

Mom-to-Mom: A Program to Mentor and Support Pregnant Women Whose Spouses are Deployed to the Combat Zone

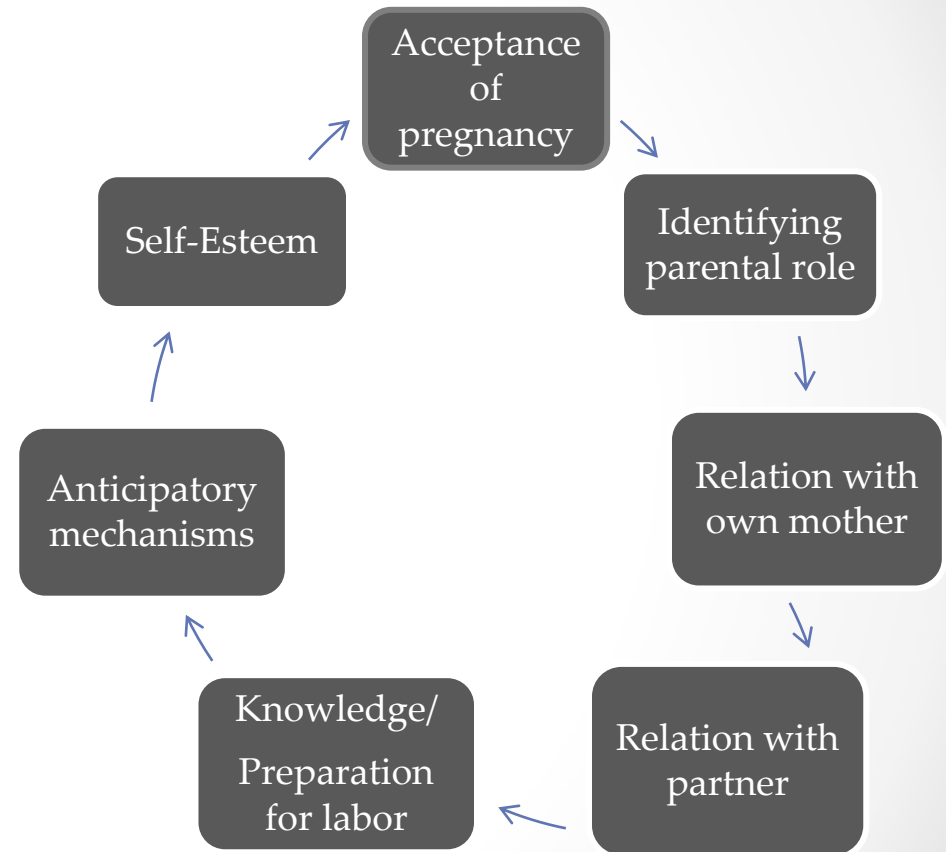
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Maternal Psychosocial Adaptation

- “A woman’s ability to adapt and identify with the concept of being a mother across many dimensions”

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- Gravidas having deployed military husbands have greater conflict with psychosocial adaptation to pregnancy than those without deployed husbands



- Conflict continued after the partner's return
- Negative effects on gestational age & birth weight
- Support network reduced conflict

Supportive Relationships in Pregnancy

Relationship with partner

Relationship with own mother

General community social support



“Nurturing and support a woman receives from her husband and family is tangible support and important to her self-esteem”.

Rubin, 1984

Marital relationship reported as most significant dimension affecting course of pregnancy

Relationship with gravida's own mother or mother figure key to maternal identify

Community support predictive of birth weight
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Support

The purpose of this study was to evaluate the effectiveness of a support program for pregnant military wives in promoting adaptation to pregnancy and maternal-fetal attachment

- Study Design
 - Randomized interventional study
 - Control: Standard prenatal care
 - Intervention: 8-session semistructured classes mirroring Lederman's dimensions
 - Facilitator/Mentors



Sample

65 women (521)

Married

1st trimester

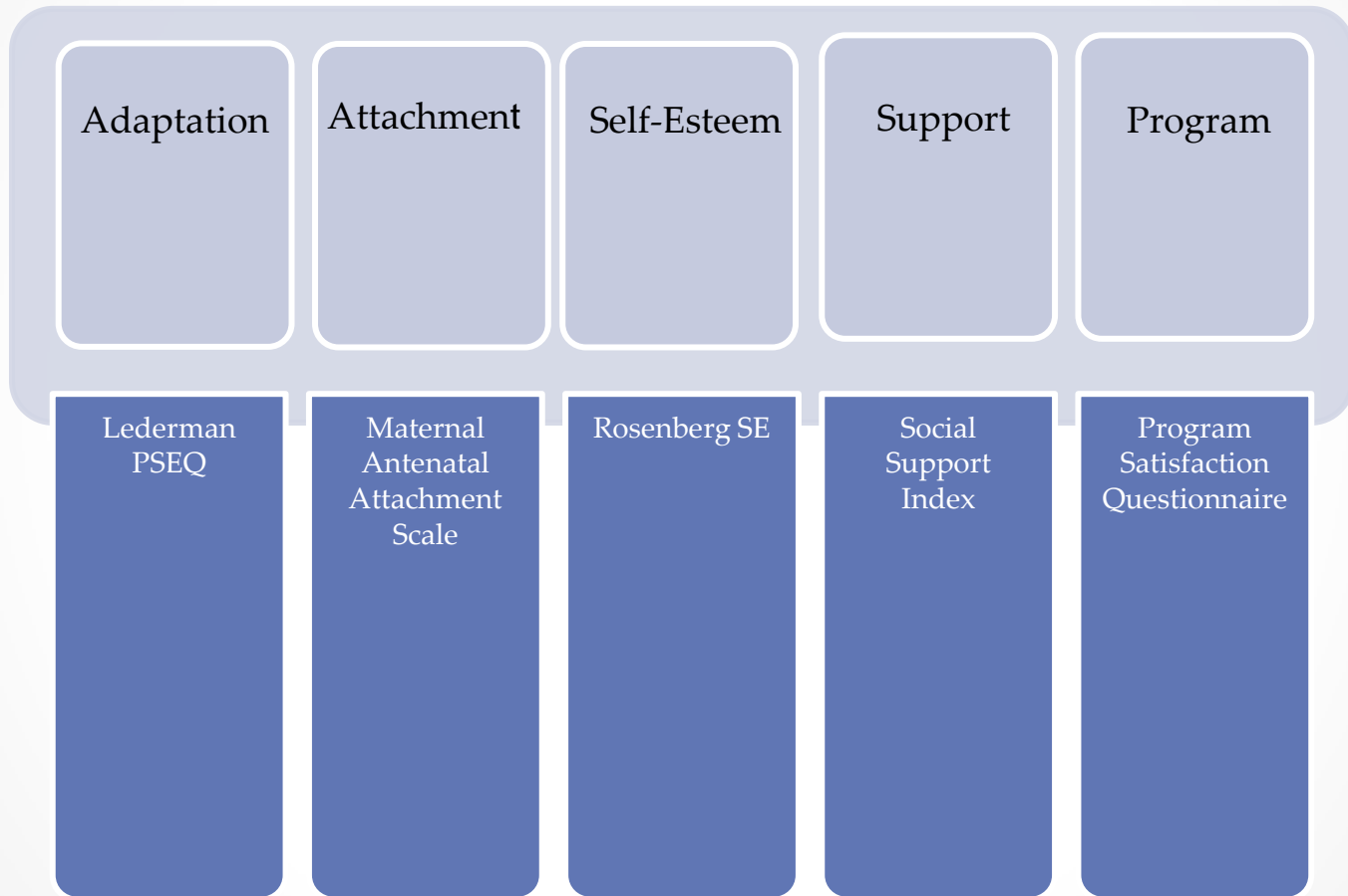
Spousal deployment
[11% attrition (n=8)
due to miscarriage,
move, work
requirements]

The Intervention

- 1st – 3rd trimester
- 90 minutes
- Participant manual
 - Information about pregnancy
 - Reflective exercises
 - Fill-in-the blank questions
- Facilitated discussion
 - Lederman's dimensions



Variables & Measures



Results

- No differences between control and intervention group on outcome variables
- Significant difference found for the amount of contact and relationship with husband variable
- Significant difference found for the amount of contact and self-esteem
- High satisfaction with program support, manual, and content

Discussion

- For both groups the highest amount of contact was associated with higher scores for relationship with partner and self-esteem
- Control group had more contact with partner
- Questionable strength of intervention (every other week, off-topic discussion, lack of refocusing)
- Data on parity not collected

Conclusion

- Successful adaption to motherhood first step to strong family relationship that can support the changing roles and responsibilities of a military family
- Importance of remote support via phone/email contact during deployment
- Support groups led by facilitators with military and obstetrical experience preferred



Questions or Comments?

