

# Mom-Net: An Internet-Facilitated Intervention for Depressed Mothers

Lisa Sheeber, Betsy Davis, Ed Feil,  
John Seeley, & Pete Lewinsohn

Oregon Research Institute

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# Problem Statement

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- ◎ Mothers of young children are at high risk for depression
- ◎ Maternal depression is associated with both:
  - Impaired parenting
  - Childhood psychopathology
- ◎ Most women don't access treatment

# Barriers to Treatment for Low Income & Rural Women

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- ◎ Mental health coverage
- ◎ Job flexibility
- ◎ Transportation
- ◎ Childcare
- ◎ Scarcity of providers

# Project Goals

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- ◎ Adapt empirically supported CBT intervention
  - Facilitated self-administration online
  - Tailored to mothers of young children
  - Increase access to low-income & rural women
- ◎ Conduct a controlled pilot to evaluate efficacy
  - Maternal depressive symptoms
  - Parenting behavior
  - Child functioning

# Mom-Net: Core Components

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- ◎ A guided course for self-regulated learning of CBT skills
  - 8 modules
  - Based on CWDC
  - Adapted
    - Tailor content to mothers of young children
    - Instructional design element to facilitate distance learning
    - Limited literacy demands

# Session Table

Session	Adapted CWDC Content/ Adult Focused	Adapted CWDC Content/ Parenting Focused
1	<p data-bbox="372 411 813 451"><u>Intervention Rationale</u></p> <p data-bbox="372 525 1006 733"><b>Key Concept:</b> You Can Improve Your Mood by Changing Your Actions and Thoughts</p> <p data-bbox="372 811 942 1076"><b>Primary Content:</b></p> <ul data-bbox="372 868 942 1076" style="list-style-type: none"><li data-bbox="372 868 942 908">• Understanding Depression</li><li data-bbox="372 922 942 1019">• Social-learning View of Depression</li><li data-bbox="372 1033 942 1076">• Intervention Description</li></ul>	<p data-bbox="1112 525 1808 676"><b>Key Concept:</b> Improving Your Mood Will Improve Your Parenting</p> <p data-bbox="1112 811 1769 1076"><b>Primary Content:</b></p> <ul data-bbox="1112 868 1769 1076" style="list-style-type: none"><li data-bbox="1112 868 1769 965">• Prevalence of Maternal Depression</li><li data-bbox="1112 979 1769 1076">• Influence of Depression on Parenting and Child Well-being</li></ul>

# Session Table

Session	Adapted CWDC Content/ Adult Focused	Adapted CWDC Content/ Parenting Focused
2-3	<p data-bbox="372 411 794 451"><u>Behavioral Activation</u></p> <p data-bbox="372 525 890 676"><b>Key Concept:</b> Increasing Pleasant Events Improves Mood</p> <p data-bbox="372 751 909 1019"><b>Primary Content:</b></p> <ul data-bbox="372 811 909 1019" style="list-style-type: none"><li data-bbox="372 811 774 851">• Mood Monitoring</li><li data-bbox="372 865 909 962">• Increasing Adult Focused Pleasant Events</li><li data-bbox="372 976 736 1019">• Self-Assessment</li></ul>	<p data-bbox="1112 525 1831 676"><b>Key Concept:</b> Positive Parent-Child Time is Important for You and for Your Child</p> <p data-bbox="1112 751 1785 1019"><b>Primary Content:</b></p> <ul data-bbox="1112 811 1785 1019" style="list-style-type: none"><li data-bbox="1112 811 1785 908">• Increasing Positive Parent-Child Activities</li><li data-bbox="1112 922 1785 1019">• Overcoming Barriers: Time, Money, Mood, Child Fussiness</li></ul>

# Session Table

Session	Adapted CWDC Content/ Adult Focused	Adapted CWDC Content/ Parenting Focused
4-5	<p data-bbox="372 411 745 451"><u>Interpersonal Skills</u></p> <p data-bbox="372 525 1035 793"><b>Key Concept:</b> A Healthy Support Network can Keep You Active, Improve Your Mood, and Buffer You from Depression during Stressful Times</p> <p data-bbox="372 868 1035 1188"><b>Primary Content:</b></p> <ul data-bbox="372 925 1035 1188" style="list-style-type: none"><li data-bbox="372 925 1035 965">• Importance of Social Support</li><li data-bbox="372 982 1035 1079">• Characteristics of a Healthy Support Network</li><li data-bbox="372 1096 1035 1188">• How to Evaluate and Improve Your Current Support Network</li></ul>	<p data-bbox="1112 525 1818 793"><b>Key Concept:</b> Small Changes in How You Play with Your Children can Lead to Improved Parent-Child Relationships and Greater Enjoyment of Parenting</p> <p data-bbox="1112 868 1818 1188"><b>Primary Content:</b></p> <ul data-bbox="1112 925 1818 1188" style="list-style-type: none"><li data-bbox="1112 925 1818 1022">• Ideas to Make Play Time More Fun</li><li data-bbox="1112 1039 1818 1079">• Kinds of Play</li><li data-bbox="1112 1096 1818 1136">• What Children Want during Play</li><li data-bbox="1112 1153 1818 1188">• Barriers to Enjoying Play</li></ul>

# Session Table

Session	Adapted CWDC Content/ Adult Focused	Adapted CWDC Content/ Parenting Focused
6	<p data-bbox="372 411 1035 454"><u>Cognitive Skills: Positive Thoughts</u></p> <p data-bbox="372 525 1010 682"><b>Key Concept:</b> Increasing Positive Thoughts will Improve Your Mood</p> <p data-bbox="372 753 981 968"><b>Primary Content:</b></p> <ul data-bbox="372 811 981 968" style="list-style-type: none"><li data-bbox="372 811 981 853">• Increasing Positive Thoughts</li><li data-bbox="372 868 981 911">• Savoring Positive Events</li><li data-bbox="372 925 981 968">• Anticipating Positive Events</li></ul>	<p data-bbox="1112 525 1750 682"><b>Key Concept:</b> Increasing Positive Thoughts will Improve Enjoyment of Parenting</p> <p data-bbox="1112 753 1818 1025"><b>Primary Content:</b></p> <ul data-bbox="1112 811 1818 1025" style="list-style-type: none"><li data-bbox="1112 811 1818 911">• Savoring Positive Parent-Child Time</li><li data-bbox="1112 925 1818 1025">• Anticipating Positive Parent-Child Time</li></ul>

# Session Table

Session	Adapted CWDC Content/ Adult Focused	Adapted CWDC Content/ Parenting Focused
7	<p data-bbox="372 411 1035 454"><u>Cognitive Skills: Positive Thoughts</u></p> <p data-bbox="372 525 1016 732"><b>Key Concept:</b> Recognizing and Responding Adaptively to Negative Thoughts Improves Mood</p> <p data-bbox="372 811 1035 1075"><b>Primary Content:</b></p> <ul data-bbox="372 868 1035 1075" style="list-style-type: none"><li data-bbox="372 868 1035 911">• Identifying Negative Thoughts</li><li data-bbox="372 925 1035 968">• Challenging Negative Thoughts</li><li data-bbox="372 982 1035 1075">• Responding to Negative Thoughts</li></ul>	<p data-bbox="1112 525 1760 732"><b>Key Concept:</b> Recognizing and Responding Adaptively to Negative Thoughts Improves Parenting</p> <p data-bbox="1112 811 1760 1018"><b>Primary Content:</b></p> <ul data-bbox="1112 868 1760 1018" style="list-style-type: none"><li data-bbox="1112 868 1760 1018">• Identifying and Responding to Negative Thoughts Regarding Your Child and Your Parenting</li></ul>


# Home Page

Momnet Alpha: Welcome to Momnet

Back Forward Reload Stop Home <https://research.ori.org/momnet/alpha/> Google

Momnet Alpha: Welcome to Mo...

## Mom-Net: Improve your mood. Improve your parenting.



Home	Sessions	Support	Resources	Online Tools	Computer Help	Crisis Information
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Welcome Ed

[logout](#) [contact coach](#)

### Home

#### Tip of the Day





Welcome back to Mom-Net:  
A place where moms learn to improve their moods by changing their thoughts and actions. [NEXT](#)

Good job finding the time today. It's great that you're taking this time for yourself and your family. The effort you put into this will improve how you feel and how you parent. Excellent effort getting started today.

Click the next button to go to where you left off. If you prefer to review first, use the Session Menu or Key Concept List on the Resources menu to choose where to start.

Click [here](#) for Introduction.

Done [research.ori.org](https://research.ori.org)

# Video Host

Momnet Alpha: Message

Back Forward Reload Stop Home

http://research.ori.org/momnet/alpha/pals.php?page

Google

Momnet Alpha: Message

Mom-Net: Improve your mood. Improve your parenting.

Home Sessions Support Resources Online Tools Computer Help Crisis Information

Welcome Ed

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Sessions

BACK Message NEXT

Welcome  
Objectives  
New Learning  
Controlling Your Mood  
Wrap Up  
What Have You Learned?

you are here

Done

research.ori.org

# Pleasant Activities Goal-Setting

Momnet Alpha: Setting Achievable Goals

https://research.ori.org/momnet/alpha/pals.php?page

Momnet Alpha: Setting Achieva...

Mom-Net: Improve Your Mood. Improve Your Parenting.

Home Sessions Support Resources Online Tools Computer Help Crisis Information

Welcome Ed

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Sessions

Welcome

Objectives

Review

Review

New Learning

**New Information**

Wrap Up

What Have You Learned?

you are here

BACK

## Setting Achievable Goals

NEXT

Over the last few days, my average number of pleasant activities was 0.

My goal for the next week is to engage in 2 pleasant activities each day.

If I meet this target I will reward myself by

Choose a reward, such as people you would like to see more of; a treat you like and can afford; an activity you would like to do; a place you would like to go. Make sure the reward is something you can easily do or have.

Coach: Call Me to Make a Plan

Submit

Done

research.ori.org

# Identifying Negative Thoughts

Momnet Alpha: Identify Negative Thoughts

https://research.ori.org/momnet/pals.php?page=i07s01p04

Google

Mom-Net: Improve your mood. Improve your parenting.



Home Sessions Support Resources Online Tools Computer Help Crisis Information

Welcome Lisa

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## Session 7

- Welcome
- Objectives
- Review
- New Learning
  - Identify Negative Thoughts**
  - Respond to Negative Thoughts
- Wrap Up

 = you are here

**Identify Negative Thoughts**

If I don't get him under control, he's going to wind up in prison.

Is this a negative thought?

yes no

Navigation: BACK NEXT

Progress bar at the bottom of the slide.

# Quiz

Momnet Alpha: Self-check questions

https://research.ori.org/momnet/alpha/pals.php?page

Momnet Alpha: Self-check que...

Mom-Net: Improve your mood. Improve your parenting.

Home Sessions Support Resources Online Tools Computer Help Crisis Information

Welcome Ed

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**Sessions**

Welcome

Objectives

New Learning

Controlling Your Mood

Wrap Up

**What Have You Learned?**

— you are here

**Self-check questions**

BACK NOT

Momnet Session 1 Quiz

**FEEDBACK:** You can change the way you think about or view yourself, but it is NOT the easiest thing to change. Changing your actions or what you do is the easiest way to start feeling better.

1. To improve your mood, which one of these should you change first because it is the **EASIEST** to change?

- Thinking, "I'm a bad parent"
- Feeling sad
- Thinking, "I can't do anything right"
- Avoiding activities with your children

Next

Transferring data from webdev.ori-eug.ori.org...

research.ori.org

# Mom-Net: Core Components

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- ◎ A guided course for self-regulated learning of CBT skills
- ◎ System of professional support
  - Weekly calls
  - Online communication
  - Emergency coverage
  - Behind-the-scenes administration page

# Participant Usage Report

Mozilla Firefox

Back Forward Reload Stop Home  Google

**Reports**

- Participant Usage Report**
- Query Answers Report
- Mom's Notes to Coach
- Activity Graph
- Make A Plan
- BDI Summary

**Coach Forms**

**User Administration**

**Links**

- Back to Momnet
- Logout

**Participant Usage Report**

Participant:

Current session: 01

Current section: 01 [Click Next to Proceed]

Current page: 01

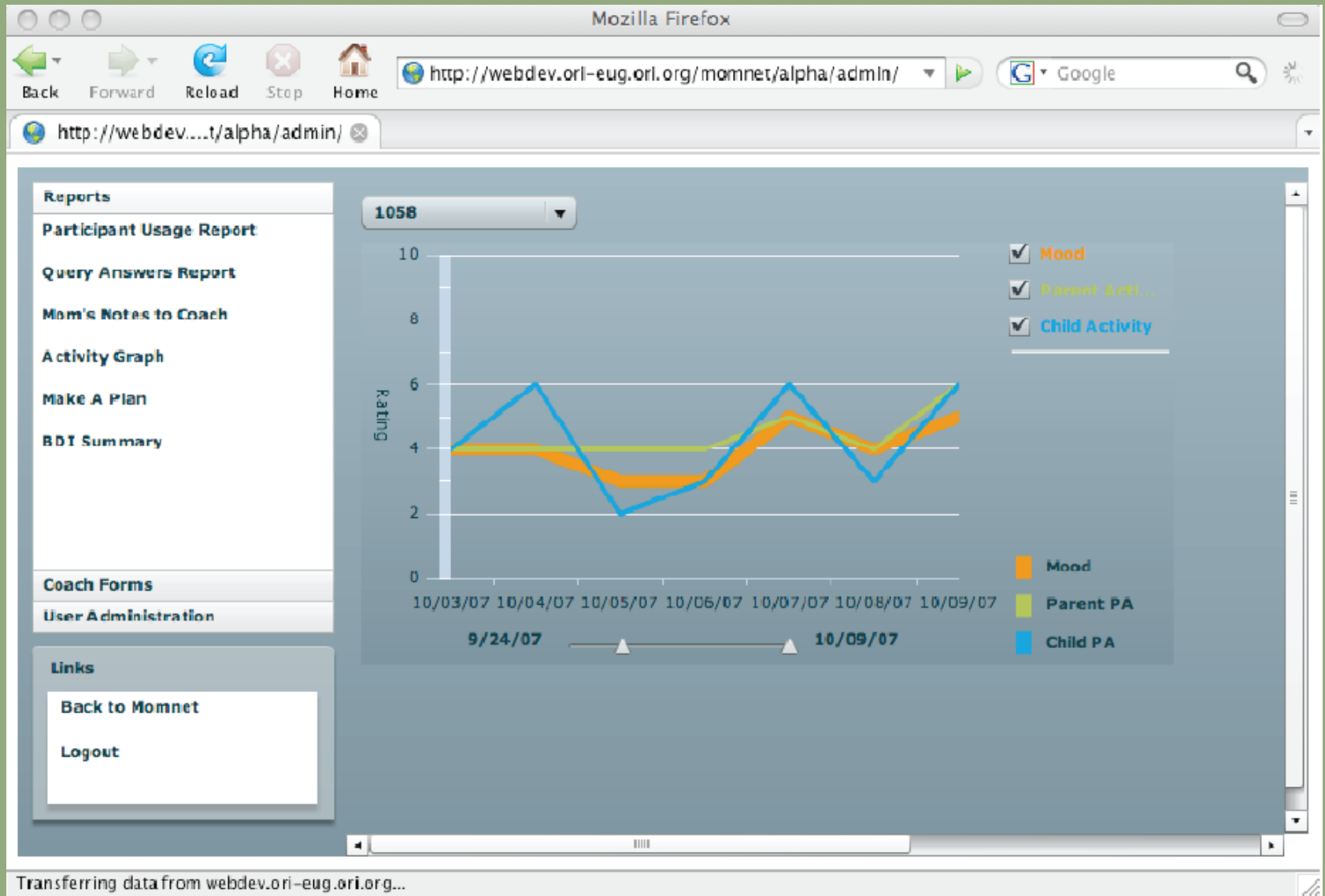
Last coach contact:

Time in Momnet: 0

Last log-in: 10/01/2007

Transferring data from webdev.ori-eug.ori.org...

# Administrative Page



# Mom-Net: Core Components

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- A guided course for self-regulated learning of CBT skills
- System of professional support
- Bulletin board

# Pilot Trial: Method

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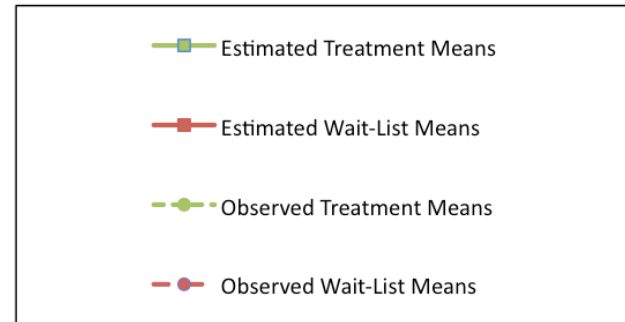
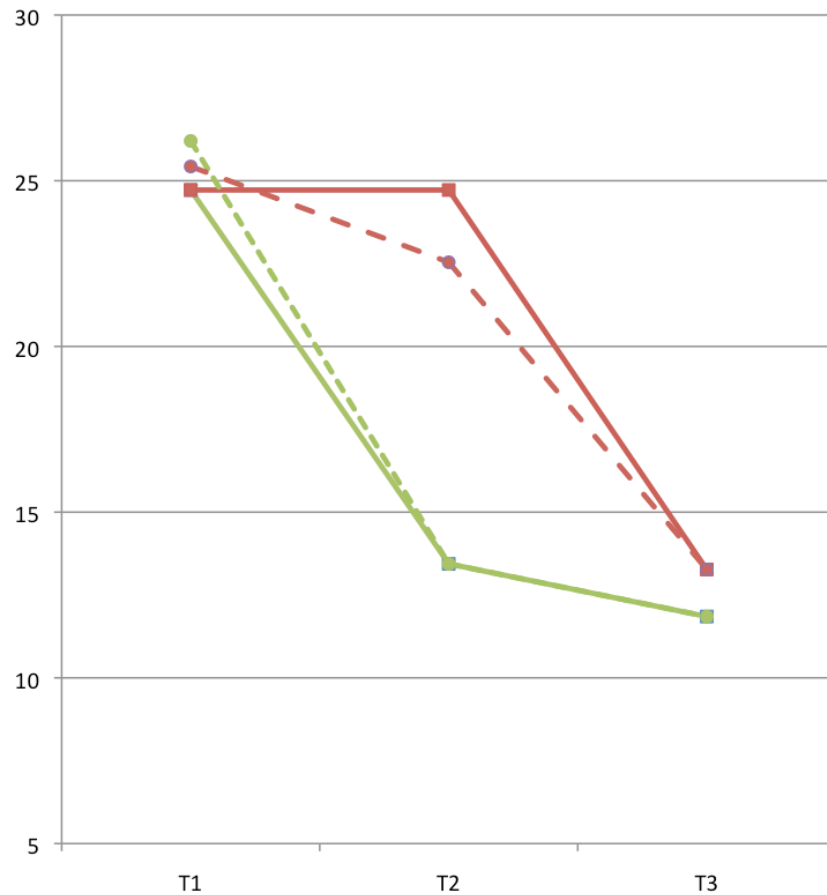
- ◎ 70 mothers of Head Start children
  - CES-D Scores  $\geq 21$
  - 43% married or living with partner
- ◎ Randomized Mom-Net or TAU/Delayed intervention
  - Provided with computer & Internet for study duration
- ◎ Assessments at pre- post- [4 months; n=69] and 3 mo. follow up [n=66]

# Pilot Trial: Mom-Net Participation

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- Completed 6.37 of 8 sessions on average
- 63% completed all sessions
- Participated in an average of 6.70 coach calls

## BDI scores across Time



### Note:

After T2, the wait-list control condition received the Mom-Net intervention.

The change from T2 to T3 shows the (a) maintenance of treatment effects for the treatment group and (b) replication of treatment effects for the wait-list control group.

Outcomes	Acute Phase Effects (T1-T2 Between Conditions)			Replication of Effects (T2-T3 within DI/TAU Condition)		Maintenance of Effects (T2-T3 Within Mom-Net condition)	
	Coeff	(p)	Hedge's g	Coeff	(p)	Coeff	(p)
BDI Depression symptoms	-11.28	(<.001)	1.05	-11.45	(<.001)	-1.59	(.168)
<i>CBT Mechanisms</i>							
BADS: Behavioral activation	28.09	(<.001)	1.07	29.50	(<.001)	3.77	(.291)
PASCO: Savoring	0.23	(.064)	0.35	-0.08	(.435)	-0.04	(.764)
ATQ: Negative cognitions	-21.56	(<.001)	0.79	-23.01	(<.001)	-6.88	(.045)
<i>Parenting Behaviors</i>							
PBI: Hostile/Coercive	-3.14	(.002)	0.54	-2.83	(<.001)	-0.51	(.523)
PBI: Support/Engage	2.12	(.020)	0.43	2.10	(<.020)	0.26	(.749)
PSOC: Competence	-7.89	(<.001)	0.72	-7.69	(<.001)	-0.59	(.675)
<i>Child Functioning</i>							
CBCL: Internalizing	-4.86	(.014)	0.45	-4.90	(.001)	-3.64	(.015)
CBCL: Externalizing	-7.33	(<.001)	0.62	-2.74	(.119)	-0.71	(.641)

# Conclusions

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- ◎ Initial results support efficacy of Mom-Net
  - Mothers stayed engaged
  - Reduced symptoms
  - Improved parenting and child functioning
  - Maintained at follow up
  - Replicated in delayed intervention group