

An effect of antenatal and postnatal maternal support programs on attachment and resilience for mums and infants: A Randomised Controlled Trial.

ACTRN12615000684527

Status	RECRUITING
Sponsor	Professor Louise Newman
Enrollment	500 participants

Plain Language Summary

This study is testing two psychological support programs designed to help pregnant women and new mothers who have a history of mental illness form a stronger, more secure bond with their babies. Researchers believe that improving the parent-child attachment early on can build resilience in both the mother and child.

You may be eligible if:

- You are female and 18 years of age or older
- You are pregnant and receiving antenatal care at the Royal Women's Hospital
- You are in your first or second trimester of pregnancy
- You have a current or past history of any mental health condition (including anxiety or depression), OR you are experiencing significant social stressors (e.g., domestic violence, housing instability, or involvement with child protection services)
- You have basic English literacy and communication skills

You may NOT be eligible if:

- You are currently experiencing acute psychosis
- You have uncontrolled drug abuse
- You have an intellectual disability that prevents meaningful participation
- You have a serious medical illness that prevents participation
- You have severe depression requiring hospitalisation
- Your child has already been removed from your care
- You are already participating in a therapeutic parenting or meditation program

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (4)

- Have basic English literacy and communication skills to enable them to participate in the assessment and intervention processes;
- Receiving antenatal care and booked to deliver at the Royal Women's Hospital
- Up to 2nd trimester
- Considered 'at risk', where 'at risk' includes women who have a current or past personal or family (first degree relatives only) history of any mental illness including symptoms of anxiety and depression, and/or have current psychosocial stressors (e.g., poor social support, unstable accommodation, intimate partner violence, contact with Department of Human Services Protective Services).

Exclusion (7)

- Acute psychosis
- Uncontrolled drug abuse

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12615000684527>

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- A level of intellectual disability which will prevent the woman from understanding and communicating sufficiently to participate in the assessment and intervention processes
 - a known serious medical illness which will preclude participation
 - major depression requiring hospitalisation or precluding them from participating
- ... and 2 more (see full listing online)

Locations (1 total)

The Royal Women's Hospital - Parkville, VIC, Australia