

Perinatal and Infant Mental Health eBulletin

August 2012



www.chimat.org.uk

Welcome to the monthly Perinatal and Infant Mental Health (PIMH) eBulletin highlighting the latest resources relating to PIMH which have been added to the [Mental Health and Psychological Well-being Knowledge Hub](#) in the last month.

This email includes a summary and link to each resource below. If you would prefer to read a pdf version of this eBulletin, go to the [eBulletins page](#) on the ChiMat website.

To ask questions and share experience and learning with colleagues, join the [PIMH network eDiscussion](#) group which compliments this eBulletin.

Don't forget, you can now follow us on Twitter [@ChiMatorguk](#)

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Perinatal and infant mental health news

Data Atlas error pages - resolved

Users of our Data Atlas may have noticed an occasional issue over the last few weeks that has caused error pages. We've been working hard to address the issue and believe it is now fully resolved. We are sorry if this has caused you any inconvenience in the meantime. If you ever notice any further problems please let us know so we can investigate immediately. ChiMat's Data Atlas contains an extensive range of data, and allows you to explore, interrogate and view relevant indicators and trends in map, chart and tabular formats. If you would like any help or support with using the Data Atlas, please contact your local specialist.

<http://atlas.chimat.org.uk/IAS/>

In the news

ChiMat does not accept responsibility for the availability, reliability or content of these news items and does not necessarily endorse the views expressed within them.

Family Action: Charity warns on support services for women and children at risk

Family Action is warning that nearly a third of low income mothers have no local support networks to help them through difficulties in pregnancy and following the birth of their baby.

<http://www.chimat.org.uk/resource/view.aspx?RID=131005&src=pimh>

Fetal Alcohol Forum Issue 7 - June 2012

The newsletter and key reference material from the International Medical e-Network devoted to fetal alcohol spectrum disorders.

<http://www.chimat.org.uk/resource/view.aspx?RID=131180&src=pimh>

NHS Choices: How pregnant women's stress could affect births

According to the Daily Mail, stressed expectant mothers are "60% more likely" to have babies with health problems.

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This 'Behind the headlines' article examines the evidence behind the report.

<http://www.chimat.org.uk/resource/view.aspx?RID=131250&src=pimh>

DfE: More babies in care to receive a stable home more swiftly

The Prime Minister has announced plans to reduce radically the time it takes for a baby to move in with their permanent family. The Government will take action to put children's interests first and legislate to make fostering by potential adopters standard practice in many cases, so that those in care are placed with carers who have the potential to become their adoptive parents, rather than in temporary homes.

<http://www.chimat.org.uk/resource/view.aspx?RID=131434&src=pimh>

Reports

Maternal stress in pregnancy: considerations for fetal development

There is significant current interest in the degree to which prenatal exposures, including maternal psychological factors, influence child outcomes.

<http://www.chimat.org.uk/resource/view.aspx?RID=131715&src=pimh>

Research

Biopsychosocial determinants of treatment outcome for mood and anxiety disorders up to 8 months postpartum

According to the authors, little is known about the biopsychosocial determinants that predict postpartum treatment outcome for mood and anxiety disorders. For this study, postpartum mood and anxiety symptoms and psychosocial/biological variables were recorded for 8 months of 22 women treated with antidepressants during pregnancy.

<http://www.chimat.org.uk/resource/view.aspx?RID=131074&src=pimh>

Development of disruptive behaviors in young children: a prospective population-based cohort study

According to the authors, we know relatively little about the development of disruptive behaviours and gender differences therein. The objective of this study was to describe the continuity and discontinuity in the degree to which young children in the general population are reported to exhibit specific disruptive behaviours over time. Data came from the Québec Longitudinal Study of Child Development.

<http://www.chimat.org.uk/resource/view.aspx?RID=131089&src=pimh>

Hypnosis during pregnancy, childbirth, and the postnatal period for preventing postnatal depression

Several psychological or psychosocial interventions such as cognitive-behavioural therapy, counselling with or without antidepressants, health visitor-led counselling, peer support, and interpersonal psychotherapy appear to be effective for treating postnatal depression (PND). In regard to prevention however, psychosocial or psychological interventions have not shown a clear benefit in preventing its development. Although hypnosis has been used for a long time to reduce pain during labour and birth, the effectiveness of hypnosis for preventing PND has not yet been evaluated. The aim of this study was therefore to assess the effect of hypnosis for preventing postnatal depression compared with usual antenatal, intranatal, or postnatal care.

<http://www.chimat.org.uk/resource/view.aspx?RID=131183&src=pimh>

Selective mutism: a home-and kindergarten-based intervention for children 3–5 years: a pilot study

This study examined the outcome of a multimodal treatment for selective mutism (SM).

<http://www.chimat.org.uk/resource/view.aspx?RID=131329&src=pimh>

Listening to parents: the challenges of parenting kindergarten-aged children who are anxious

The purpose of this study was to increase understanding of the experience of parenting kindergarten-aged children

who are anxious.

<http://www.chimat.org.uk/resource/view.aspx?RID=131330&src=pimh>

Relationship focused parent training within a dialectical framework: a case study

There are significant limitations to traditional behavioural parent training programmes and research indicates that interventions which incorporate relationship factors show superior results.

<http://www.chimat.org.uk/resource/view.aspx?RID=131331&src=pimh>

Psychological/verbal abuse and utilization of mental health care in perinatal women seeking treatment for depression

This study examined the clinical records of 299 perinatal patients who received treatment in a psychiatric partial hospital programme to determine whether there were differences in utilisation of care between those women with and without current interpersonal psychological abuse.

<http://www.chimat.org.uk/resource/view.aspx?RID=131576&src=pimh>

Expressed emotion as an assessment of family environment with mothers and fathers of 1-year-old children

The authors of this article state that high levels of expressed emotion (EE) in parents have been found to put children at risk for emotional and behavioural problems but that the majority of existing studies have focused on mothers of school-aged children and adolescents rather than younger children, and have only rarely included fathers. In this study therefore they examined the reliability of EE in mothers and fathers of 1-year old children. They also investigated whether depression and marital problems in the postnatal period predicted EE toward the child at 12 months.

<http://www.chimat.org.uk/resource/view.aspx?RID=131582&src=pimh>

Caffeine intake during pregnancy and risk of problem behavior in 5- to 6-year-old children

Human studies that have investigated the association between caffeine intake during pregnancy and offspring's behavioural outcomes are scant and inconclusive.

<http://www.chimat.org.uk/resource/view.aspx?RID=131618&src=pimh>

Psychosocial factors associated with depression severity in pregnant adolescents

According to this article, adolescent depression during pregnancy is associated with increased morbidity for both mother and baby. This study explored the relationships among the independent histories of alcohol use, drug use, depression, and abuse (physical or sexual) on depression severity in a diverse group of 116 pregnant adolescents.

<http://www.chimat.org.uk/resource/view.aspx?RID=131995&src=pimh>

Use of the diagnostic classification of mental health and developmental disorders of infancy and early childhood: Revised edition (DC:0–3R) with Canadian infants and young children prenatally exposed to substances

This study examined the mental health diagnostic profiles of infants and young children prenatally exposed to substances using the Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood, Revised (DC:0–3R) diagnostic system. Participants were 46 biological mother–infant dyads who were engaged in a clinical program for mothers with substance-use problems and their young children (aged 10–41 months).

<http://www.chimat.org.uk/resource/view.aspx?RID=132074&src=pimh>

Parent-reported quality of preventive care for children at-risk for developmental delay

The objective of this study was to compare preventive care quality for children at risk and not at risk for developmental, behavioural, or social delays.

<http://www.chimat.org.uk/resource/view.aspx?RID=132311&src=pimh>

Prenatal alcohol exposure, attention-deficit/hyperactivity disorder, and sluggish cognitive tempo

Children with heavy prenatal alcohol exposure often meet criteria for attention-deficit/hyperactivity disorder (ADHD). ADHD research has examined subtype differences in symptomatology, including sluggish cognitive tempo (SCT).

<http://www.chimat.org.uk/resource/view.aspx?RID=132325&src=pimh>

Social–emotional difficulties in very preterm and term 2 year olds predict specific social–emotional problems at the age of 5 years

Very preterm children have increased risk for social–emotional problems. This study examined relationships between early social–emotional difficulties and later social–emotional problems, and whether this differed by group (very preterm or term).

<http://www.chimat.org.uk/resource/view.aspx?RID=132578&src=pimh>

Chronic and acute physical illness in the child: effect of exposure to maternal stress during pregnancy

Stress during pregnancy has repeatedly been shown to be associated with negative outcomes in the children of affected mothers, particularly in relation to behavioural, cognitive and emotional measures. In contrast, the impact of stress during pregnancy on the offspring's physical health has been less well researched. The aim of this study was to extend previous research by examining indicators of acute and chronic physical health in a prospective cohort of children whose mothers were assessed for experience of stressful life events during pregnancy. The research results were presented at the British Association for Psychopharmacology's Summer Conference.

<http://www.chimat.org.uk/resource/view.aspx?RID=132865&src=pimh>

Real medicine

According to the authors, a substantial part of a paediatrician's work increasingly involves caring for children and young people with mental health, developmental, emotional and behavioural problems. They suggest that over time, recognition of these aspects has redefined and broadened the notion of what classically constitutes 'paediatrics'. This paper discusses the ways in which paediatricians and psychiatrists can support each other in this work. It highlights the role of supervision and specifically advocates for the expansion of consultation/liason psychiatry services.

<http://www.chimat.org.uk/resource/view.aspx?RID=132869&src=pimh>

An abbreviated screening instrument for autism spectrum disorders

The reliability and validity of the Parent's Observations of Social Interactions (POSI), a new, seven-item screening instrument for autism spectrum disorders (ASD), was examined in two sub-studies. In Study 1, parents of 217 children (18–48 months) evaluated at a developmental clinic completed intake questionnaires that included the POSI and the Modified Checklist for Autism in Toddlers (M-CHAT) checklist. In Study 2, parents of 232 children (16–36 months) from both primary care and subspecialty settings completed the POSI, the M-CHAT, and a report of their child's diagnoses.

<http://www.chimat.org.uk/resource/view.aspx?RID=132871&src=pimh>

The Alberta Pregnancy Outcomes and Nutrition (APrON) cohort study: rationale and methods

The Alberta Pregnancy Outcomes and Nutrition (APrON) study is an ongoing prospective cohort study that recruits pregnant women early in pregnancy and, as of 2012, is following up their infants to three years of age. It has currently enrolled approximately 5,000 Canadians (2,000 pregnant women, their offspring and many of their partners). The primary aims of the APrON study were to determine the relationships between maternal nutrient intake and status, before, during and after gestation, and (1) maternal mood; (2) birth and obstetric outcomes; and (3) infant neurodevelopment.

<http://www.chimat.org.uk/resource/view.aspx?RID=132884&src=pimh>

Consultations

DH: Take part in consultation on new care objectives for improving health and healthcare

New objectives for the improvement of health and healthcare have been set out for public consultation. The consultation period will run from 4 July to 26 September.

<http://www.chimat.org.uk/resource/view.aspx?RID=131239&src=pimh>

Events

For details of these and many other events see the [Calendar of Events](#) on the ChiMat website

An evidence based approach to supporting foster carers

According to the conference organisers, children and young people are more frequently coming into foster care with increasingly complex attachment needs, abuse and neglect issues and conduct disorders which manifest in challenging behaviours and emotional difficulties. Effective support for professional foster carers is therefore more important than ever. Topics to be covered include evidence-based models to support foster children and foster carers; how to manage high-risk behaviours in children aged 3-17; how to support foster carers who receive allegations of abuse; practical strategies to manage compassion fatigue in foster carers; social media - the multi-faceted truths Facebook presents to children in care.

Location: London

Start date: Tuesday, 18th September 2012

<http://www.chimat.org.uk/resource/view.aspx?RID=131692>

The rights and entitlements of young refugees and migrants

This training will examine the asylum and immigration processes that affect children and young people; their particular needs and vulnerabilities; their access to support and education; and how professionals and carers can help. Participants will receive an overview of the relevant law, policy and processes affecting refugee and migrant children, and how this impacts on their day-to-day experiences. The course is aimed at any non-legal professional or carer working with refugee and migrant children and young people, including social workers, advocates, children's rights officers, support workers, teachers, foster carers, mentors, advisers and volunteers.

Location: London

Start date: Friday, 28th September 2012

<http://www.chimat.org.uk/resource/view.aspx?RID=131206>

ChiMat eBulletins

Working with partners, ChiMat produce a number of eBulletins to keep you up to date:

- ChiMat Knowledge Update on children's, young people's and maternal health
- Mental Health and Psychological Well-being
- Learning Disabilities & CAMHS
- Perinatal and Infant Mental Health

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