

Psychosocial Intervention to Improve Mental Health of Abused Pregnant Women: A Randomized-Controlled Pilot Trial

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Background

- Domestic and Family Violence (DFV) is of particular concern in developing countries.¹ It leads to
 - Lifelong mental and physical health problems; social and occupational impairment; and increased economic burden.¹
- Frequency and severity of DFV tends to increase during pregnancy making it a significant contributor to maternal and neonatal morbidity and mortality.²
- Identifying and supporting victims is critical in breaking the cycle of violence and preventing long-term impacts.³

Purpose

An RCT was conducted to assess the feasibility and efficacy of a counselling-based psychosocial intervention in addressing mental health needs of abused pregnant women.

Psychosocial Intervention

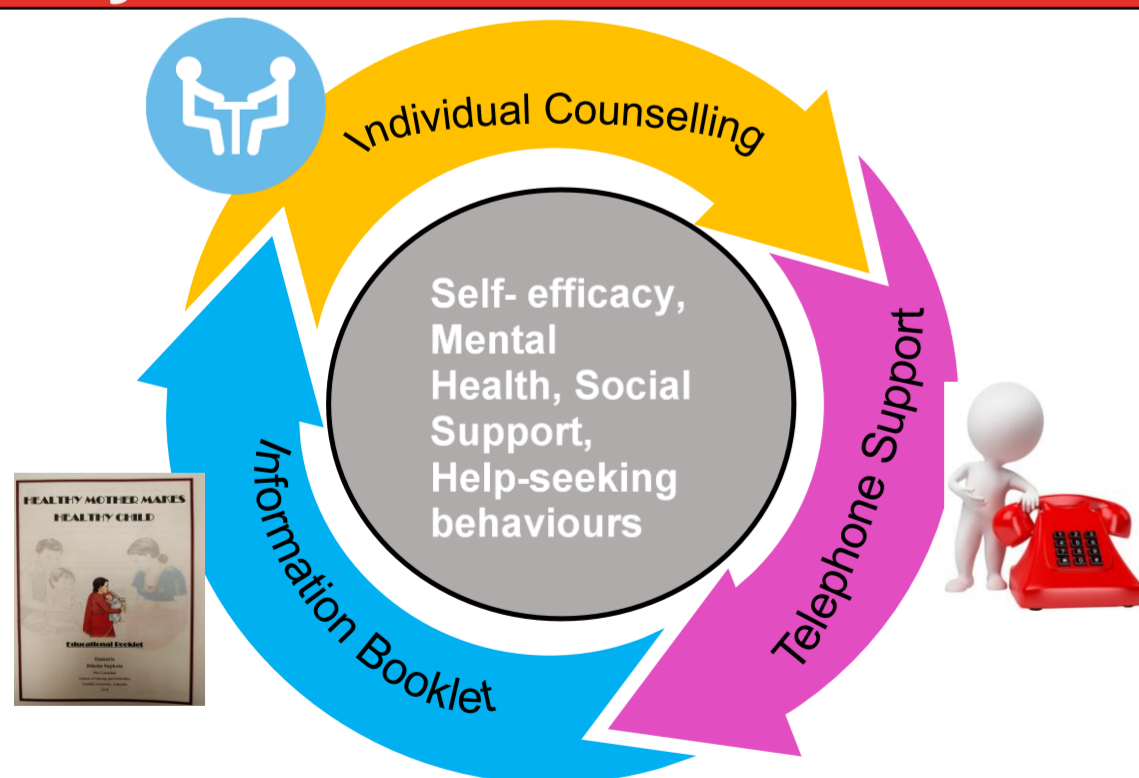


Figure 1. Components of the intervention

- Based on Psychosocial readiness Model⁴
- Delivered by a trained nurse at ANC.

Methods

- A two-arm RCT: registered in **ANZCTR N 12618000307202**
- Ethical Approval: GU Ref No: 2018/227, NHRC (Reg. no. 73/2018), & IRC of BPKIHS, Nepal (IRC/1250/018).
- Recruitment period: 3 months

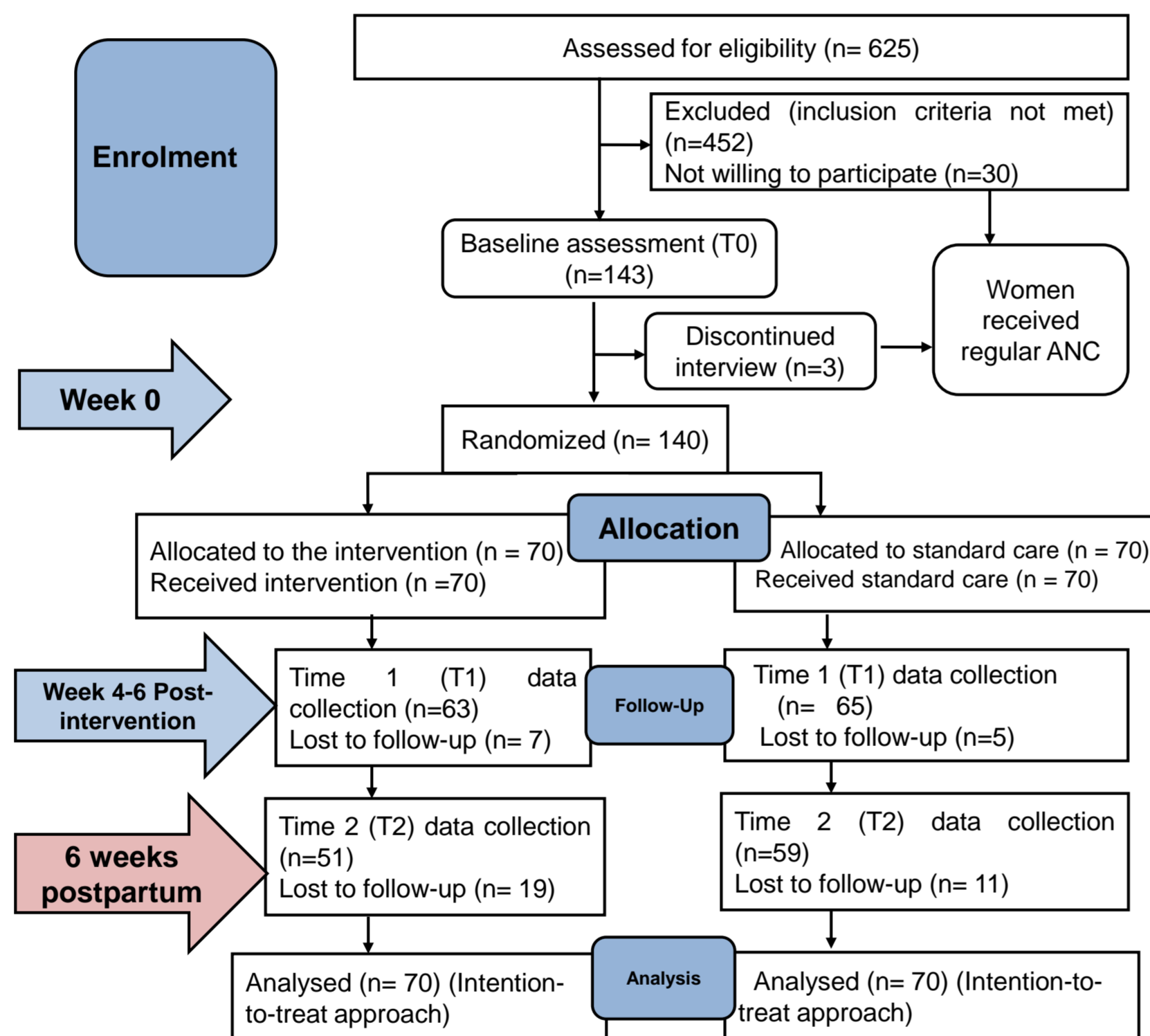


Figure 2. CONSORT Diagram⁵

Results

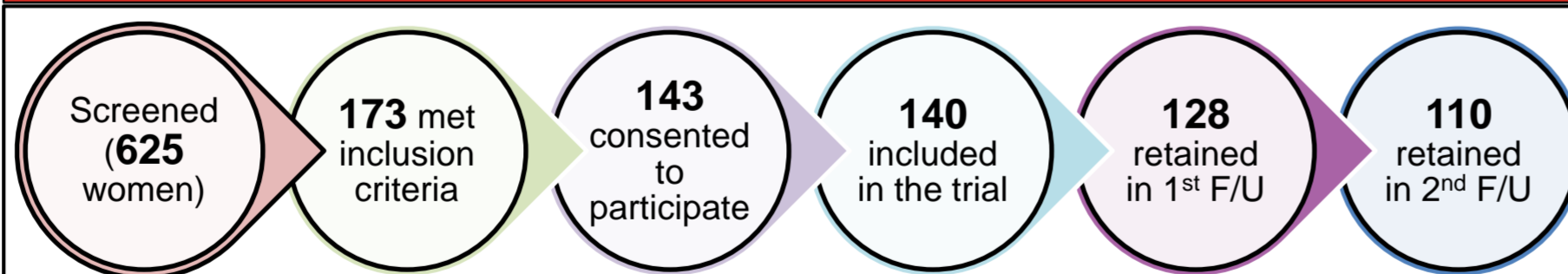
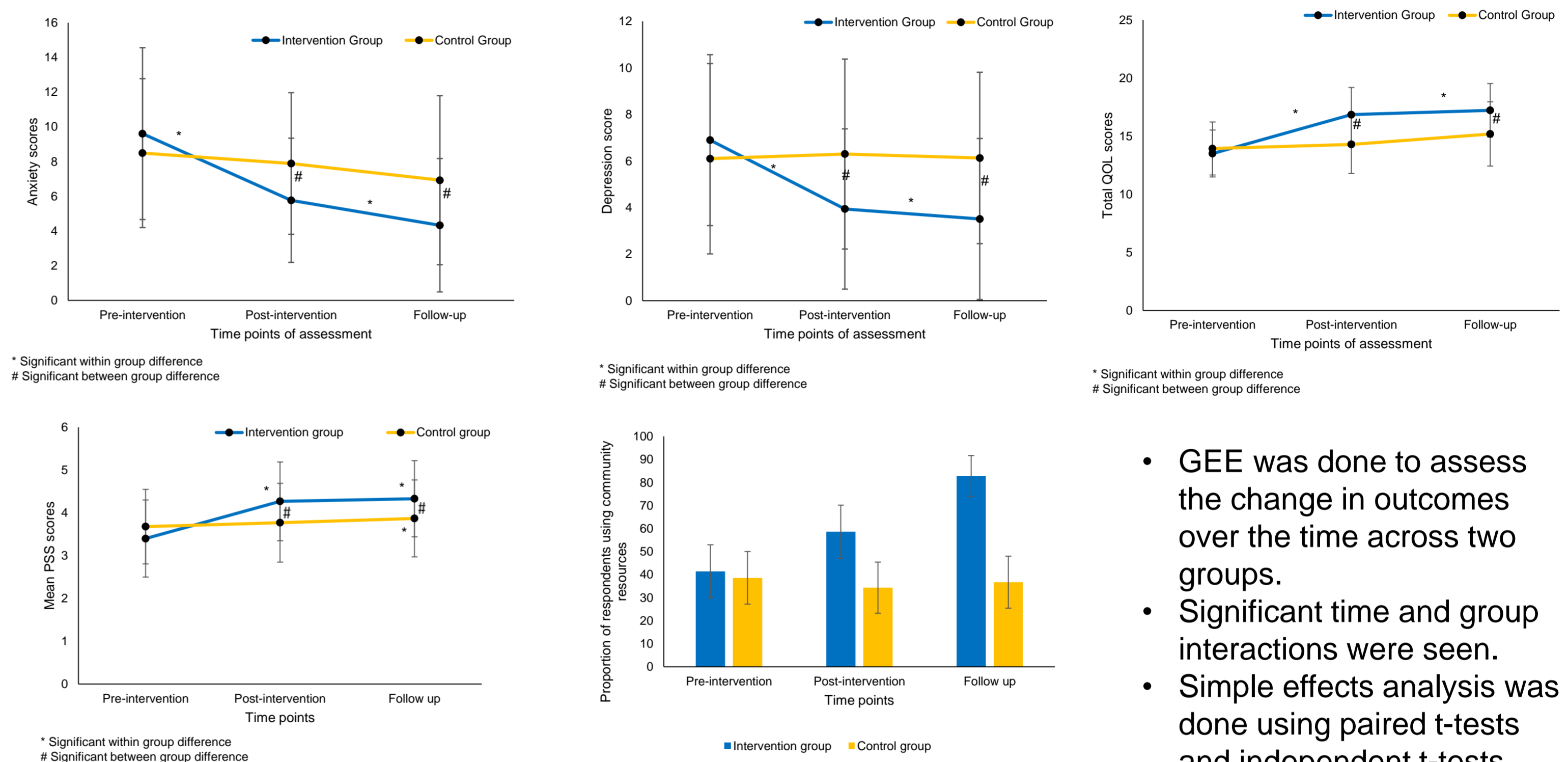


Figure 3. Feasibility measures

- No significant differences between intervention group and control group at baseline ($p > 0.05$).

Results Contd...



- GEE was done to assess the change in outcomes over the time across two groups.
- Significant time and group interactions were seen.
- Simple effects analysis was done using paired t-tests and independent t-tests.

Conclusion and Recommendations

- Brief counselling with provision of referral services was feasible to be implemented in ANC in resource-constrained settings.
- Significant improvements in mental health, QOL, social support and use of community resources were seen.
- Ongoing contact to the research team among intervention participants might have promoted behaviour change among them.
- Because of the limited duration of follow-up, sustained effects of the intervention can't be guaranteed.
- Sample might not be representative of abused women in general.
- Need of further rigorous studies to expand and/or support these findings.

References

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