

Mums 4 Mums: telephone peer support for women experiencing post-natal depression

Submission date 27/11/2008	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input checked="" type="checkbox"/> Protocol
Registration date 30/01/2009	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 30/12/2020	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
PB-PG-0407-13232

Study information

Scientific Title
MUMS 4 MUMS: structured telephone peer support for women experiencing post-natal depression - a pilot and exploratory randomised controlled trial (RCT) of its clinical and cost-effectiveness

Acronym

Mums 4 Mums

Study objectives

The current proposal aims to adapt for use in the UK a peer-support intervention shown to be effective in Canada, to pilot its use, and provide preliminary data on its effectiveness in reducing depressive symptomatology among women suffering from post-natal depression (PND).

Ethics approval required

Old ethics approval format

Ethics approval(s)

Warwickshire Local Research Ethics Committee gave approval in June 2008 (ref: 08/H1211/94)

Study design

Exploratory randomised controlled trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Post-natal depression

Interventions

Consenting participants will be randomly allocated to either intervention or standard care by a researcher independent to the study. Although blinding of service users and providers is not possible, the researchers collecting follow-up data will be blind to the allocation. Analysis of the clinical data will be carried out on an intention-to-treat basis and blind to allocation group. All participants will receive standard care; women allocated to the intervention group will also receive telephone support calls over a period of 6 months from peer supporters who have been specially trained to deliver the intervention (i.e. the same peer supporters that delivered the pilot study intervention). Outcome measures will be collected at baseline, 6 and 12 months.

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Depressive symptomatology, measured using the Edinburgh Post-natal Depression Scale (EPDS), measured at baseline, 6 months and 12 months.

Key secondary outcome(s)

1. Self-efficacy, e.g. Maternal Self-Efficacy Scale, Depression Coping Self-Efficacy Scale
2. Parenting stress, e.g. Parenting Stress Inventory (PSI)
3. Maternal loneliness, e.g. Loneliness Scale

4. Maternal satisfaction with peer support, e.g. Peer Support Evaluation Inventory
5. Peer supporters' experience, e.g. Peer Volunteer Experience Questionnaire

Outcomes will be measured at baseline, 6 months and 12 months.

Completion date

31/03/2011

Eligibility

Key inclusion criteria

1. Women aged greater than 16 years of age at the time of giving birth
2. Experiencing depressive symptomatology (i.e. Edinburgh Post-natal Depression Questionnaire [EPDS] greater than or equal to 13 and/or clinical judgment)
3. Receptive to receiving telephone support

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

Female

Total final enrolment

28

Key exclusion criteria

1. A score of 19 or above on the EPDS
2. Pose a suicide risk or a risk to their children
3. Receiving specialist psychiatric care or suffering from any mental illnesses (other than PND) or learning difficulties
4. Not able to speak English
5. Not accessible via the telephone

Date of first enrolment

01/12/2008

Date of final enrolment

31/03/2011

Locations

Countries of recruitment

United Kingdom

England

Study participating centre
Warwick Medical School
Coventry
United Kingdom
CV4 7AL

Sponsor information

Organisation
University of Warwick (UK)

ROR
<https://ror.org/01a77tt86>

Funder(s)

Funder type
Government

Funder Name
National Institute for Health Research (NIHR) (UK) - Research for Patient Benefit (RfPB) programme (ref: PB-PG-0407-13232)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol article	protocol	25/03/2011		Yes	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes