

“Peer Support for Postpartum Depression” Study

We are recruiting potentially depressed mothers from Twin Cities area hospitals and clinics for our “Peer Support for Postpartum Depression” study. We are asking for your help in identifying and informing us of women who meet the criteria for our study:

- Depressive symptoms (PHQ-9 \geq 10)
- Age >16 years
- Infant 0-6 months old
- English-literate
- Living in the Twin Cities metro area

You can use this script to determine whether the mother is willing to be called by us: *“You appear to be experiencing postpartum mood changes. In addition to the management we discussed here today, I am aware of a University of Minnesota/ HealthEast study that looks at the benefit of peer support for postpartum depressive symptoms. Would it be all right if I gave your name and number to the study coordinator, so that she can call you to tell you more about it and see if you qualify?”*

If she agrees, you could call our research line (612-624-3129), and leave the woman’s name and phone number (or you can contact me directly). We will then call her, administer a depression screen, and if this is positive (PHQ-9 \geq 10) and if she otherwise qualifies, she will be invited to participate.

Alternatively, you could give her a study flyer (located in the precepting area), and have the mother initiate the phone call to our study team.

Thanks very much for your help!

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