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## Empowering Maternal Resilience: A Prenatal Education Program for Mothers and Their Chosen Support Persons for Postpartum Depression

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## INTRODUCTION

- One out of seven postpartum mothers in the United States currently experience postpartum depression (PPD) (Mughal et al., 2022).
- Having mothers participate in prenatal educational programs is effective in lowering the risk for PPD (Shimpuku et al., 2022).
- Involving a support person in routine prenatal care is effective in reducing the risk of postpartum blues (Dehshiri et al., 2023).
- The existing research studies have yet to develop an in-person prenatal PPD prevention education program that solely targets PPD and requires the presence of a support person.

## HYPOTHESIS

An in-person, prenatal postpartum depression (PPD) prevention program that requires the presence of a support person will decrease the risk of developing PPD.

## METHOD

- Longitudinal quasi-experimental study
- Participants will be recruited from a local obstetrics community clinic by using convenience sampling
- Inclusion criteria: Primiparous women at least 30 weeks gestation with a support person who is either a partner or family member
- EDPS will be administered as a pre-test during the third trimester and as a post-test at 1 month, 3 months, and 6 months postpartum to identify depressive symptoms (See Fig. 1)
- The experimental group will attend the in-person, prenatal PPD program with a support person while the control group will not attend the PPD program
- Power analysis performed using 0.5 effect size

## RESULTS

- Two-tailed t-tests will assess statistical significance in comparing PPD incidence between experimental and control groups at various postpartum time points.
- Pearson Correlation Coefficient (Pearson r) will gauge the linear association between pairs of continuous variables.
- The study, with 80% power, aims to detect a medium effect size ( $\geq 0.5$ ), and the null will be rejected for p-value  $<0.05$ .

## CONCLUSION

Reducing the risk of PPD is crucial for the well-being of the mother and baby. This research proposal aims to evaluate the impact of integrating a PPD prevention program into childbirth preparation curricula and mandating attendance for both the birthing parent and their support person. The study has the potential to advance the nursing profession by providing nurses with an evidence-based approach to PPD education and prevention. The approach involves having nurses: (a) become competent PPD educators; (b) allocate time and resources for patient education, and (c) establish social contracts with their pregnant patients and support persons to ensure PPD education session attendance. The hope is that the more nurses can expose of this dyad to patient and partner-centered PPD education, the lower the risk of PPD.

## IRB APPROVAL

The confidentiality and privacy of all participants will be protected. This research proposal will be approved by the Dominican University of California Institutional Review Board (IRB).

## CONTACT

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3. Dehshiri, M., Ghorashi, Z., & Lotfipour, S. M. (2023). Effects of Husband Involvement in Prenatal Care on Couples' Intimacy and Postpartum Blues in Primiparous Women: A Quasi-Experimental Study. *International Journal of Community Based Nursing & Midwifery*, 11(3), 179-189. 10.30476/IJCBNM.2023.97739.2204

### Edinburgh Postnatal Depression Scale (EPDS)

Cox JL, Holden JM, Sagovsky R (1987) Detection of postnatal depression: development of the 10-item Edinburgh postnatal depression scale. *Brit J Psychiatry* 150 782-86. Reproduced with permission.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

We would like to know how you have been feeling in the past week. Please indicate which of the following comes closest to how you have been feeling over the past seven days, not just how you feel today. Please tick one circle for each question that comes closest to how you have felt in the last seven days.

Here is an example already completed.

I have felt happy:

Yes, all of the time  
 Yes, most of the time  
 No, not very often  
 No, not at all

This would mean: "I have felt happy most of the time during the past week".  
Please complete the other questions in the same way.

1. I have been able to laugh and see the funny side of things	6. Things have been getting on top of me
<input type="checkbox"/> As much as I always could	<input type="checkbox"/> Yes, most of the time I haven't been able to cope at all
<input type="checkbox"/> Not quite so much now	<input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual
<input type="checkbox"/> Definitely not so much now	<input type="checkbox"/> No, most of the time I have coped quite well
<input type="checkbox"/> Not at all	<input type="checkbox"/> No, I have been coping as well as ever
2. I have looked forward with enjoyment to things	7. I have been so unhappy that I have had difficulty sleeping
<input type="checkbox"/> As much as I ever did	<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Rather less than I used to	<input type="checkbox"/> Yes, sometimes
<input type="checkbox"/> Definitely less than I used to	<input type="checkbox"/> Not very often
<input type="checkbox"/> Hardly at all	<input type="checkbox"/> No, not at all
3. I have blamed myself unnecessarily when things went wrong	8. I have felt sad or miserable
<input type="checkbox"/> Yes, most of the time	<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Yes, some of the time	<input type="checkbox"/> Yes, quite often
<input type="checkbox"/> Not very often	<input type="checkbox"/> Not very often
<input type="checkbox"/> No, never	<input type="checkbox"/> No, not at all
4. I have been anxious or worried for no good reason	9. I have been so unhappy that I have been crying
<input type="checkbox"/> No, not at all	<input type="checkbox"/> Yes, most of the time
<input type="checkbox"/> Hardly ever	<input type="checkbox"/> Yes, quite often
<input type="checkbox"/> Yes, sometimes	<input type="checkbox"/> Only occasionally
<input type="checkbox"/> Yes, very often	<input type="checkbox"/> No, never
5. I have felt scared or panicky for no very good reason	10. The thought of harming myself has occurred to me
<input type="checkbox"/> Yes, quite a lot	<input type="checkbox"/> Yes, quite often
<input type="checkbox"/> Yes, sometimes	<input type="checkbox"/> Sometimes
<input type="checkbox"/> No, not much	<input type="checkbox"/> Hardly ever
<input type="checkbox"/> No, not at all	<input type="checkbox"/> Never

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**Fig. 1 Edinburgh Postnatal Depression Scale (EDPS)**