of Psychiatry, McGill University, ⁶Department of Obstetrics/Gynecology, McGill University

BACKGROUND

Perinatal mental health disorders affect up to 25% of women, most commonly depression or anxiety¹ that adversely impacts mothers and children, with higher risks of complicated deliveries² and child developmental delays³

Studies indicate that 50-70% of postpartum mental health disorders begin during pregnancy^{1,4}

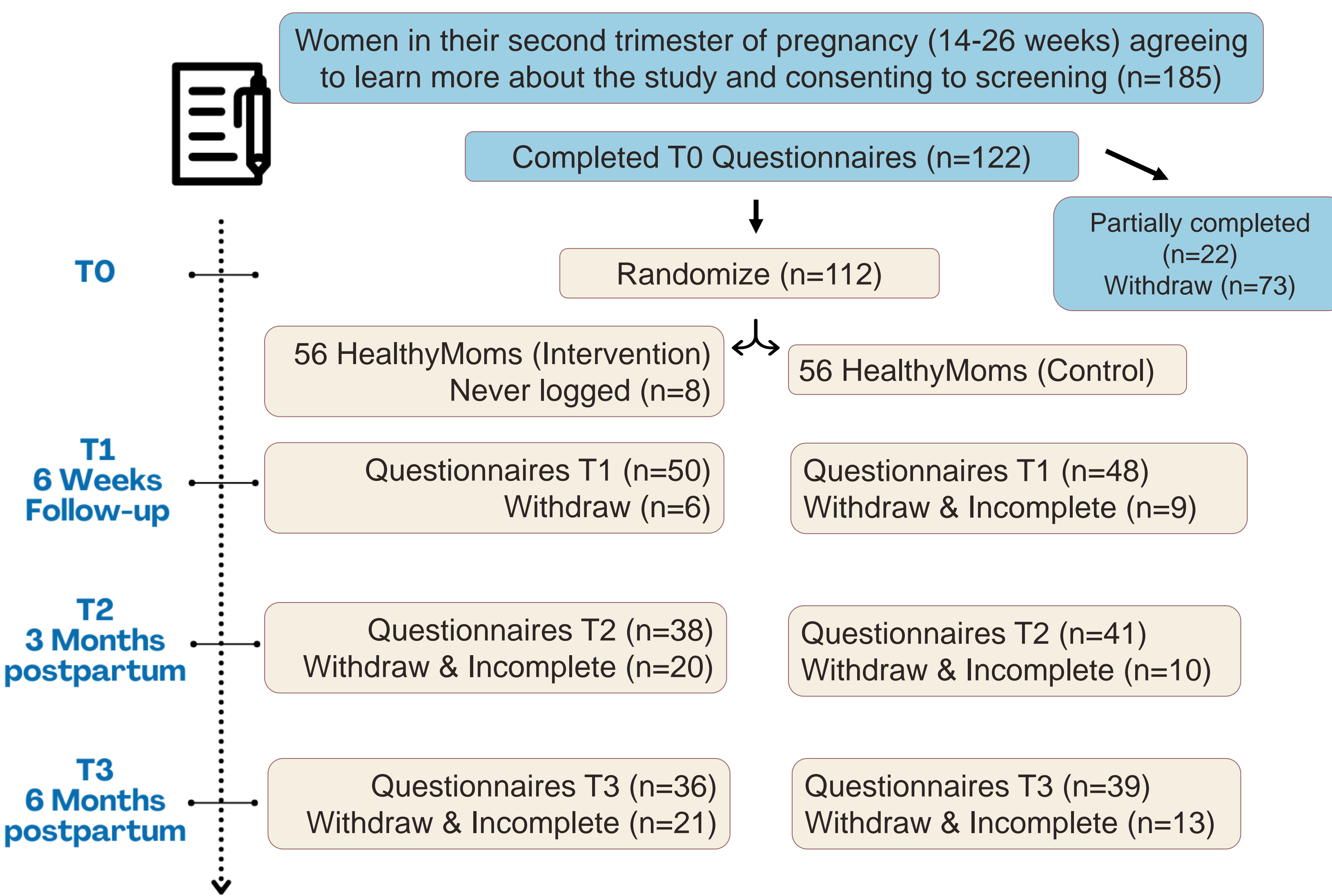
Lifestyle factors including level of physical activity, dietary behaviours and sleep are modifiable factors which have been linked to maternal mental health outcomes across the perinatal period^{5,6}

E-health intervention may be scalable, cost-effective mode to promote healthy behaviors and mental wellness during this teachable period⁷

Healthy Moms was co-developed by a multidisciplinary team consisting of clinical psychologists, physicians, kinesiologist, nutritionist and input from expectant/new mothers¹⁴



RANDOMIZED CLINICAL TRIAL



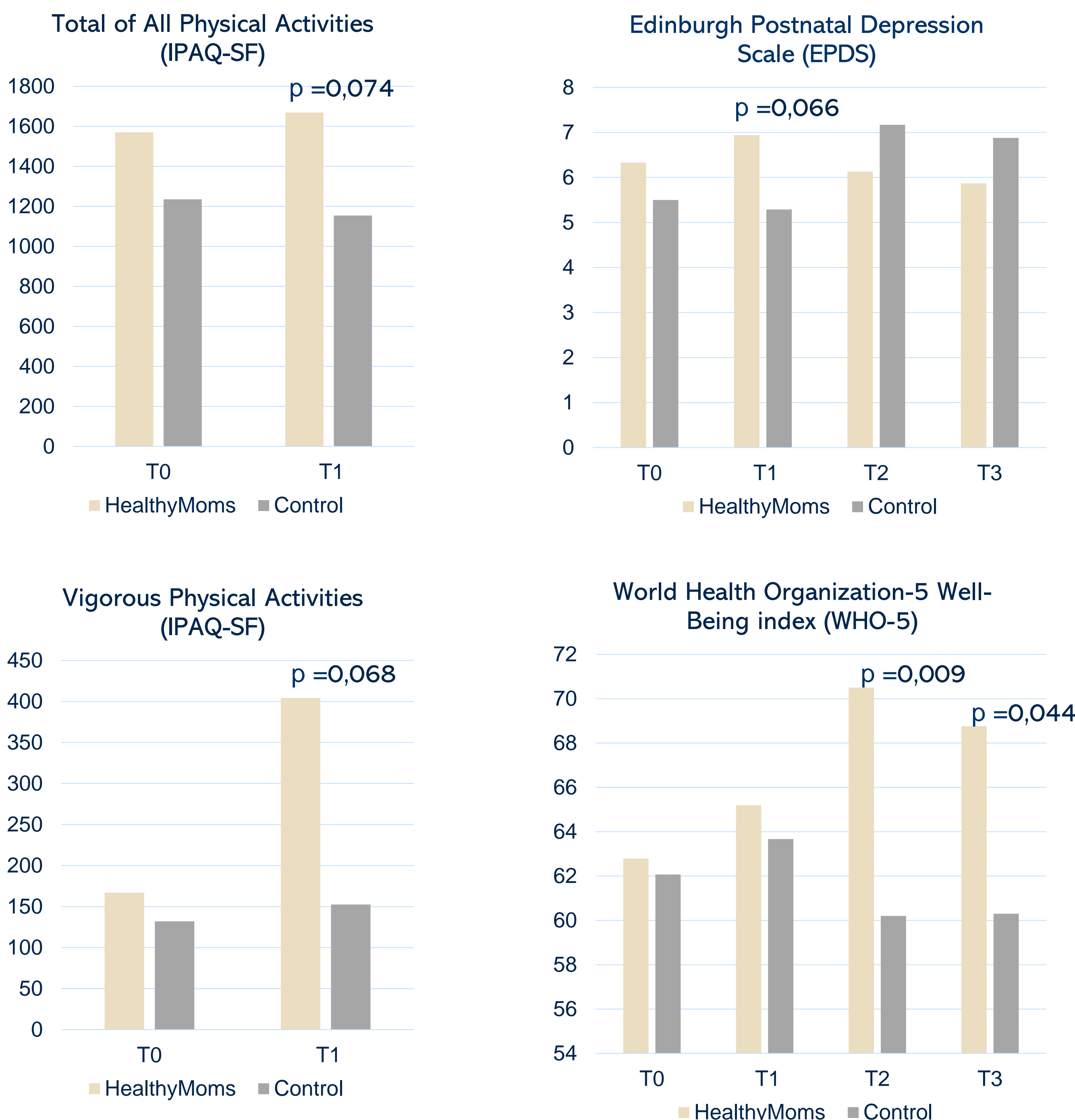
	T0	T1	T2	T3
Edinburgh Postnatal Depression Scale (EPDS)	I/C	I/C	I/C	I/C
Generalized Anxiety Disorder-7 (GAD-7)	I/C	I/C	I/C	I/C
World Health Organization-5 Well-Being index (WHO-5)	I/C	I/C	I/C	I/C
International Physical Activity Questionnaire-Short Form (IPAQ-SF)	I/C	I/C		
Satisfaction and Usability Survey		I*		

I = Intervention Group; C= Usual Care Control Group

OBJECTIVE

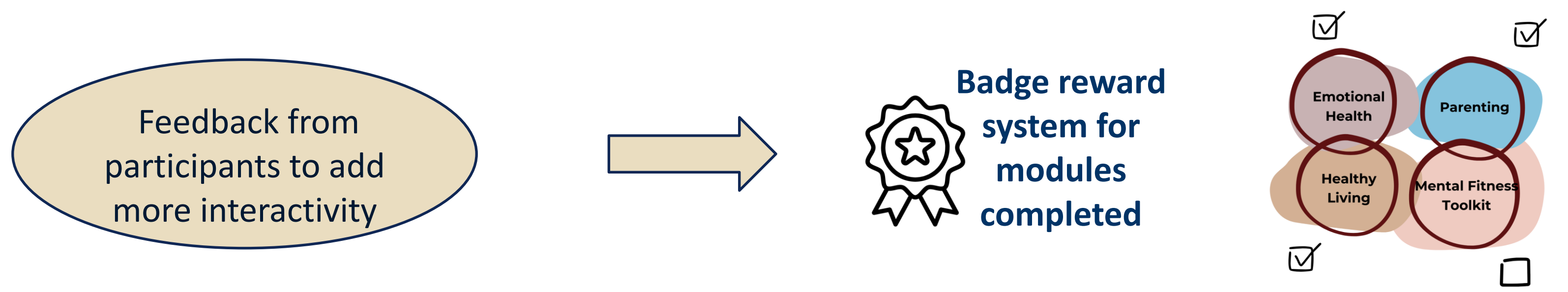
To examine user acceptability and preliminary impact of an e-health intervention platform designed to promote healthy behaviors and mental health during the perinatal period

PRELIMINARY IMPACT



ACCEPTABILITY

Statement	Mean (sd)	% ≥4
Overall experience & Web-site design		
I did not need technical support to use it	4.2 (1.08)	78
People will learn to use HealthyMoms very quickly	4.1 (.89)	76
HealthyMoms website is easy to use	4.0 (1.01)	76
I would recommend HealthyMoms to other women who are seeking reliable information on optimizing emotional wellness and healthy behaviours during pregnancy/postpartum	3.8 (1.05)	65
Content		
The healthy behaviours information provided is relevant to wellness during pregnancy/postpartum	4.1 (.68)	85
The emotional health (e.g. depression, anxiety) information provided is credible	4.1 (.85)	83
The parenting information provided is credible	4.0 (.91)	78
The healthy behaviours (e.g. exercise, sleep, nutrition) information provided is credible	4.0 (.91)	76
The emotional health information provided is relevant to pregnancy/postpartum	4.0 (.89)	76
The HealthyMoms website improved my knowledge about emotional health during pregnancy/postpartum	3.7 (.88)	70



The intervention group had a higher score on total and vigorous physical activity expenditure than the control group; Lower depressive symptoms as measured by the EPDS and higher well-being as measured by WHO-5 Well-Being index

These benefits were sustained at the 6-months follow-up

References

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