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# **1-Day CBT-Based Psychoeducational Workshops for PPD: A Pilot Study**

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# Disclosure Statement

- I have no affiliation (financial or otherwise) with a pharmaceutical, medical device or communications organization.

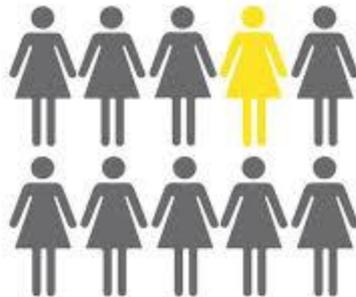
# PPD: Prevalence and Scope

- 1 in 5 women will develop PPD (1 in 3 if subsyndromal cases considered)
- Left untreated, PPD is associated with
  - Future depressive episodes, poorer mother-infant attachment, more cognitive, emotional, and behavioural problems in offspring
  - A single case of PPD is associated with a cost of \$150,000 over the lifespan



# Detection

- Detection rates by professionals are ~25%; even when detected, 70% fail to seek help
- Barriers:
  - Treatments mainly pharmacological
  - Limited professional expertise (wait lists very long)
  - Psychotherapeutic treatments lengthy
- **Just 10% of women with PPD get treatment**



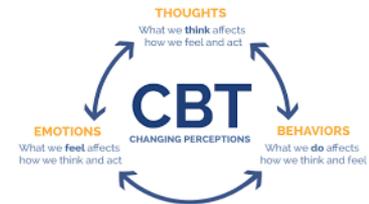
# Potential Public Health Approaches

- **Mass Media**
  - Television, Internet, Newspaper
  - Social Media
    - Increases awareness but doesn't change symptoms
- **Internet & Telemedicine-Based**
  - Less effective than face to face, require clinician involvement to be truly effective, dropout rates
- **Peer-Based Approaches** (e.g., Phone support)
  - Less effective in the real-world than in studies

# Public Health: Prevention and Promotion

## CBT-Based Psychoeducation

- Effective interventions delivered to large groups (up to 30 people at a time) is a new phenomenon
- In general population (UK) samples 1-day workshops (based on CBT) may be effective for:
  - Anxiety (GAD)
  - Depression (MDD)
- Gains may be durable, many who attended had not previously sought treatment
- PPD has some unique features that need addressing (↑anxiety, ↓sleep, ↑social isolation, ↓support)



# Advantages of Group Psychoeducation

- Increase access
- Reduce antidepressant exposure
- Build a community of support
- Can be taught to PHNs and upscaled



# Pilot Study

- **Objective:** To pilot test the feasibility and acceptability of a 1-Day CBT-Based Workshops for PPD
  - **Intervention:**
    - 4 Modules: Psychological Origins of PPD, Cognitive Skills, Stress Reduction, Behavioural Skills
  - **Design: Pre-Posttest (9-weeks), with no control group**
  - **Outcomes:**
    - Depression (EPDS, BDI-II)
    - Anxiety (GAD-7)
    - Mother-infant relations (Postpartum Bonding Questionnaire)
    - Healthcare Utilization (Number of visits to healthcare providers)

# Sample Characteristics

- **18 women participated**
  - Mean: 33 years of age, 1.6 children
  - Ethnicity: Mainly Caucasian
  - Education: All but two had post-HS education
  - Medication: 7 were taking antidepressants
  - EPDS Score at baseline was 16



# Outcomes

## Changes Before and After 1-Day CBT-Based Workshops for PPD

Instrument or Variable	Pre-CBT scores, M (SD)	Post-CBT scores, M (SD)	Pre-Post CBT Difference	
			Effect Size (Hedges' <i>g</i> )	<i>p</i> -value
EPDS	15.79 (4.40)	9.75 (4.04)	1.39	<0.01
BDI-II	24.68 (10.10)	13.63 (8.65)	1.14	<0.01
GAD-7	12.41 (5.46)	5.88 (2.90)	1.43	<0.01
PBQ Impaired Bonding	13.83 (7.67)	8.44(5.23)	0.79	<0.01
PBQ Rejection and Pathological Anger	5.44(3.33)	3.25(3.00)	0.67	0.01
PBQ Infant-Focused Anxiety	4.89(2.70)	3.25(2.11)	0.66	<0.01
Number of Healthcare Visits	12.56 (11.39)	7.69 (7.13)	0.49	0.02

BDI-II: Beck Depression Inventory-II; CBT: Cognitive Behavioural Therapy; EPDS: Edinburgh Postnatal Depression; GAD-7: Generalized Anxiety Disorder-7; PBQ: Postpartum Bonding Questionnaire.



# Next Steps

- **Randomized Controlled Trial**

- Interested Public Health Partners

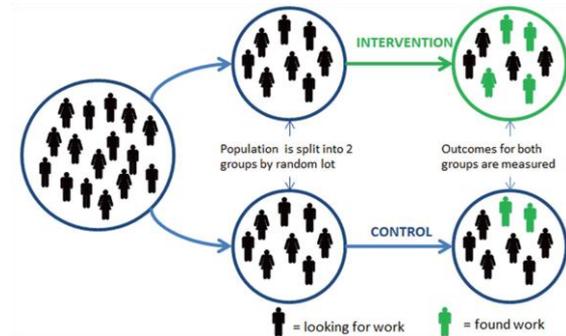
- Location for workshops

- Help detecting eligible women (EPDS > 10)

- Finding childcare providers

- PH staff could observe

- If successful, will be able to deliver later PHN-led trial in PHUs across Canada



# Conclusions

- Only interventions that can be rolled out on a large scale can impact population-level PPD
- A shift toward interventions that can reach large number of people efficiently is needed
- 1-Day CBT-Based workshops could:
  - Effectively and efficiently improve PPD
  - Revolutionize PH's role in the prevention and treatment of PPD