



## Start Feeling Better with MumMoodBooster

Antenatal and Postnatal Depression affect one in seven Australian women.

MumMoodBooster is an online Treatment for Antenatal Depression, Postnatal Depression and Anxiety.

If you're expecting or have a new baby and are struggling to cope, feeling flat, sad or depressed, this program may help you.

MumMoodBooster

[www.mumspace.com.au](http://www.mumspace.com.au)

Antenatal and Postnatal Depression affect one in seven Australian women.

The symptoms can include:

- Feeling sad most of the day
- Losing interest in most activities
- Feeling worried a lot of the time

### What is MumMoodBooster?

MumMoodBooster and Mum2BMoodBooster are evidence-based e-treatments designed to help women anywhere in Australia who are experiencing depression either during pregnancy (antenatal depression) or after the birth of their baby (postnatal depression).

Our treatment programs are based on best practice psychological treatment. They are designed to deliver the benefits of face-to-face cognitive-behavioural treatment without needing to leave your home.

These online treatments have been developed by the Parent-Infant Research Institute and have a strong evidence base. [www.piri.org.au](http://www.piri.org.au)

### Why choose MumMoodBooster?

- Proven effective in controlled scientific studies
- Rapid symptom reduction
- 80% of users are no longer clinically depressed
- Complete Privacy
- FREE to use
- Suitable for pregnant women and new mums
- Choose session times to suit yourself
- Use from home or on your mobile device
- 24 hour access 7 days a week
- Highest completion rate of any PND program (over 95% of sessions completed by users)
- sms support

If you, or someone you know, are experiencing symptoms of depression, you may be interested in this program.



### How is it different to other online depression programs?

MumMoodBooster is the only Australian e-treatment designed and validated specifically for the clinical treatment of perinatal depression. Unlike most e-treatments for depression, MumMoodBooster is not a series of “slides” containing text and cartoon stories with suggestions for “homework”. Instead, MumMoodBooster is an active, six-session cognitive-behavioural therapy treatment program, closely comparable to the therapy delivered in traditional face-to-face psychology sessions, but entirely under the control of the user. It allows women to work through their own issues and develop strategies for dealing with these. Low-intensity sms messages provide regular contact, advice and encouragement to remain motivated in completing the treatment. Changes in symptoms of depression are regularly monitored throughout the program. Women can invite their partners to access a partner website with information on perinatal depression and for managing their own emotional health.

### How does it work?

The treatment format is highly interactive and includes engaging, personalisable content; personalised tools for tracking mood and activities in real time; exercises and journaling activities to be completed online; behavioural strategies for personalised depression treatment; video vignettes and tutorials of cognitive-behavioural strategies; online and email reminders for session completion.

### Is it effective?

MumMoodBooster has been trialled in clinical studies in the US and Australia, and in randomised controlled trials in Australia. It has proven effective in the treatment of major depressive disorder and minor depressive disorder. Eighty percent of women completing the program are no longer depressed. MumMoodBooster has a 95% completion rate. For more information visit [www.piri.org.au](http://www.piri.org.au)

### How much does it cost?

MumMoodBooster and Mum2BMoodBooster are provided FREE to Australian women.

These programs have been developed and validated by the Parent-Infant Research Institute in Melbourne, Australia. [www.piri.org.au](http://www.piri.org.au)

*PIRI acknowledges the generous support of beyondblue, the Ian Potter Foundation, NHMRC, NIH and the Windermere Foundation in developing and testing these online treatment programs.*

### More information

#### **MumMoodBooster**

Is a simple-to-use evidence-based online CBT treatment for postnatal depression and anxiety. Mum2BMoodBooster is the pregnancy version. Sessions are interactive, tailored to your problems and have been found to be highly effective by many women.

#### **MindMum**

MindMum is a mobile phone app to help you cope at times of stress and provides useful tips and ideas to support your emotional wellbeing during pregnancy and after having baby. This can be freely downloaded from MumSpace.

#### **What Were We Thinking!**

What Were We Thinking is an Australian website and mobile application that supports new mums and dads in learning? practical skills for settling babies and adjusting to changes in their relationship with each other.

#### **Baby Steps**

Baby Steps provides information to parents on caring for baby and themselves to enhance the wellbeing of new mums and dads.

For more information and support, head on over to MumSpace where we are with you, every step of the way.

[www.mumspace.com.au](http://www.mumspace.com.au)