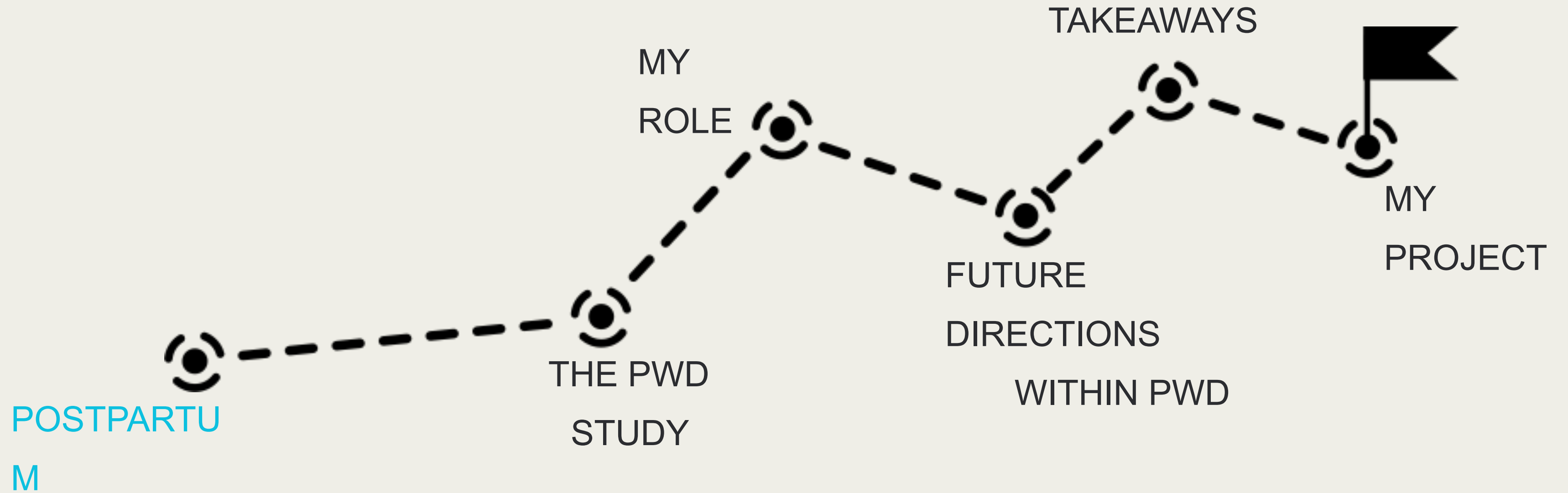


parenting with depression

**STUDYING MENTAL HEALTH SERVICE ACCESS FOR MOTHERS WITH
POSTPARTUM DEPRESSION**



AGENDA



DEPRESSION

THE PARENTING WITH DEPRESSION SUB-STUDY

WHAT IS POSTPARTUM

DEPRESSION (PPD)?

PPD is a mental illness that is a complex mix of physical, emotional, and behavioral changes and severely affects women's ability to return to normal function after birth.

>50%

of mothers will go undiagnosed

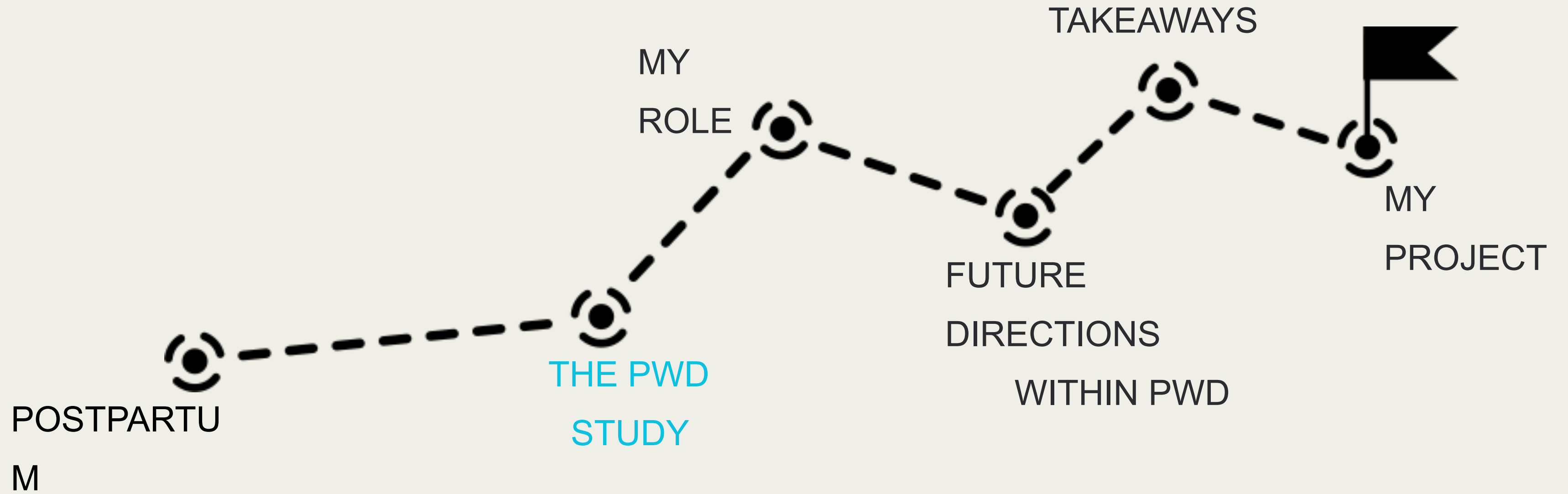
25-50%

of these mothers will have depression that persists up to thirty-six months post-delivery

1 in 7

mothers experience postpartum depression

AGENDA



DEPRESSIO

PURPOSE

Identifying the barriers and facilitators to mental health (MH) services for mothers with postpartum depression (PPD).

CHOP PARENTING WITH DEPRESSION STUDY TEAM



Principal Investigator
James Guevara MD, MPH



Project Manager
Ellen McQuaid MPH



Research Assistant II
Olivia Quartey BS



Research Coordinator
Michelle Reece MPH

THE PARENTING WITH DEPRESSION SUB-STUDY

Interview mothers
with PPD



Identify barriers
and facilitators

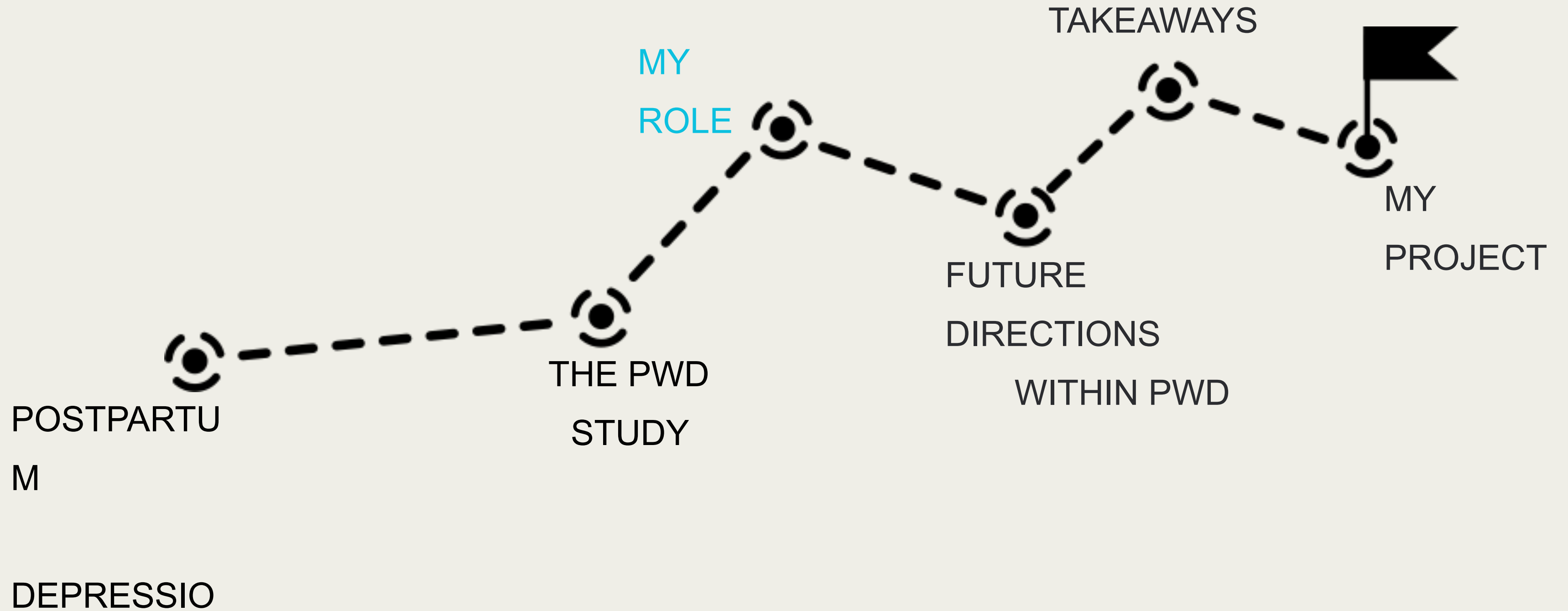


Simulate a patient
navigator to assist
mothers in service
access.



Determine whether
virtual patient navigation
overcame barriers
that were identified

AGENDA



MY ROLE

- Outreach
- Scheduling
- Recruitment
 - Not always straightforward
- Interviewing
 - training process
- Coding
- Writing

The collage consists of several overlapping images:

- NVivo Pro Software:** The main interface shows 'Recent Projects' with a message 'You haven't opened any projects recently.' and an 'Open Other Project' button. A 'New Project' dialog box is open, showing fields for 'Title', 'Description', and 'File name'.
- Interview Guide Draft:** A document titled 'Interview Guide Draft' with a date 'Updated 7.11.2023'. It includes an introduction, a priming question, and a list of interview questions. The questions are:
 - 1. We'd like to ask about your experiences with receiving Mental Health treatment. This would include any times that you have seen a psychologist, therapist and/or psychiatrist. In the past 3 years, have you received any mental health treatment?
 - [IF YES, RECIVED MENTAL HEALTH TREATMENT]**
 - For those who report receiving any Mental Health services in the past 3 years:
 - Tell me about your experience receiving mental health services:
 - When did you start?
 - How often did or do you receive Mental Health treatment?
 - How were you referred to treatment?
 - Did you have the option of telehealth or in person?
 - Which one did you choose?
 - How often did/do you receive Mental Health treatment?
 - What type of provider did you see?
 - What made you start Mental Health treatment in the first place?
 - If participant stopped, Why did you stop mental health treatment?
 - Thinking about the last time you had an appointment (virtual or not)- can you describe how it went?
 - What time of day was your appointment scheduled?
 - What happened right before and after your appointment?
 - Where did you complete the visit?
 - How long did the visit last?
 - What went well during this appointment?
 - Were there any challenges during the appointment?
 - [If virtual or hybrid]**
 - In general, when do you prefer to schedule your visits?
 - How do telehealth visits fit into your schedule?
 - What makes it harder to schedule? Do you sometimes cancel or forget?
 - What are some of your reasons for cancelling an appointment?
 - How do you make sure you have space or privacy for your appointments?
 - What distractions do you encounter during a visit?

MY ROLE

- Outreach
- Scheduling
- Recruitment
 - Not always straightforward
- Interviewing
 - training process
- Coding
- Writing

to be completed

The collage consists of several overlapping images:

- NVivo Pro Software:** The main interface shows 'Recent Projects' with a message 'You haven't opened any projects recently.' and an 'Open Other Project' button. A 'New Project' dialog box is open, showing fields for 'Title', 'Description', and 'File name'.
- Interview Guide Draft:** A document titled 'Interview Guide Draft' with a date 'Updated 7.11.2023'. It includes an introduction: 'Intro: Thank you for taking the time to participate in our study. Your experiences will be helpful to us as we move forward. During this interview we want to learn more about your experiences with MH services throughout the past 3 years.' and a list of questions starting with '1. We'd like to ask about your experiences with receiving Mental Health treatment...'. The questions are detailed and include sub-questions about when treatment started, how often, where, and why.
- Voice Recorder:** A hand holding a silver digital voice recorder, likely used for data collection during interviews.

INTERVIEW TAKEAWAYS

- PPD was commonly developed after years of battling mental illness

I: And if you're given the opportunity right now to have mental health services, what would your perfect therapist or session look like?

R: Somebody who deals with postpartum as well, and not just –yeah. Because I have a lot. I have PTSD. That's how it started. And anxiety. And then, obviously, postpartum. So, I want somebody that specializes in all of that.

- Perceived individual support acts as a substitute for MH services

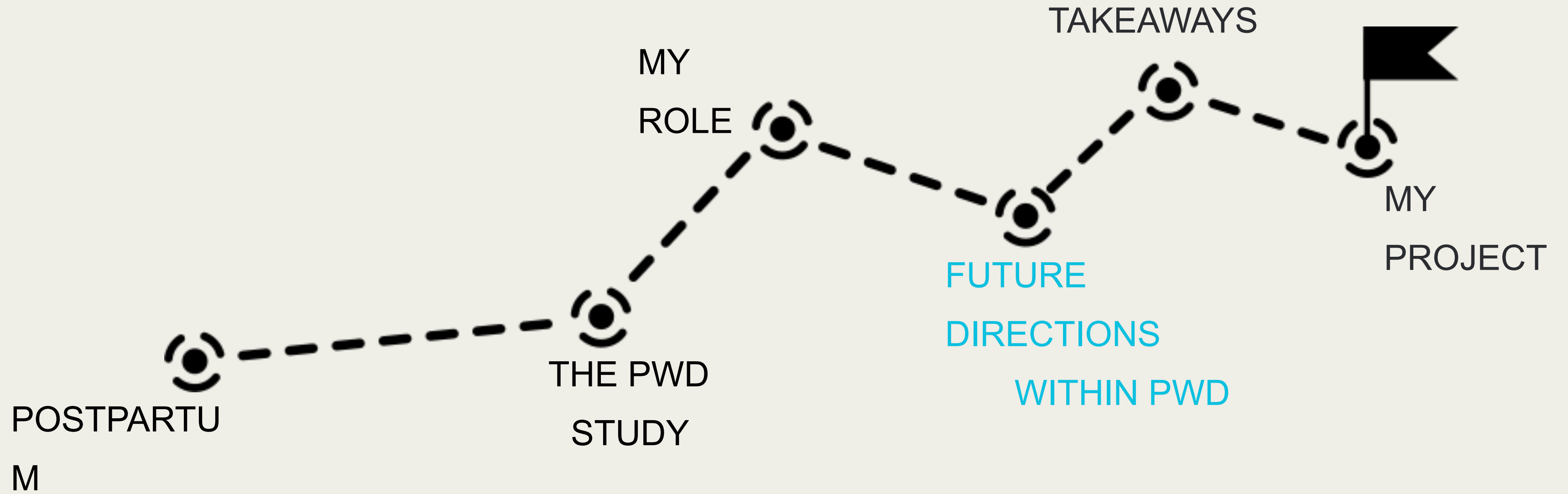
I: Do you feel like you have social support in your postpartum depression?

R: . I actually have a mom group in my friends, like a mom chat, and we talk about –we have daily mom check-ins and talk about things like that.

- PPD can adversely impact a mother's ability to connect with their child but makes them no less present in parenthood

R: Just the kids asking me for stuff, or maybe asking me for snacks or can I play on my tablet. My baby crying, or working. I have a lot of distractions sometimes trying to go in a quiet room, where I'm hoping that they don't follow me.

AGENDA



DEPRESSIO

FUTURE DIRECTIONS IN PWD

1

Continue Coding

- Code themes on NVivo
- Gather themes regarding barriers and facilitators to MH treatment
 - Difference in those who have received treatment before?

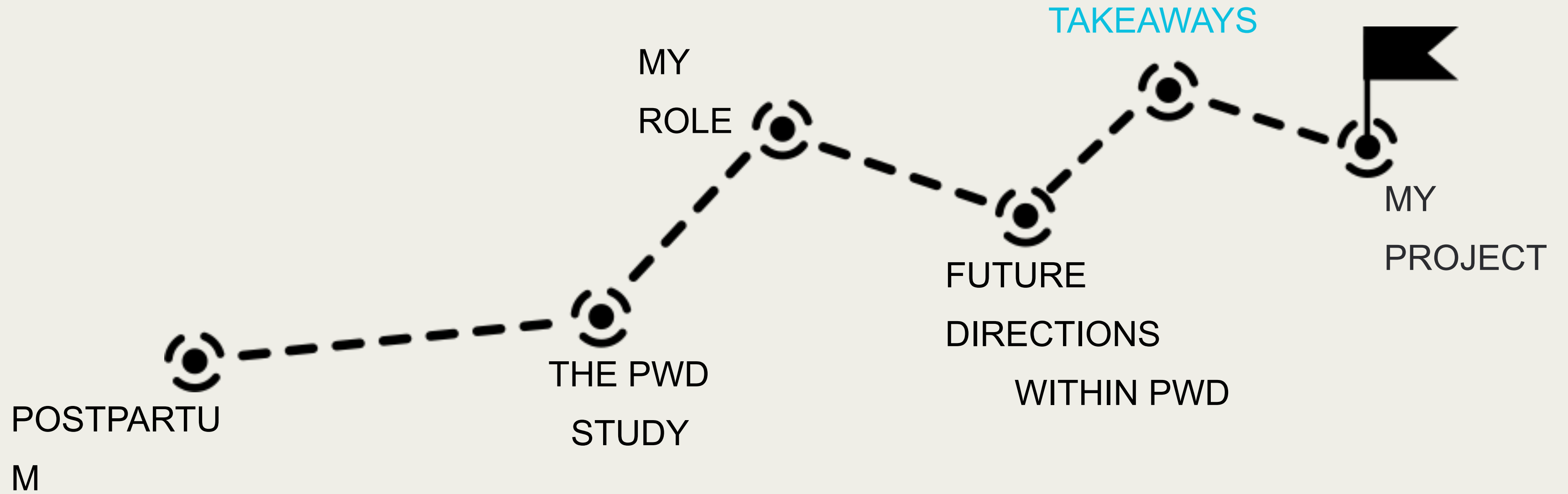


2

Finish Writing

- Wrap up paper with support from Dr. Guevara and Dr. Valerie Ross (Penn Writing Center)

AGENDA



DEPRESSION

LESSONS LEARNED FROM PWD

- Navigating conversations in sensitive topic matter
- Conduct a literature review to produce novel research
- Don't be scared by reading material, jargon, or hundreds of moving pieces
- Questions are not annoying!
- Degrees don't have to institute a gap
- Passion is the source of diligence
- Talking **about** human subjects feels totally different than talking **with** them

"Let it change you."



My deepest gratitude:

JOANNE LEVY

CHICHI NWADIOGBU

DR. JIM GUEVARA

OLIVIA QUARTEY

WHARTON DEAN'S OFFICE

DR. VALERIE ROSS

MY FELLOW SCHOLARS

Thank you!

DANIELLA JACOB

832-576-9885

DJACOB@BRYNMAWR.EDU

