

MAMÁS Y BEBÉS

PREVENTION OF POSTPARTUM



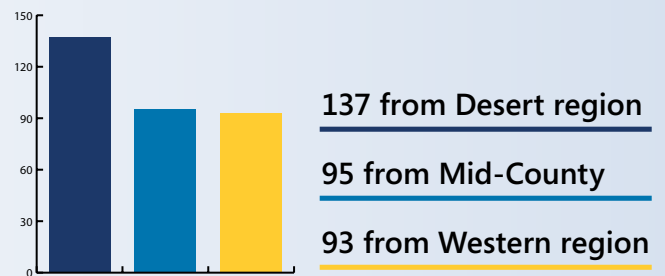
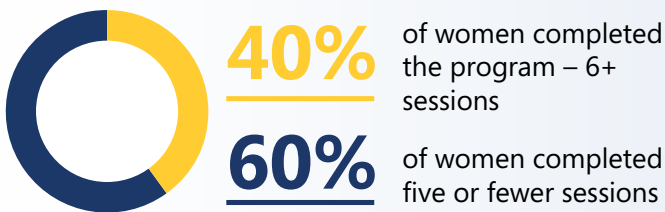
The Strategy:



The intervention was an 8-session course that used a cognitive-behavioral mood management framework, and incorporated social learning concepts, attachment theory, and socio-cultural issues. The community health workers/promotores (CHW/Ps) helped participants create a healthy physical, social, and psychological environment for themselves and their infants.

The Participants:

357 women participants



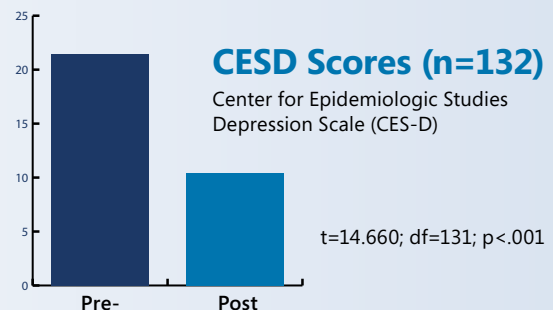
61% of women (n=221) were between the ages 21-35 years of age.

61% of women reported Spanish as their primary language.

62% of participants identified as Mexican, Mexican American.

The Impact:

↓ Depression symptoms significantly decreased among the women who participated in the program.



Testimonial: "This program lifted my self-esteem. I feel more confident and I learned how to have healthier feelings and I would like to see this program continue so that it can help other mothers."

"I learned how to relax. I learned how to manage my stress. How to treat the baby and make him happy."

Program Participant.

