Assessing mentorship intervention to improve access to mental health care for perinatal depression in Rwanda

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BACKGROUND

- Perinatal depression most prevalent
- High prevalence rates of perinatal depression symptoms in Rwanda (Umuziga et al. 2015, Hynie et al 2017).
- Limited evidence on effective interventions addressing perinatal depression in primary health care in LMICs (Baron et al. (2016),

AIM OF THE STUDY

Evaluate the effectiveness of Maternal Mental Health mentorship to primary health care providers to improve access and outcome for women with perinatal depression and their infants in Rwanda.

METHODS

- Convergent mixed methods
- Quasi-experimental design/Maternal Mental Health (MMH) mentorship intervention to primary health care providers caring for women in perinatal period
- Ethical approval from UR/CMHS/IRB

Operational steps	Activities
Step 1: Desk review	Identify existing information on maternal mental health: services available, treatment options and record system
Step 2: Identifying barriers to access MMH services	Identify barriers/explore the needs of the people involved in the research; women in perinatal period, primary health care providers. Determine health care providers' perceived barriers to the screening, referral, and management of perinatal mental health issues.
Step 3: Evaluate the effectiveness of MMH intervention	Baseline data collection (394 pregnant women from 6 months in 4 health centers screened for perinatal depression symptoms (EPDS scores) and perceived social support (MSSS, MPSSS). Intervention plan & implementation (tools & mentorship materials…) Endline data collection will look at changes in a health care settings (mentors, mentees, health facility manager, information management and records, screened mothers, care and referral); quality of care (satisfaction of care received, patients' outcomes such as changes in EPDS scores, perceived social support, pregnancy and infant outcomes).

CONCLUSION

This is an ongoing PhD research project, and findings of this study will inform the effectiveness of maternal mental health mentorship intervention addressing perinatal depression in Rwanda.

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