



PolicyLab

Social Media-Based Parenting Program: Improving Responsive Parenting Among Mothers with PPD Symptoms

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Agenda

Table of Contents:

1: Background/Significance

2: Project Aims

3: Methods

4: Lessons Learned

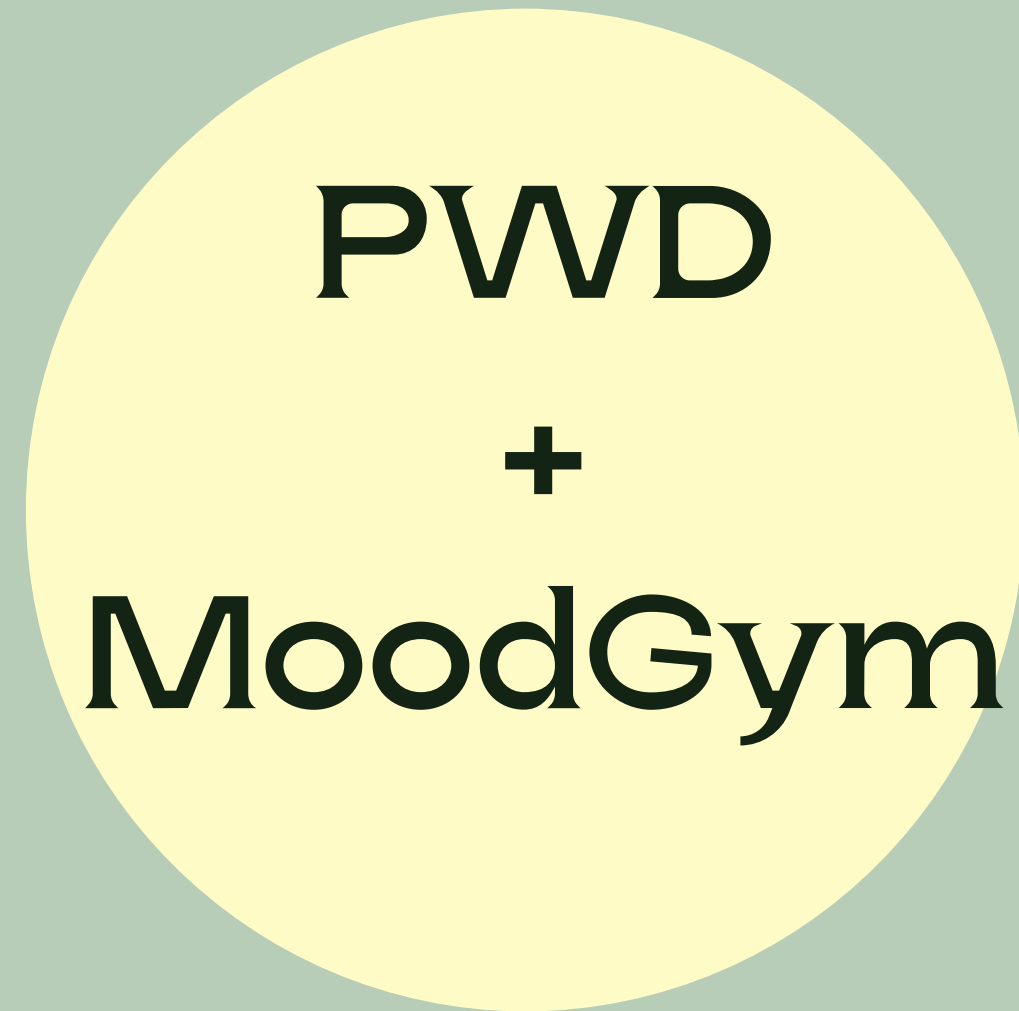
Background/Significance

- Postpartum depression (PPD) is prevalent following the birth of a child, occurring in 12–24% of women.
- Literature suggests that depression adversely affects the mother–child relationship, leads to less responsive parenting, and contributes to disorganized infant attachment with mothers
- The occurrence of depression following the birth of a child is likely related to the stress of childbirth and parenting, and may be related to hormonal fluctuations during the postpartum period.

Background/Significance

- Treatment methods aiming to improve parenting knowledge and skills through interactions and coaching have shown beneficial effects on mother–child relationships and child development.
- These programs require a low commitment of time and energy on the part of new mothers and have been widely disseminated across the US.
- However, the effects of parenting programs haven't been studied as much among mothers with PPD.
- Additionally, these programs primarily require in–person attendance, introducing limitations in access and participation that mothers with PPD may face.

Project Aims

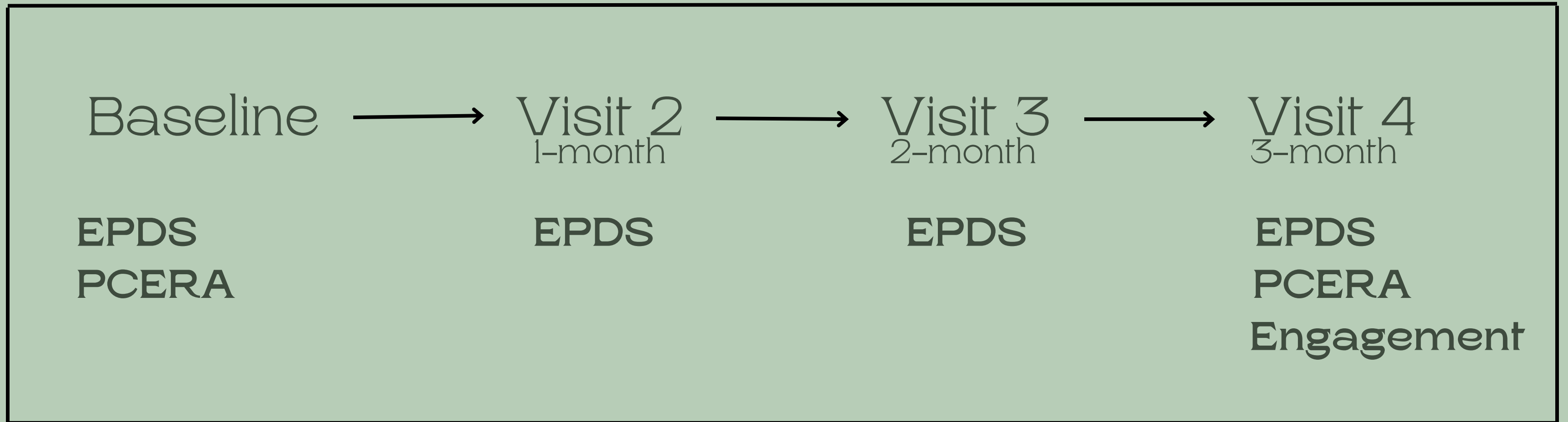


Main Intervention

Primary objective: To determine whether the social media-based parenting program can improve responsive parenting among women with PPD symptoms.

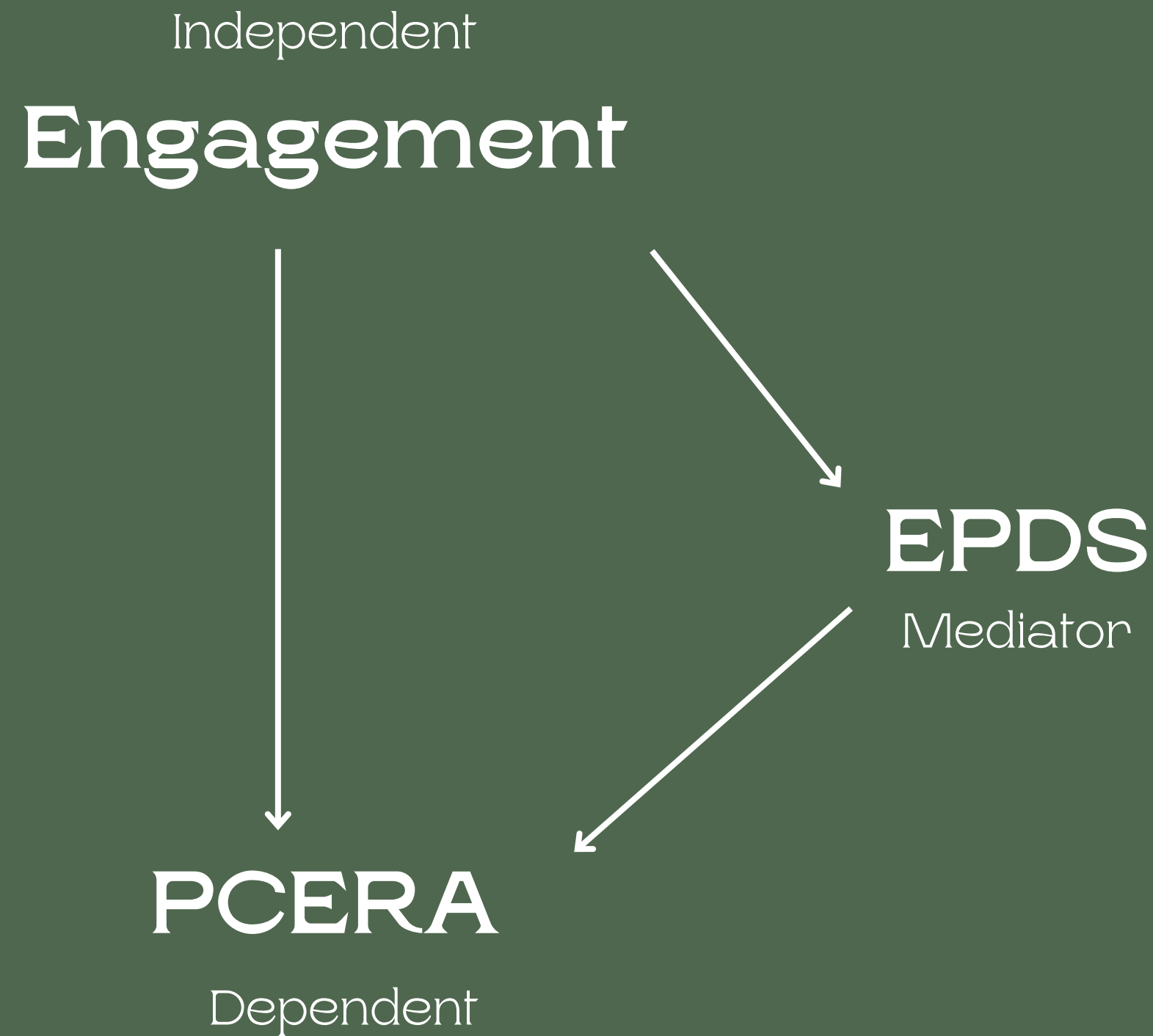
Secondary Objective: To determine if the effects of the parenting program are consistent by measuring changes in EPDS, BDI-II, PSOC, and PSI-SF scores measured between baseline and 3-month follow-up groups

Measures taken throughout the course of the study that are important to my project



Results from the study found that greater engagement in the parenting program led to more rapid declines in PPD symptoms (lower EPDS scores)

Methods



[Medicine \(Baltimore\)](#). 2022 Mar 4; 101(9): e28964.

PMCID: PMC8896531

Published online 2022 Mar 4. doi: [10.1097/MD.00000000000028964](https://doi.org/10.1097/MD.00000000000028964)

PMID: [35244060](https://pubmed.ncbi.nlm.nih.gov/35244060/)

Effects of internet-based cognitive behavioral therapy on postpartum depression

A protocol for systematic review and meta-analysis

[Fang Wang](#), MM,¹ [Hongcheng Zhu](#), MM,¹ [Xiaoju Yang](#), MM,¹ and [Fang Liao](#), MM^{*.1}

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Maternal–Infant Attachment and its Relationships with Postpartum Depression, Anxiety, Affective Instability, Stress, and Social Support in a Canadian Community Sample

[Hua Li](#)¹

Future Plans

1. Complete statistical analysis
2. Work on the paper I've begun to write for this project
3. Continue to participate in the ongoing study phase which is focusing more on the affects of PPD on child development and behavior

My Role

1. To review data from phase one and develop a statistical model that can add to the literature about internet-based intervention methods for mothers with PPD
2. Screen patients for eligibility in the current study phase
3. Evaluate successes and drawbacks mothers in the intervention group have reported in the current study phase.

Lessons Learned

Using Epic

Navigating electronic health records for recruitment and data collection

How to conduct and use a scientific literary analysis

Using STATA

How to use a statistical software to develop statistical analysis

The various and equally important, components of conducting research

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Thank you!

Any questions or comments?



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