

Press release

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Basic information

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Department of: Public Health

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Title of dissertation: Development and evaluation of the postnatal intervention 'Look! - Your baby is talking to you': A complex intervention targeting mothers with a history of depression and/or anxiety

Date for defence: 03.06.2024 at (time of day): 13.00 Place: Uddannelses og undervisnings-bygningen Hvidovre Hospital, Auditorium 1

Press release (Danish)

Udvikling og evaluering af en postnatal intervention: "Se - Din baby taler til dig": En kompleks intervention målrettet mødre med nuværende eller tidligere angst og/eller depression.

Postpartum depression og angst berører op mod 12% af mødre og har betydelige konsekvenser for både moderens mentale helbred og familiens trivsel på lang sigt. I dette ph.d.-studie er potentialet i det forlængede opholdet på barselsgangen og forbedret overgang til sundhedsplejen for mødre med nuværende eller tidligere angst og/eller depression blevet undersøgt. Den komplekse intervention "Se – din baby taler til dig", som sigter mod at mindske forekomsten af postpartum depressive symptomer blandt disse kvinder, er blevet udviklet, implementeret og evalueret. Interventionen indeholdte komponenter fra Familie Fokuseret sygepleje, Newborn Behavioral Observation samt en systematisk overgang til sundhedsplejen. Resultaterne er baseret på flere delstudier og understreger vigtigheden af tillidsfulde partnerskaber med sårbare familier og behovet for tidlige interventioner for at støtte mor-barn interaktionen. Effekt- og procesevalueringen af interventionen fokuserede på udfald tre måneder efter fødslen samt identificeringen af barrierer og facilitatorer, der bør tages i betragtning ved implementering og evaluering af komplekse interventioner i komplekse settings.

Dette ph.d. projekt fra Aarhus Universitet, Health, udført af Camilla Ejlertsen, forsvares d. 03/06 2024.

Forsvaret af ph.d.-projektet er offentligt og finder sted den 03/06 2024 På Hvidovre Hospital, Uddannelses- og undervisnings-bygningen, Auditorium 1.

Titlen på projektet er "Development and evaluation of the postnatal intervention 'Look! - Your baby is talking to you': A complex intervention targeting mothers with a history of depression and/or anxiety".

Yderligere oplysninger: Ph.d.-studerende Camilla Ejlertsen, e-mail: camilla.ejlertsen@regionh.dk/
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Bedømmelsesudvalg:

Merete Bjerrum (chairman and moderator of the defence) Associate Professor, MA, PhD. University of Aarhus.

Terese Elisabet Bondas, Professor, PhD, LicHSc, MNsc, RN, PHN. Stavanger Universitet,
Sarah Fredsted Villadsen, Associate professor, MPH, PhD. University of Copenhagen.

Press release (English)

Development and evaluation of the postnatal intervention 'Look! - Your baby is talking to you': A complex intervention targeting mothers with a history of depression and/or anxiety

Postpartum depression and anxiety affect up to 12% of mothers globally and have significant consequences for both the mother's mental health and the family's long-term well-being. In this PhD study, the potential of extending the stay in the maternity ward and improving the transition to postnatal care for mothers with current or previous anxiety and/or depression has been investigated. A complex intervention called "Look!- Your baby is talking to you," aimed at reducing the occurrence of postpartum depressive symptoms among these women, has been developed, implemented, and evaluated. The intervention included components from Family-Focused Nursing, Newborn Behavioral Observation, and a systematic transition to primary healthcare sector. The results, based on several sub-studies, emphasize the importance of trusting partnerships with vulnerable families and the need for early interventions to support mother-infant interaction. The effectiveness and process evaluation of the intervention focused on outcomes three months after birth and the identification of barriers and facilitators that should be considered when implementing and evaluating complex interventions in complex environments.

This PhD project from Aarhus University, Health, conducted by Camilla Ejlertsen, will be defended on June 3, 2024.

The defence is public and takes place on June 3, 2024, at Hvidovre Hospital, in the Education and Training Building, Auditorium 1.

The title of the project is "Development and evaluation of the postnatal intervention 'Look! - Your baby is talking to you': A complex intervention targeting mothers with a history of depression and/or anxiety."

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Sarah Fredsted Villadsen, Associate professor, MPH, PhD. University of Copenhagen.

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