

The M.A.D.A.M Study

Mediators of Activity and Depression Amongst Mums

Postpartum depression (PPD) is estimated to affect 8-25% of women in the first 3-6 months after giving birth. In order to get the best outcomes for mothers and babies we need better screening methods and better treatments. Current research supports the positive influence of exercise for treating PPD, however we need to know more about how mothers feel about being active. This project aims to investigate the factors that predict PPD (to improve screening) and physical activity in adult women residing in the New England region.

What you would have to do?

You will be asked to complete a series of questionnaires and provide a saliva and mouthwash sample at two time points. You will also be asked to wear an activity monitor (which is similar to a pedometer) for 7 days that records your usual activity (pictured right). This study was designed to gain the most amount of information with the least amount of effort on your part!



If you are interested in receiving more information please talk to the clinical staff at the Hunter New England Local Health District Armidale Hospital Maternity Unit or contact Kelly below!

Study Contact:

Kelly Clanchy

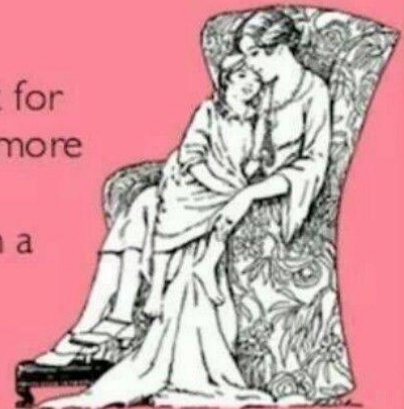
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Motherhood:

When going out for
one night takes more
planning and
preparation than a
wedding.



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