A Pilot Randomised Controlled trial of a Peer Support intervention for women with antenatal depression

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Antenatal Depression:

Peer Support for Postnatal Depression Effective (Cust, 2015, Cust 2016)

- Peer support work (PSW) is based on the premise that people with similar experiences can authentically support others with similar issues (Cust et al., in press)
- PSWs are effective and acceptable to women with postnatal depression (Cust, 2015, Curt 2016)

Antenatal depression is a major public health concern
- affects approximately 10% of women
- NICE recommends that support should begin in the antenatal period

**Aim:** pilot/feasibility RCT
to assess whether six weekly, one hour visits from a PSW is an effective and acceptable intervention for women with antenatal depression
Methodology

Pregnant women (n=20) identified as having antenatal depression by their Midwife have been/are being recruited randomly to:
  - **Intervention group** - 6 weekly, one hour peer support visits, in addition to routine care (n=10) OR
  - **Control group** - routine care, from their midwife, health visitor and general practitioner with no additional peer support (N=10)

**Peer Support Workers (PSWs)**
  - PSWs volunteers ‘employed’ by Royal Derby Hospital

**Outcome measures:**
  - Whooley questions repeated immediately following the final PSW visit for the intervention group, or 6 weeks post recruitment for the control group.
  - Whooley questions repeated at six weeks postpartum for both groups
  - Women in the Intervention group will be interviewed to explore their views of the peer support received
  - All participants asked to maintain a log book recording, intermittently, about how they are feeling, how their support is progressing (either from their PSW or their midwife).
  - PSW’s asked to maintain log book recordings too.

**Ethical Approval**
  - Staffordshire University and HRA
We are looking for Mums to Support Pregnant Women

Did you feel low, tearful or depressed during your pregnancy?
Are you keen to help pregnant women who may feel the same?

If you would like to have a chat about this exciting new opportunity please contact one of our research team:

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Results to date

Peer Support Workers (PSWs)
• PSWs volunteers ‘employed’ by Derby Royal Hospital
  • ‘Job’ applications
  • DBS checks
  • Medical questionnaires.
  • References.

• 4 Peer support workers recruited and trained

• Training – confidentiality and safeguarding

• 11 women recruited to date – randomised into the intervention/control group.
Pilot/Feasibility – lessons learned so far...

• Recruitment antenatal difficult as women still working
• All wanted to be ‘randomised’ into the intervention group!
• Travel time to Derby
• 1 PSW and allocated mother did not ‘gel’.
• Midwives extremely heavy caseloads – sometimes ‘forgot’ to discuss study with antenatal lady.
The future’s bright

So far...Presentation at the Society for Reproductive and Infant Psychology (SRIP) Conference 2017
Plans...Publication in SRIP Journal
SRIP funding to develop a Research for Patient Benefit (RfPb) bid
Presentation at international conference in 2018 (Switzerland).