

Preventing Adverse Child Development Following Maternal Depression in Pregnancy

ACTRN12618001925235

Status	RECRUITING
Sponsor	Professor Jeannette Milgrom
Enrollment	230 participants

Plain Language Summary

Depression during pregnancy is more common than many people realise, and research shows that children born to mothers who experienced depression in pregnancy have a higher risk of behavioural and emotional problems — including anxiety, depression, and attention difficulties — that can persist into adolescence. This study is testing whether offering cognitive-behavioural therapy (CBT) to pregnant women with depression can not only help the mother recover but also improve outcomes for the child.

Pregnant women at 30 weeks or less who are diagnosed with depression are randomly assigned to receive eight weekly sessions of CBT or to continue with standard care. The children are assessed at 24 months for emotional and behavioural development, as well as motor and cognitive milestones.

You may be eligible if you are a pregnant woman at 30 weeks or less with a diagnosis of depression, aged 18 or older, and can communicate adequately in English. Women with psychotic disorders, bipolar disorder, active substance abuse, who are already receiving treatment for depression (medication or psychotherapy), or who are in crisis requiring hospitalisation are not eligible.

Key Eligibility Criteria

Inclusion (3)

- DSM-V diagnosis of major depressive disorder or 'depressive disorder with insufficient symptoms'
- weeks pregnant or below
- Women 18 years of age or older

Exclusion (4)

- Psychotic disorders, bipolar disorder, substance abuse
- Risk requiring crisis or inpatient management
- Current treatment for depression (medication or psychotherapy)
- Significant difficulty with English

Locations (4 total)

Austin Health - Heidelberg Repatriation Hospital - Heidelberg West, VIC, Australia
The Royal Women's Hospital - Parkville, VIC, Australia
Mercy Hospital for Women - Heidelberg, VIC, Australia
... and 1 more locations

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001925235>

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