

## What is the TEPOP Study?



Depression and anxiety during and after pregnancy can lead to health problems for the mother and/or baby. This study explores one possible way

to reduce symptoms - a virtual support group that teaches skills on how to improve mental health.



Our research team hopes to learn if the virtual groups, conducted using a secure telehealth platform, are effective in reducing symptoms. We also want to understand if telehealth groups are more accessible to women than in-person groups, since women are able to attend from the comfort of their own home.



This study is being conducted by the University of Utah, College of Nursing. Principal Investigator: Gwen Latendresse, PhD, CNM.

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TEPOP Study

For more info: [tepop@utah.edu](mailto:tepop@utah.edu)

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En Espanol Tambien

# TEPOP STUDY

Telehealth for Pregnancy or Postpartum



Group Intervention to Reduce Maternal Depression

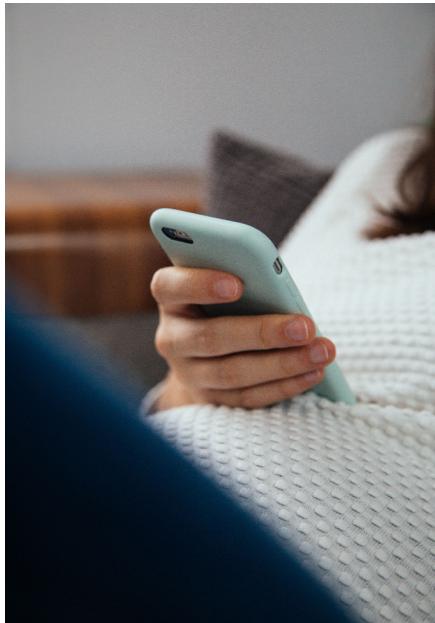
## Did you know?

- Perinatal depression affects 12%- 15% of pregnant and postpartum women
- In Utah, 13% of Utah woman are affected by depression after giving birth

## Do you feel depressed?

You may be eligible to join this study if you...

- Are less than 20 weeks of pregnancy
- Have mild to moderate symptoms of depression
- Speak English or Spanish



Please contact us at  
385-444-0511 or  
[tepop@utah.edu](mailto:tepop@utah.edu) to see if you  
are eligible to participate

## What will happen in this study?

### During the study you will:

- be randomly assigned to one of 2 groups
- be one of 4-6 pregnant women in a group
- meet with your group for 1 hour each week
- meet weekly for 10 weeks
- attend these meetings by videoconference (video chat)
- complete 6 study questionnaires during the study



## Program Timeline

- ▶ Initial Orientation Session
- ▶ 8 Sessions for engaging in the program content (1 hour/per week)
- ▶ Reunion session
- ▶ Focus Group (for some participants)

You are asked to complete a questionnaire 6 times during the study

- ▶ Before starting the group sessions
- ▶ After finishing the group sessions
- ▶ About 4-6 weeks before the birth of your baby
- ▶ 2 months after delivery
- ▶ 4 months after delivery
- ▶ 6 months after delivery

Compensation is available for participation.  
Contact us for details.