

An Invitation for Mothers of 0-6 Month Old Infants...



Congratulations on the birth of your baby! This is an exciting time, but yet some mothers find that they feel down or sad after giving birth. These mood changes can occur for a variety of reasons – hormonal shifts, added responsibilities, and fatigue – and are not the mother’s fault. Please read these questions:

1. During the past few days or weeks, have you often been bothered by feeling down, depressed, or hopeless?
2. During the past few days or weeks, have you often been bothered by having little interest or pleasure in doing things?

If you answered “yes” to one or both of these questions, or if your provider believes that you might be depressed, you may qualify for our University of Minnesota/HealthEast-sponsored postpartum study. The purpose of this study is to look at the benefit of peer support for mothers with depressive symptoms. To determine if you qualify for the study, we would like you to call us. If you are eligible and willing to participate, we will ask you to complete a consent form and survey soon, and follow-up surveys at 3 and 6 months (it takes about 15 minutes to complete a survey). You will be assigned to one of three groups: in-home postpartum doula support, telephone support, or no added support. Therefore, you may or may not receive study-sponsored support. *As a token of our appreciation, we will send you a \$10 gift card after you return the final survey.*

If you answered “yes” to one or both of the above questions, your baby is 0-6 months old, you are ≥ 16 years old, and you are interested, please do one of the following:

- **Write your contact information in the space below and give it to your provider, or**
- **Call our research line: 612-624-3129, and leave your name and phone number.**

Contact Information

Your Name (print) _____ Today’s Date: _____

Your Home Phone _____ Cell Phone: _____

Your address _____

Thanks very much and we hope that you will join us!
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Research phone: 612-624-3129; Fax: 612-624-1466 (attn: Sherri)