

Psychoeducation for Maternal Depression

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Agency Sponsorship

- Longwood University Study Abroad Program
- “Studying abroad opens you up to new ways of thinking, teaches you about the world beyond your own and enables you to examine your responsibilities as a citizen of your community, your country and the world” (Longwood University, 2019)
- Agency description: LU study abroad program offers opportunity for international internship
- Geographic area: Ghana
- Population: Young women
- Services provided: psychoeducational group for women with maternal depression

Purpose

- The purpose of this intervention is to provide short-term evidence-based psychotherapeutic services within a group setting for Women in Ghana who are experiencing maternal depression
 - Goals of this group include lessening the experiences of depression among mothers and strengthening infant-mother relationships
- This group is needed because there is a lack of understanding and awareness surrounding women with postpartum depression in Western Africa
 - Statistically, close to 20% of women are facing postpartum depression worldwide (Weobong, et al., 2015)



SMART goals and objectives

- By the end of the eight hour session, the group will be able to identify at least three new coping skills to alleviate maternal depression.
 - Introduce multiple coping skills
 - Hold group discussion at the end of the session about how group members plan to use coping skill(s) outside of the group
- By the end of the session, the group will be able to share three new pieces of knowledge that they obtained during the sessions.
 - Provide a take-home infographic and writing utensils
 - Share out at the end of the session in an activity
 - The group will learn about maternal depression

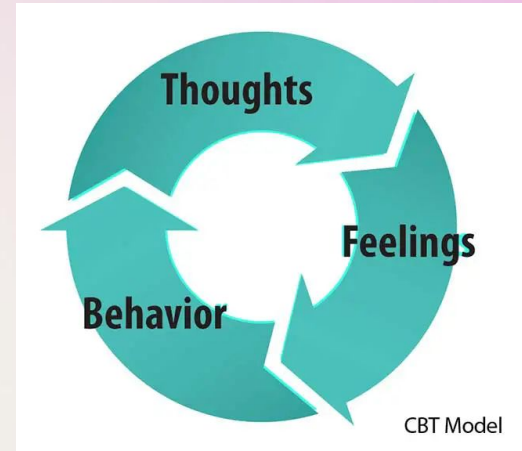
Theoretical Framework

Cognitive Behavioral Theory

- Thoughts, emotions, and behaviors impact one another

Psychoeducation

- Informs participants about condition and therapeutic process
- Informs how to cope with condition
- (Khoury & Ammar, 2014)



Composition

- Criteria for eligibility
 - Must have been pregnant or had a child (and experienced maternal depression)
- Excluded in group
 - Men
 - Violent individuals
 - Those who may need more intensive care such as those with suicidal ideations
- Group will be closed (due to the fact that the group is only 8 hours) and will include a maximum of 20 individuals and a minimum of 12 individuals

Role of the facilitator

- The facilitator and co-facilitator will:
 - Guide focus questions
 - Perform check-ins with all members
 - Offer mediation between group members
 - Provide instructions for activities
 - Provide and explain psychoeducational information
 - Ensure each group member is able to understand and has all the accommodations needed for further learning and experience



Recruitment

Hospitals - new/returning mothers

Recruit mothers upon discharge, provide information and a set amount of time before recruiter contacts mother for decision (Tibil & Ganle, 2021)

Mothers could also be recruited during regular clinic visits prior to/post childbirth (Kariuki et al., 2020)

For special population: Sample postnatal depression scores from postpartum unit and recruit members within a range of above average and below requiring psychiatric intervention (Pessagno, 2012)



Orientation of members

- Group members will:
 - listen to one another with courtesy
 - uphold confidentiality (by not sharing information about other group members when outside of the group)
 - Ask questions and present concerns when they arise

- Documents
 - A take-home infographic will be distributed at the end of the session so that women can have a tangible list of resources, techniques and solutions to the feelings that they may be having
 - A printed out version of the powerpoint will be distributed to women so that they may take notes on the side or simply have it for reference



Activities

- Women will be able to bring their children if wanted. There will be time during the session to have a play time for the children that doubles as a time for mothers to create closer bonds with their children
- Time at the end of the session will be allotted to sharing out what was learned and key takeaways (SMART goals)
- Presentation will be given about educational facts pertaining to maternal depression

Contract

Written agreement

- Oral accommodations for verbal consent (Cao et al., 2021)

Attendance expectations

- Be present entire duration of 8 hours
- Contract states that participant commits to full 8 hour session

Voluntary status

- Can leave at any time



Confidentiality

- Contract requires group members to maintain confidentiality of other members and what is said within the session
- This will be reiterated by facilitator during orientation

Means of monitoring adherence to contract and stipulations for re-negotiation

- Facilitator knows contract and addresses conflicts/breach of contract when necessary
- Contract is reviewed during orientation and group is offered the opportunity to address related concerns/questions/requests for alterations

Environment

- The room will be arranged in a way in which everyone can face one another but, chairs may also be moved around
 - There will also be room on the floor for the group to sit in a circle so that if children are in attendance, they may be on the floor as well
- The room will be accessible to all by having elevators if on the second floor, ramps where necessary, accessible restrooms and low sensory lighting and stimulation within the room.
- Bottled water, pencils and paper will be provided as well as snacks offered throughout the session
- The session will be free to those who are attending and transportation and parking will be provided
- Child care will not be provided because children are invited to attend

Challenges

Anticipated challenges

- Mental health crises
 - Seek supervision, make referral
- Conflict between group members
 - Address within group or privately with conflicting members



Ethical considerations

- Informed consent
 - Language barriers, illiteracy, etc.
- Low health literacy
- Gender inequality
 - Cultural norms and patriarchal values
 - Intimate partner violence
- Diverse cultural views

Supervision

Administrative

- Providing tasks for preparation
 - Research culture, research/practice group facilitation

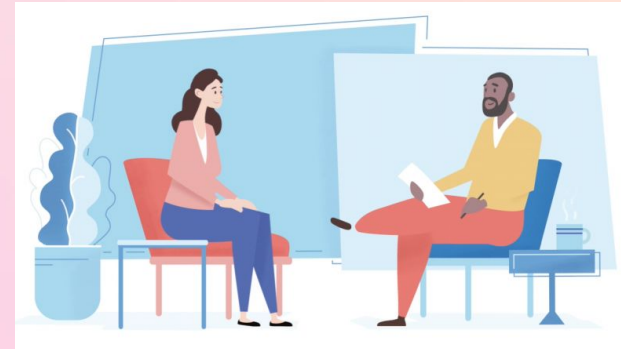


Educational

- Must be competent in Psychoeducational material
- Enhance competence in cultural diversity
- Guidance for enhancing interpersonal engagement within group

Supportive

- Group material and/or personal disclosures can have emotional impact



References

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