

A multidisciplinary group model of maternity care: a feasibility study

ACTRN12620000833965

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| Status | RECRUITING |
| Sponsor | La Trobe University |
| Enrollment | 128 participants |

Plain Language Summary

Having a first baby is one of life's biggest transitions, bringing physical, emotional, and social changes that can feel overwhelming — especially without adequate support. Traditional antenatal care involves individual one-on-one appointments that often leave women feeling underprepared for the psychological and social challenges of new parenthood. Group models of care, where small groups of pregnant women receive their antenatal check-ups and education together, have shown promise in improving both birth outcomes and emotional wellbeing.

This feasibility study is testing a new multidisciplinary group model of care for first-time mothers, delivered partly via telehealth digital technology, that extends support into the postpartum period. The program combines standard pregnancy health assessments with group-based education and peer support. Researchers want to know whether this model is acceptable to women, whether it can be delivered as planned, and whether it may improve physical and psychological health outcomes compared to standard care.

You may be eligible if you are pregnant for the first time, at least 18 years old, around 12 weeks pregnant (with a dating scan), medically low-risk, and able to read, understand, and speak English. Women with significant depression or anxiety scores during screening would be directed to appropriate care rather than enrolled.

Key Eligibility Criteria

Inclusion (5)

- First pregnancy
- Aged: \geq 18 years
- 12 weeks of gestation evidenced by dating scan
- Deemed medically low-risk by Obstetrician by 28-weeks
- Must be able to read, understand and speak English

Exclusion (3)

- Deemed medically high-risk and unable to participate in group care due to medical intervention, as per assessment and recommendation by obstetrician at 28-weeks and beyond
- Women who score 1, 2, or 3 on Item 10 on the EPDS at the beginning of the intervention / standard care, and anytime thereafter
- Women who score in the severe range on the DASS

Locations (1 total)

Monash Medical Centre - Clayton campus - Clayton, VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12620000833965>

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