EPV1230

Assisted mothers and burnout symptoms: why help matters

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Introduction: Apart from the inherent psychological workload, motherhood increases the volume of most basic household chores and requires extensive engagement in caring for one's child. Nowadays, as nuclear families become more widespread, mothers are commonly left to face this struggle alone.
Objectives: Our research was aimed at studying the associations between the amount of help extended to mothers (with household chores and/or with childcare) and maternal burnout during the first years of motherhood.
Methods: A maternal burnout questionnaire in Russian (the Maternal Burnout Assessment Tool, MBAT), being an adaptation of the Burnout Assessment Tool to the motherhood context, was used to assess burnout tendencies in mothers. The sample consisted of 792 Russian-speaking mothers with children up to seven years of age. Single-factor analysis of variance was used for data analysis (Kruskal-Wallis test).
Results: Our research has shown that 45% of mothers receive an insignificant amount of help with childcare (where the mother would be left on her own for at least several hours a month), while 82% of mothers receive little to no assistance with household chores. The relevant mean burnout scores and p for the relevant single-factor analysis of variance are shown in Table 1 and Table 2 below, statistically significant differences according to the Dwass-Steel-Critchlow-Fligner paiwise comparison are marked with asterisks. No statistically significant differences in the burnout symptoms not shown below (such as cognitive impairment) were discovered. identification of most vulnerable groups

Table 1.

Assistance with childcare	No assistance	Several hours a month	Several hours a week	Several hours a day	The mother is not the primary caregiver	*p*
Burnout	2.64	2.71*	2.60	2.51*	2.80	.043
Exhaustion	3.02	3.10*	2.93	2.83*	3.11	.028
Distancing	2.12*	2.16**	2.07	1.87* **	2.29	.001

Table 2.

Assistance with household chores	Almost no assistance	Limited assistance	Assistance with half of the chores	Assistance with most of the chores	*p*
Burnout	2.73*	2.53*	2.55	2.65	.003
Exhaustion	3.12*	2.86*	2.90	2.96	.001
Distancing	2.19*	1.96*	1.99	2.15	.004
Cognitive impairment	2.37*	2.22*	2.21	2.44	.029

Conclusions: Assistance with childcare and/or household chores provided to a mother is associated with a more moderate manifestation of the symptoms of maternal burnout. It might be argued that the most burned-out mothers are those actively seeking external assistance with childcare. This should be considered on both a family and public level.

Disclosure of Interest: None Declared

EPV1231

Implementation of a psychoeducational program to reduce depressive and anxiety symptoms in new mothers: preliminary results of a clinical trial

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Introduction: Perinatal mental disorders represent a public health issue due to their impact on both women's and children's health. It is estimated that one in five women will experience a mental disorder during perinatal period. Several randomized controlled trials have tested interventions to prevent PMD, ranging from selective interventions for at-risk women to universal interventions for all women with contradictory results. Our study proposes a brief, two-session psychoeducational intervention delivered by midwives during the postnatal period.
Objectives: To reduce anxiety and depressive symptoms in new mothers and improve the relationship with babies, and the perception of self-efficacy towards the care of the baby.
Methods: Design: A randomized controlled trial of parallel groups was conducted in accordance with CONSORT requirements.
Participants: All primiparous women who had given birth to a healthy, full-term baby, over 18 years of age, and gave their consent to participate in the study were eligible to participate.
Procedures: Sociodemographic, obstetrical and clinical variables were collected at baseline. The following questionnaires were administered at baseline and 3 months follow-up: Edinburgh Postnatal Depression Scale (EPDS), Generalised Anxiety Disorder (GAD-7), Postpartum Bonding Questionnaire (PBQ) and Me as a parent (MaaP).

- Intervention Group: A psychoeducational program was delivered by midwives in primary care centers. It consists of two group sessions (total of 6 hours) within the first 6 weeks postpartum.
- Usual care Group: Participants receive the postpartum usual care at ASSIR (postnatal care visits, postpartum support groups).

Comparisons were made using nonparametric analyses, and related samples were compared using the Wilcoxon test.
Results: The results of the first 100 women recruited for the study are presented (50 for each group).
Sociodemographic, obstetric, and clinical variables did not differ significantly between the two groups. No significant differences were found between the two groups on the self-administered scales