

University of Southern California

Project Title:

Healthy Moms-Healthy Kids: Reducing Maternal Depression for Better Outcomes in Head Start Children

Principal Investigator:

Ferol E. Mennen

Co-Principal Investigator(s):

Todd Sosna

Project Abstract:

This study will implement interpersonal psychotherapy for group (IPT-G), for Head Start mothers with depression or dysphoric mood with the goal of reducing depression and promoting positive changes for both mothers and children. The objectives of the study are: (1) adapt IPT-G for a Head Start population of mothers with depression; (2) implement IPT-G via a randomized controlled trial in Head Start centers; (3) evaluate the effects of the intervention on maternal depression, parenting behaviors, goal-directed behavior, interpersonal relationships, physical health, and child behavior and school readiness; and (4) develop a manual for use of the intervention in Head Start and disseminate findings nationally. The study will feature 2 groups of 60 mothers with depression, randomized by Head Start site; one will receive the intervention and the other services as usual and a comparison group of 60 mothers who are not depressed. Outcomes for both mothers and children will be tracked for 2 years after the intervention, allowing for the evaluation of short- and long-term effects. This intervention has the potential to be a low-cost, high-impact intervention that can be replicated to other Head Start sites across the country to improve the lives of Head Start children and families.

Sample:

180 Head Start mothers and their children

Proposed Measures:

- *Parent*
 - Center on Epidemiology Studies-Depression
 - Beck Depression Inventory
 - Keys to Interactive Parenting Scale
 - Parenting Stress Index
 - Parenting Behavior Inventory
 - Conflict Tactics Scale-Physical Assault subscale
 - Eyberg Child Behavior Inventory

- Participant Information Form (study generated for demographics & relationship information)
 - Health Information Questionnaire (study generated)
- *Child*
 - Keys to Interactive Parenting
 - Bracken School Readiness Assessment
 - Desired Results Developmental Profile – School Readiness Pre School
- *Teacher*
 - Sutter-Eyberg Student Behavior Inventory
- *Implementation/services*
 - Interpersonal Psychotherapy-Group
- *Contexts*
 - Intervention delivered in school setting