

An intervention that combines Telehealth and fACT may decrease perinatal depression.

fACT and Perinatal Depression: Proposal for a hybrid telehealth-psychoeducational intervention for patients with perinatal depression.

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INTRO

- CDC states that 1 in 9 women experience symptoms of PPD (Ko, Rockhill, Tong, Morrow, & Farr, 2017)
- ACOG as of November 2018 recommends screening and behavioral health.
- Need for an intervention directly targeting perinatal depression in primary care, specially designed to be implemented in women's health clinics.

METHODS

- Total of 9 visits*
- Visits 1, 4, and 9 will be face to face groups for 90 minutes every week for 9 weeks
- *Telehealth visits 2, 3, 5, 6, 7, and 8 will be 15-25 minutes individual Skype or phone consults.

EXPECTED OUTCOMES

- Improved
 - Psychological flexibility
 - Quality of Life
 - Coping skills
- Decreased
 - Depressive symptoms
 - Anxiety
 - Cognitive Distortions

DISCUSSION

- Obvious need for access to competent, cost-effective perinatal mental health services in PC. A hybrid telehealth-psychoeducational group could create more accessibility and overcome barriers to care such as transportation and cost. Use of fACT ensures quality evidenced-based care.

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AMMO BAR

- Baby Blues, Postpartum Depression, Postpartum Psychosis
- Telehealth? Successful outcomes for postpartum patients; specifically with breastfeeding (Macnab, Rojjanasrirat, & Sanders, 2012)
- ACT? Consistently effective evidenced-based treatment for a wide variety of symptoms and diagnoses:
Diabetes and HBP
Mood and anxiety disorders
OCD and intrusive thoughts
PTSD
All of these symptoms and diagnoses can be present in perinatal populations. (Bonacquisti, Cohen, & Schiller, 2017)
- Visits could include other health providers à la Centering Pregnancy

OPEN	AWARE	ENGAGED
<i>If "stuck", be curious, model acceptance, notice mind</i>	<i>If confused, go to present / look at perspectives</i>	<i>If you see an opportunity, promote connection / action</i>
Support openness and curiosity toward previously avoided inner experiences	Promote flexible, voluntary, and purposeful attention to the now	Move toward identifying ongoing qualities of action that are meaningful here and now
Attend to thinking as an ongoing process, rather than the world structured by it	Support mindfulness and noticing the continuity of consciousness	Construct concrete behavior change exercises



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