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Pilot Peer Support for New Parents

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The Impact of New-Parent Support Groups on Occupational Balance and Well-Being

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Background

- 1/8 women and 1/10 men experienced post-partum depressive symptoms (Centers for Disease Control and Prevention [CDC], 2022a; CDC, 2022b)
- 1/5 of women did not discuss postpartum depression during a prenatal exam (CDC, 2022a)
- 1/2 of pregnant women with postpartum depression were not being treated (CDC, 2022a)
- About half of all maternal deaths occur after delivery (Declercq & Zephyrin, 2020)
- 12 weeks of support are recommended but only 1 postpartum visit before week 12 is required (Lopez-Gonzales & Kopparapu, 2022).
- New parents report feelings of having less support (Ketner et al., 2019)
- Improving mothers' social support and sense of competence can lessen mother's postpartum anxiety (Chavis, 2016)
- Important to explore taboo topics within a group setting (Johnson, 2015)
- Focusing on personal wellness goals correlates with the ability and desire to perform occupations within a parental role (Sponseller et al., 2021).
- Professional-led groups helped develop structure and confidence (Bienstock & Videka-Sherman, 1989; Sponseller et al., 2021)

Methods

- **Design:** A quantitative, pre-post test design, with a hybrid method for involvement
- **Data Collection:** Data from questionnaires collected pre and post-intervention
- **Data Analysis:** Casual analysis to determine if change occurred after participation in 8-week peer group
- **Instrumentation:** Occupational Balance Questionnaire 11 (OBQ11) & Occupational Self Assessment (OSA)
- **Population:** Parents of a child ≤ 12 months old at the start of the 8-week support group. All family structures, genders, and ethnicities were able to join.

Research Question:

How do caregiver support groups impact occupational balance and well-being for new parents?

Important Terminology

Occupational Balance:

- Being involved in the right about of different occupations (AOTA, 2020)

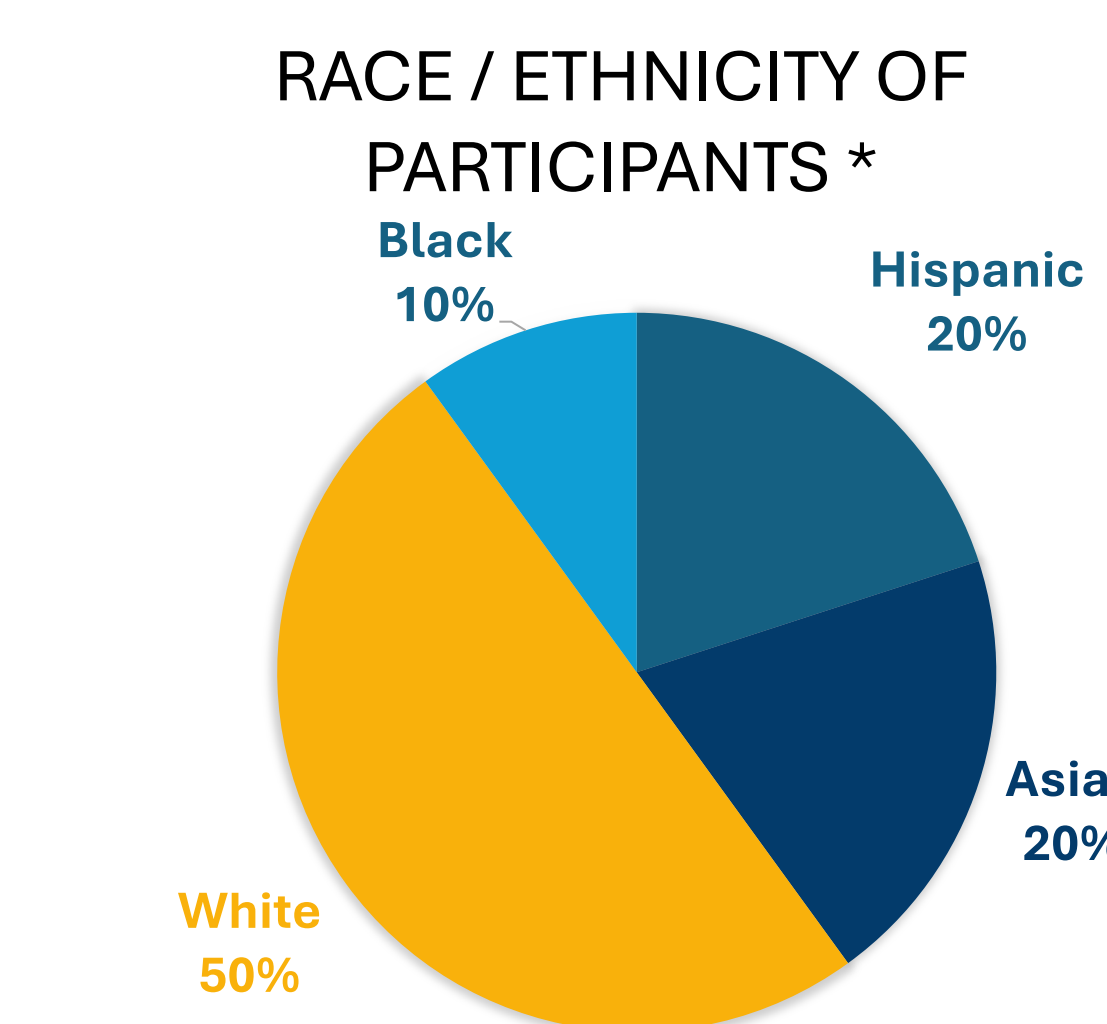
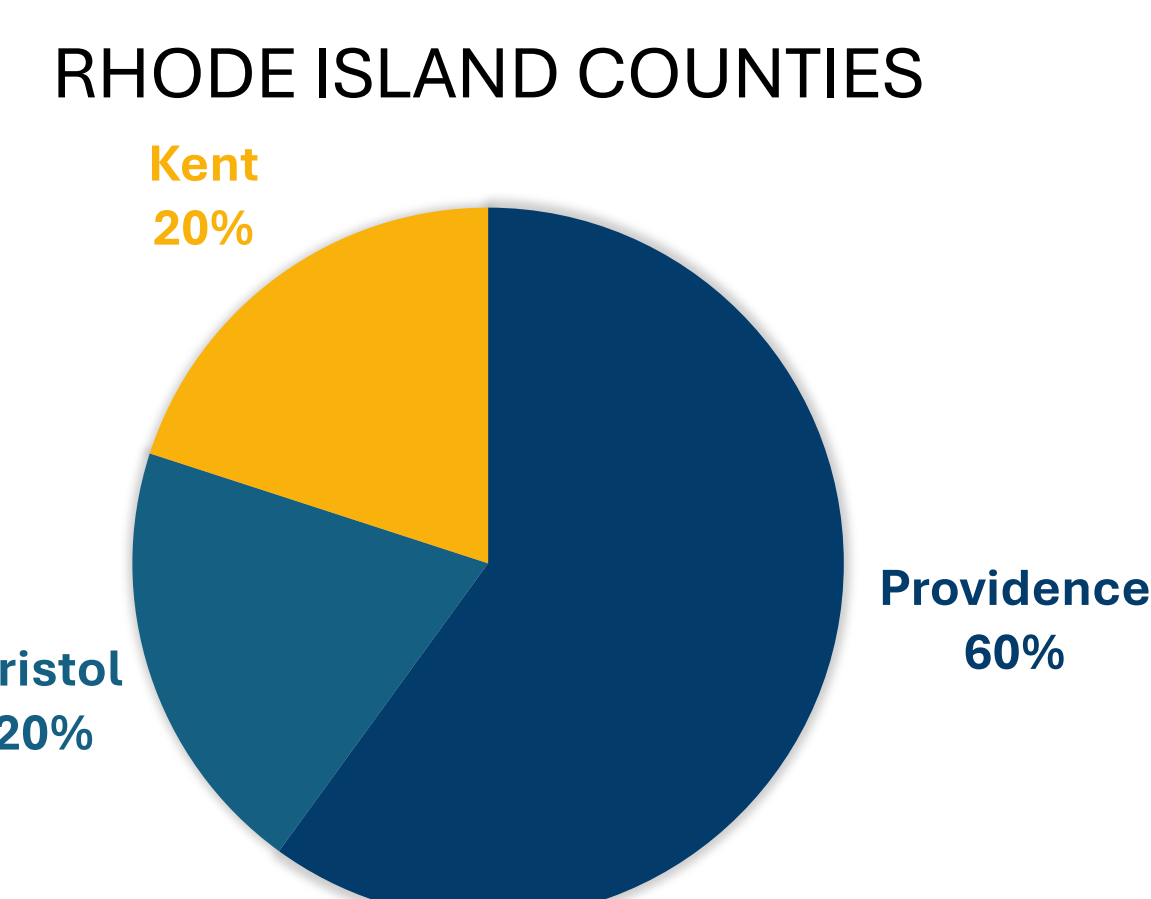
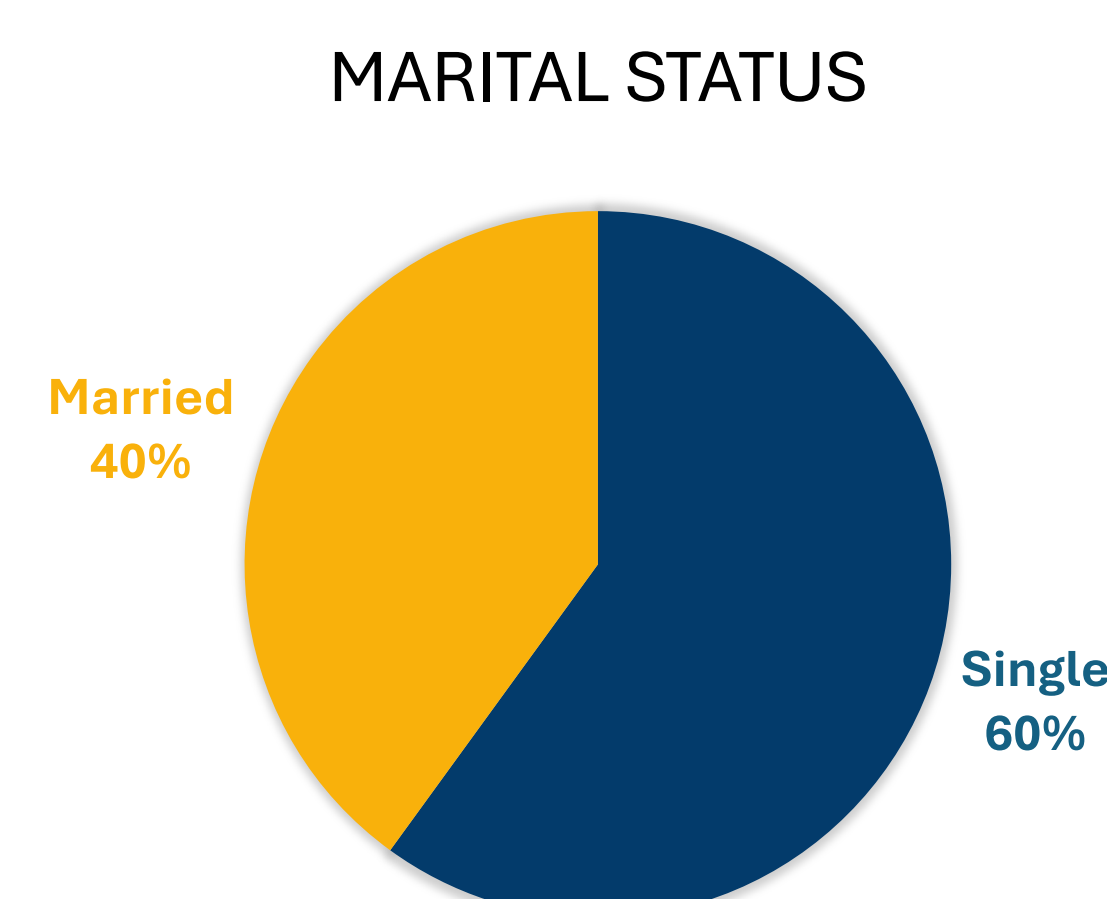
Occupational Well-Being:

- Being satisfied with the overall participation in daily occupations (AOTA, 2020).

Results

Participant Results:

- 5 cis-gendered mothers of diverse backgrounds, ethnicities, socio-economic levels
- Mother's age ranged from 23-36 years old
- All babies were parent's first child
- All homes were a 2-parent household



* Participants able to circle more than one answer

Group Topics Based on OSA Results:

- Time Management
- Self-Care
- Loss of Autonomy
- "Mom Guilt"
- Work / Life Balance and Avoiding Burnout
- Managing Familial Conflict and Setting Boundaries
- Development of Routine
- Bettering Communication

Weekly Group Structure

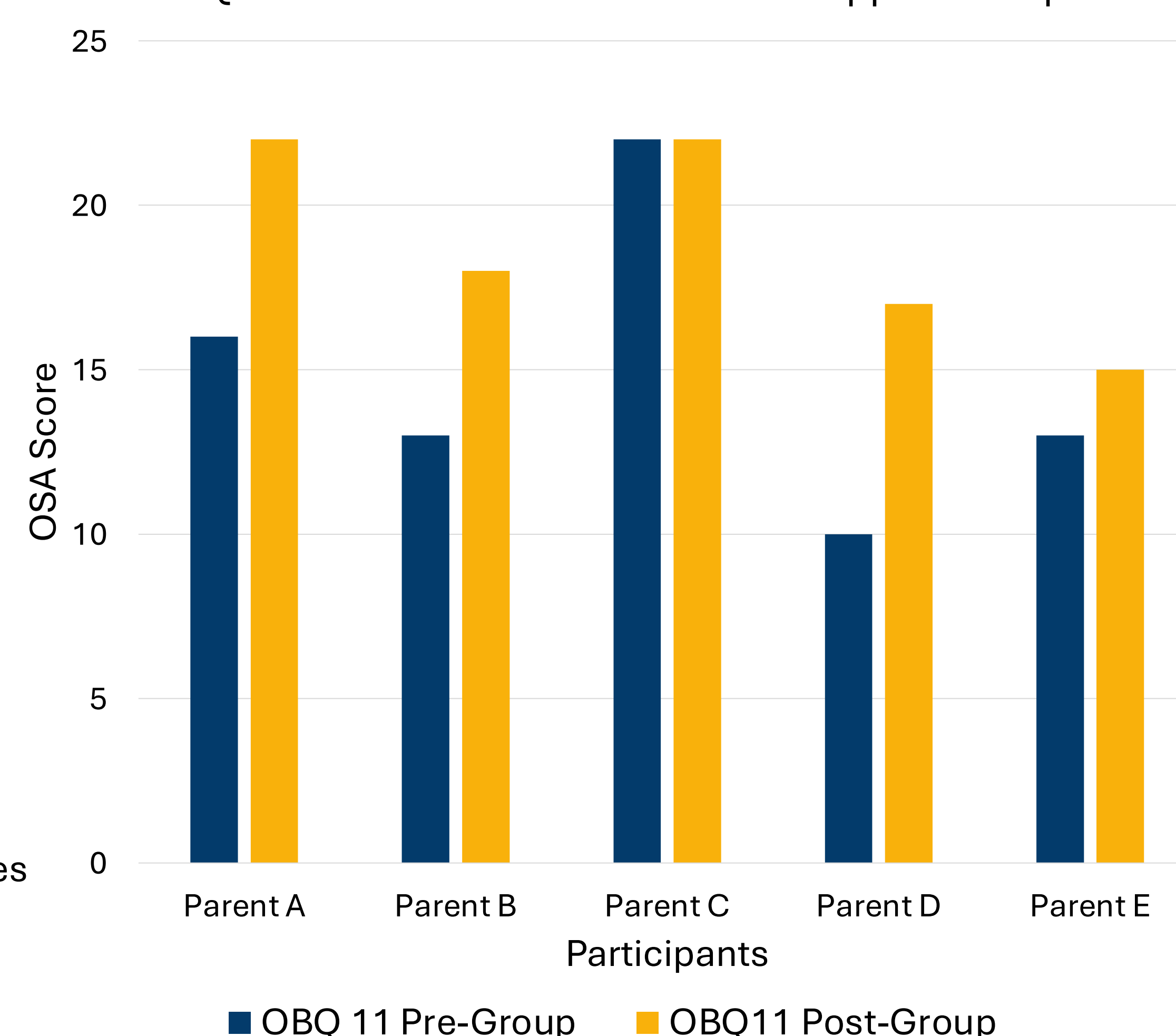
- Reflection from the Week Prior
- Discussion About This Week's Topic
- New Guided Meditation
- Reflection About Day's Discussion



	OBQ11 Scores Pre-Group	OBQ11 Scores Post-Group	OSA Competence Pre-Group *	OSA Competence Post-Group *	OSA Value Pre-Group *	OSA Value Post-Group *
Parent A	16	22	53 / 48 / 3	62 / 57 / 3	66 / 63 / 3	48 / 47 / 3
Parent B	13	18	39 / 36 / 2	56 / 57 / 3	48 / 47 / 3	49 / 48 / 3
Parent C	22	22	62 / 57 / 3	76 / 73 / 3	43 / 42 / 3	53 / 56 / 3
Parent D	10	17	49 / 45 / 2	62 / 57 / 3	49 / 48 / 3	57 / 49 / 3
Parent E	13	15	47 / 43 / 2	52 / 47 / 3	52 / 50 / 3	54 / 52 / 3

*Scores presented: total score/client measure/standard error

OBQ11 Data Scores Pre & Post Peer Support Group



Comparing OBQ 11 Pre & Post – Intervention

- Averaged 4-point increase
- Most improvement noted on question 2 and question 7:
 - "There's a balance of things I do for myself and things I do for others"
 - "I am satisfied with the amount of time that I spend on my various daily activities"
- Other notable improvement on question 6
 - "I have a balance among my physical, social, intellectual, and restful activities"

Comparing OSA Pre & Post – Intervention

- Competence total score's average increase of 11.6 and a client measure score's average increase of 11.2
- Value scores demonstrated fluctuation
- Average total increase of 1.6 and client measure of 0.4

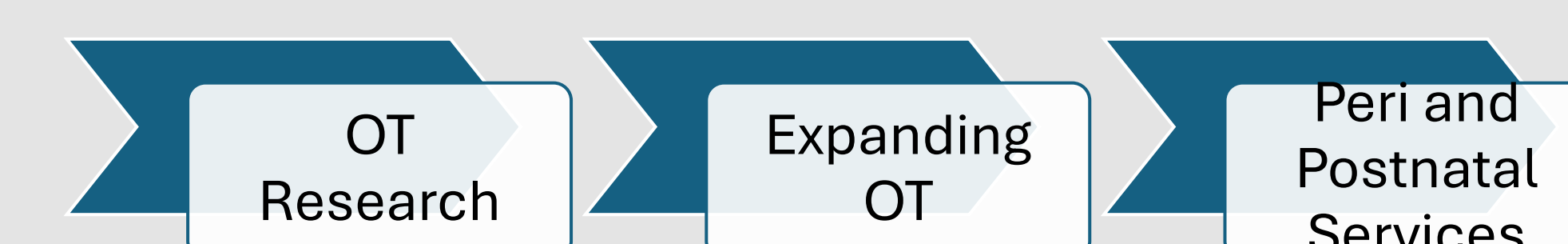
Discussion

- All members present once weekly, 8-week, group sessions; met individually with OTP if absent that week
- Competence and perceived value may be influenced by several factors
- Increased overall scores indicate a correlation between support groups and perceived occupational balance and occupational well-being
- Participants stated they noticed a difference within their intimate relationships and activities of daily living (ADLs)
- Participants verbally stated they appreciated hearing from peers

Implications for OT

- Occupational therapy (OT) forward support groups can benefit postpartum parents
- The entire occupational domain is affected after having a child and the occupational therapy process can address any imbalance as the process is client-centered and occupation-specific
- Adding OT-forward support groups to parent-forward practices can increase overall wholistic support for parents
- Demonstrating need can increase OT practitioners in women/parent forward practices like obstetrics and gynecological settings

Looking Ahead



- More research is required for the development of OT assessments that are maternal-specific
- Additional research is required to enhance understanding of OT's role in postpartum healthcare services
- Demonstrating need can provide OT jobs in women forward practices like obstetrics and gynecological settings

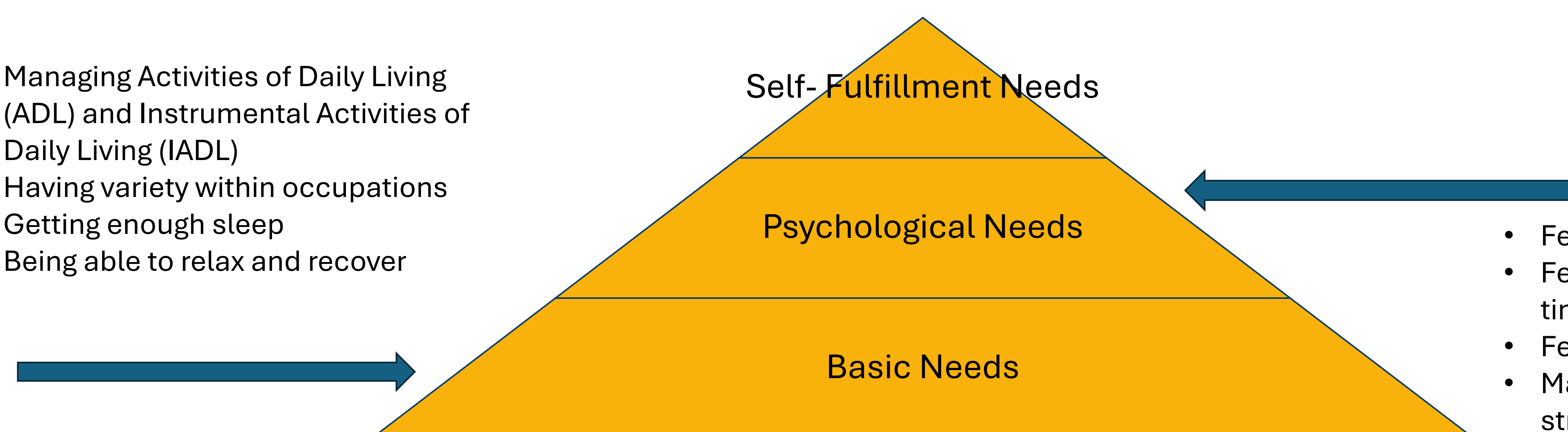
References & Contact



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- Managing Activities of Daily Living (ADL) and Instrumental Activities of Daily Living (IADL)
- Having variety within occupations
- Getting enough sleep
- Being able to relax and recover



- Feeling satisfied
- Feeling that there is enough time to do occupations
- Feeling supported
- Managing psychological stressors