

# Caring for Caregivers: An Antenatal Wellbeing Program

ACTRN12624000904572

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	Flinders University
<b>Enrollment</b>	48 participants

## Plain Language Summary

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Becoming a parent is one of life's biggest transitions, and it can take a real toll on wellbeing — particularly for new caregivers who may feel isolated, overwhelmed, or unsure of what to expect. This study is evaluating a new caregiver wellbeing program being rolled out within routine antenatal services provided by the Child and Family Health Services (CaFHS) in South Australia, before a baby is born.

The program delivers evidence-based psychoeducation — practical information about mental health, coping, and wellbeing — as part of the regular antenatal parenting groups caregivers already attend. Researchers want to find out whether the program is something that works smoothly within the existing services, whether parents and staff find it helpful and acceptable, and whether it actually improves caregiver wellbeing.

Parents or caregivers attending a CaFHS antenatal parenting group at a participating site during the study period are eligible to participate. Staff involved in delivering or implementing the program can also take part in the evaluation. There are no exclusion criteria for this study. The project is run by Flinders University.

## Key Eligibility Criteria

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### Inclusion (2)

- Caregivers/parents of children enrolled into a CaFHS parenting group at the control or intervention sites, during the study period.
- Staff who work at the intervention site or were involved in implementation, during the trial period.

### Exclusion (1)

- None

## Locations (1 total)

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SA, Australia