



Mothers Time: A Cluster Randomized Controlled Trial of the Effects of a Community-Based Cognitive Behavioral Therapy (CBT) Intervention on Postpartum Mental Health and Family Planning in Northwest Ethiopia



Leah Holmes, Tesera Bitew, Andenet Haile, Lynn M. Van Lith, Sarah Burgess, Jessica Vandermark, Stella Babalola, Hermon Amare, Asaye Tilahun, Dominick Shattuck, Zoé Mistrale Hendrickson

BACKGROUND

- ❖ Depression and anxiety symptoms are associated with increased unmet need for family planning (FP) postpartum
- ❖ Yet solutions promoting the integration of mental health into FP service settings remain scarce.

OBJECTIVE

To quantitatively examine the immediate and longer term effects of participation in a group-based cognitive behavioral therapy (CBT) intervention called *Mothers Time* on: (1) symptoms of depression and anxiety, (2) the use of a modern family planning methods, and (3) intermediate FP-related factors among postpartum women in Ethiopia.

METHODS

Design: Cluster randomized controlled design
Participants: Women with postpartum FP need
Assessment: Structured interviews delivered before (baseline), immediately following (endline), and four months after implementation of the intervention (follow up).
Sample Size: A total of 320 postpartum women from 10 health clusters in northwest Ethiopia.
Intervention: Mother’s Time, a four sessions CBT adapted from TH program and delivered by Ethiopian CHWs for the *intervention arm* and standard care for the *control clusters*.

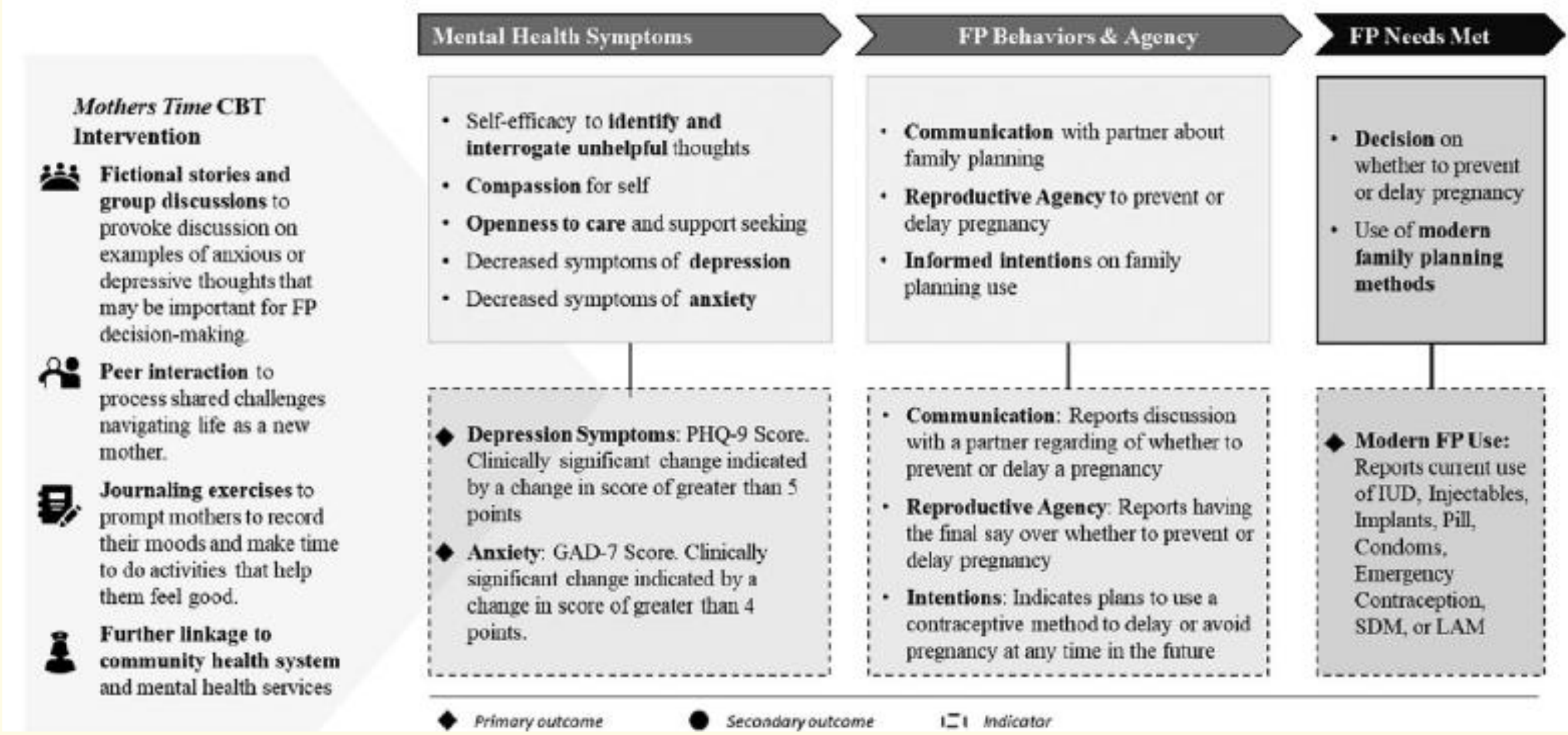


I'm overwhelmed taking care of my baby. I don't have time to think about the future or my health. It doesn't matter what I do.



It is a lot of work to care for my baby right now. But it's important that I make time to think about my health and my baby's health. The choices I make matter.

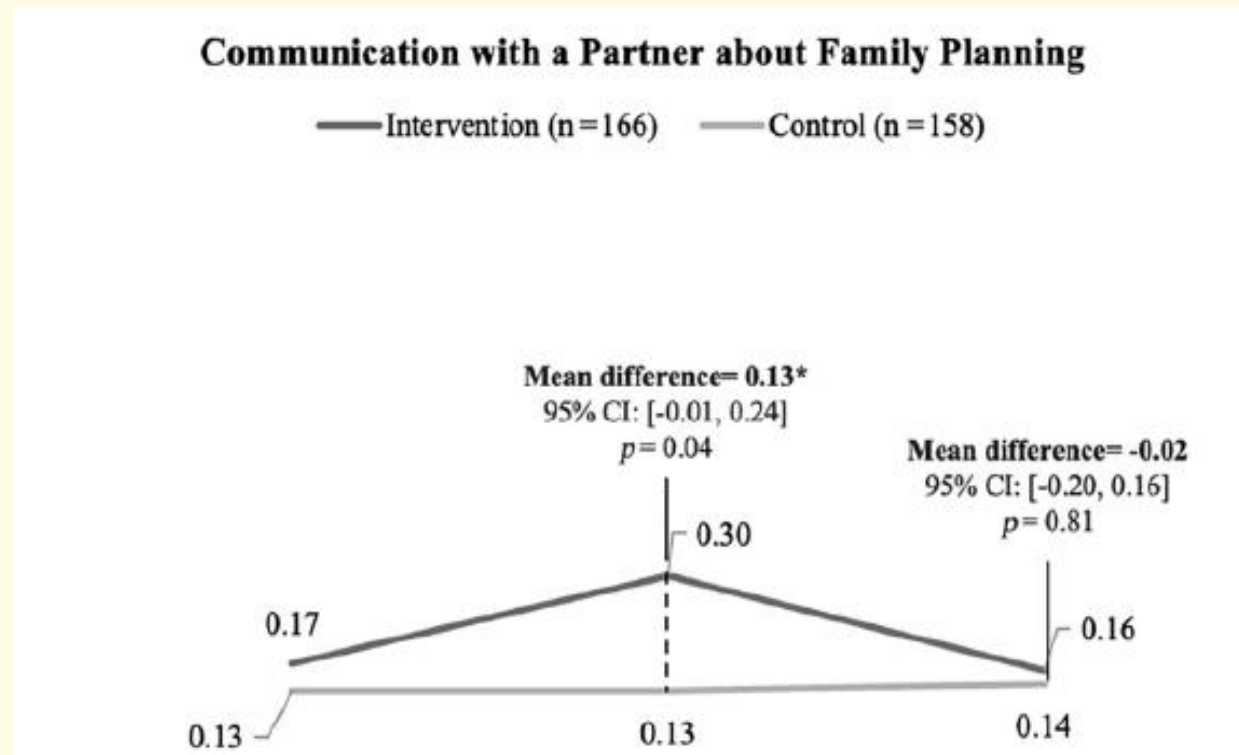
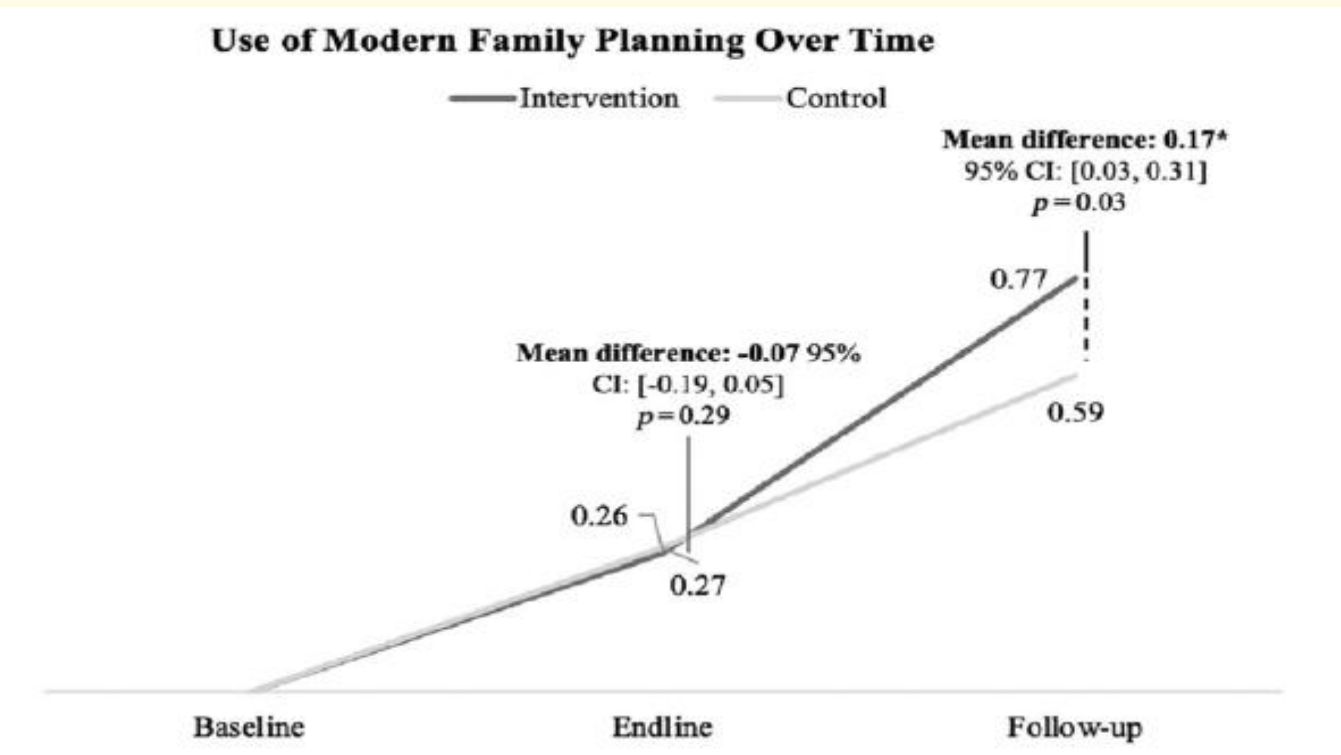
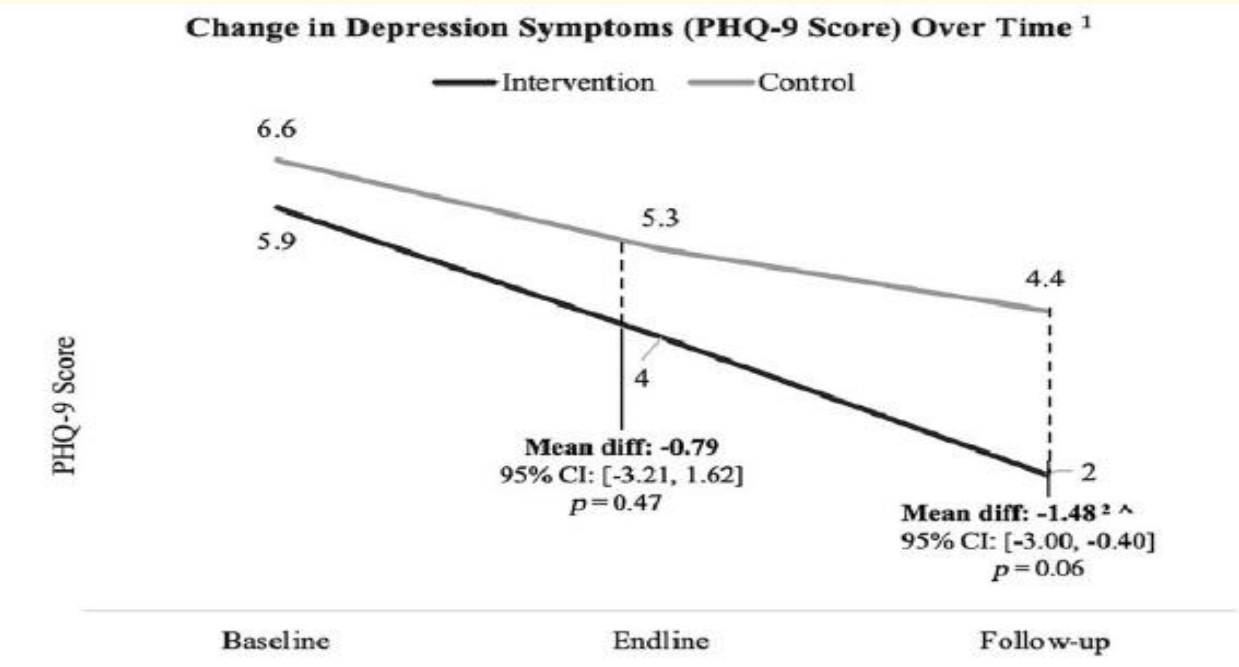
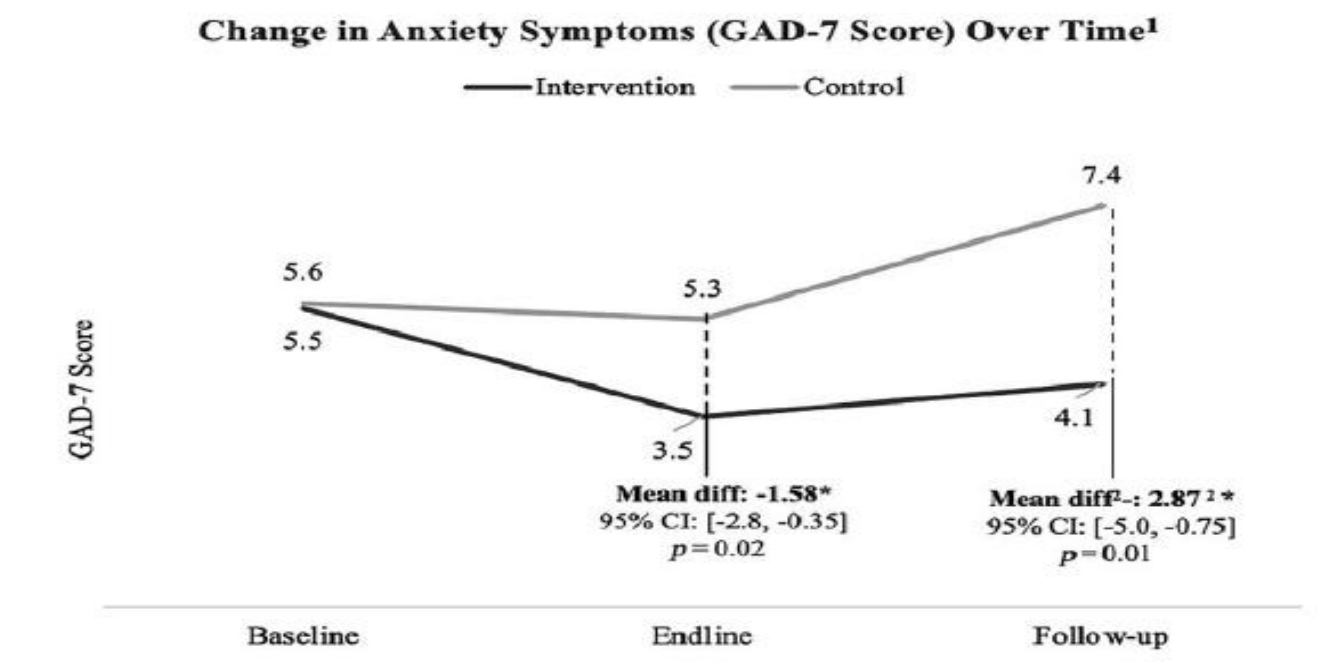
Outcomes: Mental health and FP outcomes



Results

Intervention clusters showed significantly greater reductions in:

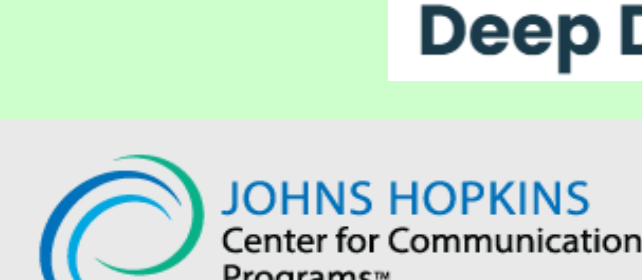
- *symptoms for both depression and anxiety from baseline to follow up.*
- *modern FP use from baseline to follow-up.*



Conclusion

More holistic FP services that consider postpartum mental health can both reduce postpartum depression and anxiety and support women in fulfilling their reproductive intentions.

ACKNOWLEDGMENTS



Affiliations:

- 1Leah Holmes, Camber Collective, Seattle, Washington, USA. E-mail: leah@cambercollective.com.
- 2Tesera Bitew, Injibara University, Injibara, Ethiopia. E-mail: tesera2016@gmail.com or tesera.bitew@inu.edu.et.
- 3AndenetHaile, DeepDiveResearch&Consulting, AddisAbaba, Ethiopia. E-mail: deepdiveconsultingplc@gmail.com.
- 4Lynn M. Van Lith, Johns Hopkins Center for Communications Programs, Baltimore, Maryland, USA. E-mail: lynn.vanlith@jhu.edu.
- 5Sarah Burgess, Camber Collective, Seattle, Washington, USA and Bill and Melinda Gates Foundation, Seattle, Washington, USA. Email: sarah.s.burgess@gmail.com
- 6Jessica Vandermark, Camber Collective, Seattle, Washington, USA. E-mail: Jessica@cambercollective.com.
- 7Stella Babalola, Johns Hopkins School of Public Health, Baltimore, Maryland, USA. E-mail: stellababalola@jhu.edu.
- 8Hermon Amare, Ethiopian Psychiatrists Association, Addis Ababa, Ethiopia. E-mail: hermonamab@gmail.com.
- 9Asaye Tilahun, Ethiopia Ministry of Health, Addis Ababa, Ethiopia. E-mail: asaye.tilahun@moh.gov.et.
- 10Dominick Shattuck, Johns Hopkins Center for Communications Programs, Baltimore, Maryland, USA. E-mail: dshattu1@jhu.edu.
- 11Zoé Mistrale Hendrickson, Johns Hopkins School of Public Health, Baltimore, Maryland, USA and University of Pittsburgh School of Public Health, Pittsburgh, Pennsylvania, USA. E-mail: zoe.hendrickson@pitt.edu