

Our Research Team

Principal Investigator:

Nicole Letourneau, UNB

Co-Investigators:

Cindy-Lee Dennis, UofT

Miriam Stewart, UofA

Doug Willms, UNB

Kathleen Hegadoren, UofA

Mothers Offering Mentorship and Support (MOMS)



Child Health
Intervention &
Longitudinal
Development
(CHILD)
Studies Program

Supporting Mother-Infant Relationships Affected by Postpartum Depression

NB Community

Advisory Committee

R Willemsen	Private Consultant
J Chamberlain	Outpatient Women & Children's Health Clinic, South-East RHA
L Kennedy	Social worker, MFRC
MJ Phillips	Public Health Nurse, DHW
C Landry	Project Manager, ECI, DHW
L Beebe	Director, Early Intervention
S Landsburg	Community Health Nurse St. Mary's CHC
J Nicholson	Doula
A Smith	Director, Family Enrichment
B Whitenect	Director, Child & Adolescent Services, FCS
S Bulmer	Early Childhood & School-Based Services, FCS
P Bryne	Therapeutics Service, RVH
B Godbout	Maternity Social Worker, RVH
D Snow	Psychologist, RVH
B Toner	Outreach Social Worker, RVH
C Russell	Maternal Child Nursing, RVH
J McIssac	Nurse Manager, Maternity,
G Geldart	VP Hospital Care & Chief Nursing Officer, RVH
P Cartwright	Director, Mental Health
T Ryan	Executive Director, CMHA
J McBrine	Executive Director, CMHA
K Patterson	Intake Nurse, Mental Health
H Duffett-Weeks	Social Worker, Mental Health
A Lebens	Director Health & Wellness, BRHA

We have some important new developments to report about the MOMS program!

- 38 mother-infant pairs have been recruited in New Brunswick & 7 mother-infant pairs have been recruited in Alberta. Recruitment will continue until August 2008.
- 10 mentors have been trained in the Fredericton & Moncton areas. 12 Mentors have been trained at the Alberta site. Regular meetings with the mentors in both sites have been planned to encourage mentor connections with each other and the research team.
- Screening at the NB Public Health Pediatric Immunization Clinics (PICs) was completed in February 2008. We would like to extend our thanks to the Public Health Nurses for their support and screening efforts. A summary of the screening results will be shared with government and other stakeholders regarding incidence of PPD in mothers who access the PICs.
- Preliminary analysis has shown increased quality of mother-infant interactions in the Treatment Group **even though the mothers in the treatment group continue to display more depressive symptoms than the Control Group mothers**. This could be due to the small sample size in this preliminary analysis, however we hope the trend continues as our sample size increases.
- Preliminary findings were presented at two conferences in the Fall of 2007: the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) conference in October and the Zero to Three conference in November.

Comments / Questions? Contact Linda Duffett-Leger, Project Director, at 506-452-6160 or lduffett@unb.ca

The MOMS study is community-based research investigating the impact of a home-based peer support intervention for mothers & their infants affected by postpartum depression (PPD). This study will help establish the link between support for maternal care giving, maternal-infant interaction, infant neuroendocrinology, & infant cognitive & social development.