



ISM Luchtime Seminar Series

The ISM Luchtime Seminars are online monthly events, which take place on Thursdays, 13:00-13:30h, and are open to all interested colleagues and students. ISM researchers and guest speakers present their work during a **15 min** seminar, in the English language, followed by a brief Q&A session.

We are happy to announce our next speaker: Vanessa Zieß, MSc from the research group of Prof. Dr. Susan Garthus-Niegel.

Title: Support Preferences among women with and without postpartum depression and anxiety disorder.

Abstract: Some women struggle with mental health problems such as postpartum depression or postpartum anxiety disorder after giving birth. This can have a negative impact on the whole family. However, many women experiencing these go unrecognized and untreated. The purpose of this study was to examine the preferences for support services among women with and without symptoms. In the cross-sectional study INVITE, mothers were interviewed via telephone about three to four months after birth. Analyses of variance were performed to examine differences between the symptom groups. All women preferred the support of (family) midwives and family, friends, or colleagues and to talk to someone in person. Overall, women with PPD preferred all services less than women with neither PPD nor PAD. Furthermore, women with PPD preferred psychotherapeutic services (e.g., inpatient clinic) less, and women with comorbid PPD and PAD preferred professional and personal confidants (e.g., midwife) less than all other women. Results showed that women differ in their preferences for services depending on their symptoms. This should be considered when making referrals, and postpartum support should be better tailored to mothers' wishes and needs to improve help-seeking behavior.

When: 18th July 2024 at 13:00h

Where: MS-Teams (to join, please click [here](#))

Please follow the rules below to make these seminars a success:

- Please use your real name while entering the meeting. Participants with cryptic names will not be given access to the seminar.
- Please turn off your microphone while the seminar is taking place.
- Please feel free to ask questions!

Contact information: Please contact [Annakarina Mundorf](#) or [Deeksha Malhan](#) for further information.