



Culturally Adapted LTP+CaCBT for Postnatal Depression: A Participatory Action Research for manual adaptation

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INTRODUCTION

- Maternal health constitutes an integral part of global health burden disease.
 - Depressed mothers are at risk of self-harm
 - Children lack adequate developmental support due to mothers' postnatal depression.
- Learning Through Play Plus (LTP Plus) along side culturally adapted Cognitive Behaviour Therapy (CaCBT) mitigates maternal depression in marginalized demographics (Husain et al., 2021).
- Manualized, evidence-based and culturally adapted postnatal intervention is under-researched in Nigeria.

AIM/OBJECTIVES

- To review intervention contents of LTP Plus for suitability within Nigeria
- To lay an empirical framework for Randomized Controlled Trials

METHOD: Qualitative

Design	Sample	Instrument	Epistemology & Analysis
<ul style="list-style-type: none"> • 3-day comprehensive training with LTP Plus CaCBT • Exploratory and Confirmatory Participatory Action Research 	<ul style="list-style-type: none"> • N =9; 6 females & 3 Males • n= (5) mothers who are community health workers • n = (4) researchers 	<ul style="list-style-type: none"> • Participatory group discussion (lasted 97.04 minutes) • Short questionnaire for descriptive information 	<ul style="list-style-type: none"> • Theory of social change • Thematic analysis

Research Team

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Preliminary Findings

- ❖ Desired culture specific pictorial illustrations that depict African context
- ❖ Use of indigenous contexts for exemplifying mother-child activities
- ❖ Sensitivity to African cultural and superstitious beliefs.



Preliminary Conclusions

The LTP+CaCBT:

- Entails a pictorial calendar for the low literacy population.
- Provides mothers with valuable parenting skills and enhances the mother-child relationship
- Offers a 'here and now' problem-solving approach and changes negative thinking associated with postnatal depression.
- Is a low cost, sustainable, community-based and culturally relevant intervention for postnatal depression among British African/Caribbean and Nigerian mothers.

Acknowledgement

Funding & Support: NUT QR Fund, Manchester Global Foundation and the Pakistan Institute of Living & Learning

Selected References

- Husain, N., Kiran, T., Shah, S., ..., & Chaudhry, N. (2021). Efficacy of learning through play plus intervention to reduce maternal depression in women with malnourished children: A randomized controlled trial from Pakistan. *Journal of affective disorders*, 278, 78–84.