

State-Wide Maternal and Child Health Conference 23rd March 2018

Parent-Infant Research Institute (PIRI)

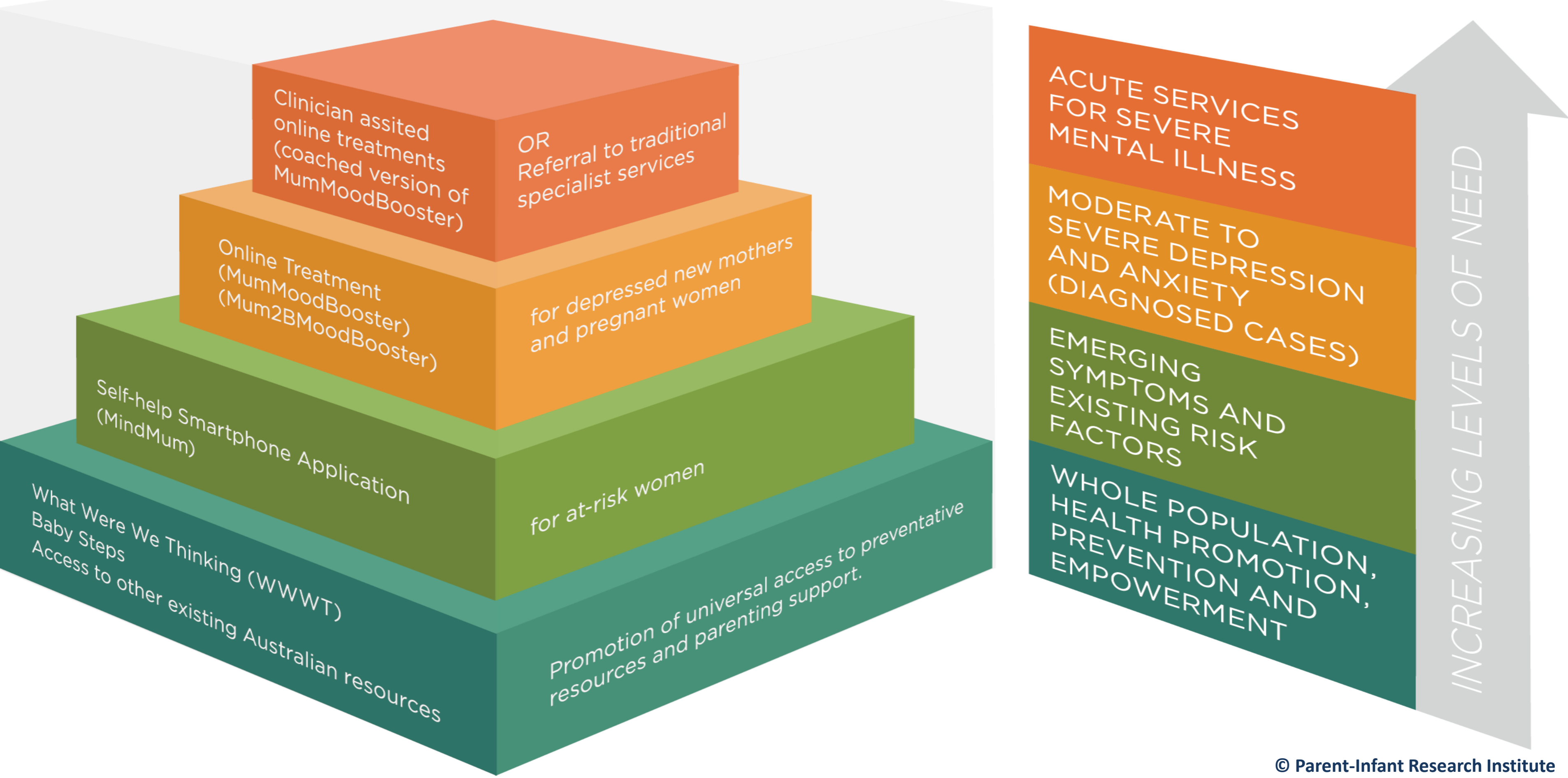


MumSpace and MumMoodBooster

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MumSpace – A Stepped Care Approach





I am pregnant



I have a baby

- Based on best practice cognitive-behavioural therapy.
- Highly interactive sessions adapted from our face-to-face cognitive-behavioural treatment for perinatal women.

MumMoodBooster has been trialled in clinical studies in the US and Australia, and in randomised controlled trials in Australia.

- It has proven effective in the treatment of **major depressive disorder** and minor depressive disorder.
- 80% of women completing the program are no longer depressed.
- MumMoodBooster has a 95% completion rate.

1. Milgrom, J., Danaher, B.G., Gemmill, A.W., Holt, C., Holt, C. J., Seeley, J.R., Tyler, M.S., Ross, J. & Ericksen, J. (2016). "Internet Cognitive-Behavioural Therapy for Women with Postnatal Depression: A Randomised Controlled Trial of MumMoodBooster". Journal of Medical Internet Research, 18(3):e54.
2. Danaher, B.G., Milgrom, J., Seeley, J.R., Stuart, S., Schembri, C., Tyler, M.S., Ericksen, J., Lester, W., Gemmill, A.W., Kosty, D. & Lewinsohn, P. (2013). MomMoodBooster Web-Based Intervention for Postpartum Depression: Feasibility Trial Results. Journal of Medical Internet Research, 15(11), e242
3. Danaher, B.G., Milgrom, J., Seeley, J.R., Stuart, S., Schembri, C., Tyler, M.S., Ericksen, J., Lester, W., Gemmill, A.W., Lewinsohn, P. (2012). Web-based Intervention for Postpartum Depression: Formative Research and Design of the MomMoodBooster Program. JMIR Research Protocols, 1(2) July-Dec.

- ***Sequential access*** through six sessions structured to optimize engagement and resulting behaviour change.
- ***Unrestricted access*** to browse library on different topics ranging from relaxation, problem solving, to getting support for parenting, and a moderated Web forum plus a ***Partner support website***.
- ***Video & audio content*** to provide coping models and enhance participant's self-efficacy to accomplish recommended strategies.
- ***Animation*** to enhance interactivity and provide animated tutorials to increase engagement and learning.
- ***Personal Coach Calls*** to participants during each of the 6 weeks corresponding to the 6-session MMB program.

Current Research at PIRI!

At PIRI we are continually improving our online treatment programs through research.

We are currently running a trial of a coached version of M2bMoodBooster for pregnant women experiencing low mood

Please visit: <http://mum2bmoodbooster.com/research> for more information

Or contact: jessica.oliva@austin.org.au

Translating Research into Practice: Mumspace.com.au

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