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## An Occupation Based Program: Supporting Mothers Through Pregnancy and Postpartum

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## An Occupation Based Program: Supporting Mothers Through Pregnancy and Postpartum

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### Background

Postpartum depression (PPD) is a mood disorder that occurs six months to a year after giving birth; PPD can affect the mind and an individual's behavior (Office of Women's Health, 2019). Postpartum depression is commonly left undiagnosed and untreated (Anokye et al., 2018).

### Problem Statement

Women who experience postpartum depression do not receive the holistic support they need to transition into motherhood (Badon et al., 2021). There is a gap in the literature understanding the role of Occupational therapy within this population (Barbic et al., 2021).

### Purpose Statement

This capstone project aimed to improve the health, well-being, and occupational engagement and performance of mothers at risk or who may experience postpartum depression.

### Project Objectives:

1. Conduct a needs assessment with the participants of Mothers & Babies Program.
2. Create an occupation-based program.
3. Implement the occupation-based program.
4. Dissemination of the occupation-based program manual to MHA Dallas.

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### Methods

#### Setting

Mental Health America of Greater Dallas

#### Population:

Pregnant women or women within their one year postpartum. Participants of the Mothers & Babies Program.

#### Needs Assessment:

- ❖ Mixed-Method Study
- ❖ Web-based pre-survey
- ❖ Observations of previous Mother & Babies Program participants.
- ❖ Edinburgh Postnatal Depression Scale (EPDS)

#### Program Implementation

- ❖ 3 participants
- ❖ 2 participants completed the program
- ❖ 6 sessions
- ❖ Ongoing Research
- ❖ Educational handouts, activity sheets, additional resources
- ❖ Feedback Questionnaire
- ❖ Web-based Post Survey and EPDS

### Theoretical Support

Kielhofner's Model of Human Occupation (MOHO)

### Program

#### Program Topic Themes

- ❖ Sleep and Rest
- ❖ Activities of Daily Living
- ❖ Instrumental Activities of Daily Living
- ❖ Health Management
- ❖ Pregnancy and Postpartum Resources

#### Program Goals

- ❖ Identify how occupational therapy can provide support for mothers during pregnancy and postpartum period.
- ❖ Discover occupational therapy interventions to support mothers.
- ❖ Expand occupational therapy services in a non-traditional setting.
- ❖ Identify the transitioning challenges that mothers experience during pregnancy and postpartum.

### Conclusions and Future Directions

Participants identified the program information as valuable and reported an increase in occupational participation.

#### Strengths

- ❖ Cost-effective material
- ❖ Flexible- independent or supplemental information

#### Weakness

- ❖ Sessions' time-frame

#### Limitations

- ❖ Small sample size
- ❖ Time constraints
- ❖ Bias

- ❖ Individuals within the Occupational therapy scope should consider conducting future studies to understand the effects of occupational therapy services with a post-study follow up.
- ❖ Mothers should participate in occupational therapy services to educate, guide, and transition into postpartum to decrease the risk of PPD.
- ❖ Occupational therapists should consider working with this population to provide evidence-based interventions to improve maternal mental health.

This project involves human subjects but has not been reviewed by the IRB.

### Supporting Mothers Through Pregnancy and Postpartum Program Manual and Handouts



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