

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

<b>Submission date</b> 27/11/2008	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 30/01/2009	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 30/12/2020	<b>Condition category</b> 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

## Study website

<http://www2.warwick.ac.uk/fac/med>

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

## 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

### Secondary study design

Randomised controlled trial

### Study setting(s)

Other

### Study type(s)

Treatment

### Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

### 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 measure**

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

**Secondary outcome measures**

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.

**Overall study start date**

01/12/2008

**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

**Age group**

Adult

**Sex**

Female

**Target number of participants**

80

**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**

England

United Kingdom

**Study participating centre**

**Warwick Medical School**

Coventry

United Kingdom

CV4 7AL

**Sponsor information****Organisation**

University of Warwick (UK)

**Sponsor details**

University House

Coventry

England

United Kingdom

CV4 7AL

**Sponsor type**

University/education

**Website**

<http://www2.warwick.ac.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

**Publication and dissemination plan**

Not provided at time of registration

2018 results in thesis <http://wrap.warwick.ac.uk/114368/>

**Intention to publish date**

31/12/2018

**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?
<a href="#">Protocol article</a>	protocol	25/03/2011		Yes	No