



RESEARCH SCHOLAR PROGRAM – 2018

SUPERVISOR & PROJECT INFORMATION FORM

Please complete and return, via email only (crems.programs@utoronto.ca) by **November 3rd 2017** (forms received after this date will not be posted).

Supervisor Information

Name: Dr. Noah Ivers	Email: noah.ivers@wchospital.ca
Degree: MD, CCFP, PhD	SGS Appointment (IMS, IHPME, LMP etc.): Department of Family & Community Medicine
Academic Rank: Assistant Professor	Field of Research: Health Services
Research Institution Affiliation (if applicable): Women's College Research Institute	
Allocation of student contact time (number of hours per week YOU are available to the student for any concerns or to review progress): as needed	

Project Information

Title: Automated screening, triage, and follow-up to facilitate proactive, personalized postpartum mental health treatment for new parents. (P3MH)

Description:

Mental health symptoms - especially depression and anxiety - are very common in new parents, affecting close to 20% of mothers and at least 10% of fathers. When such symptoms progress to severe levels, they can be more difficult to treat. Early identification of symptoms and prompt treatment are ideal. Despite broad awareness that mental health symptoms in new parents are common,

few systems are in place to automatically assess and monitor such symptoms. Evidence-based symptom surveys that can identify parents at risk for postpartum mental health disorders exist, and effective medication and non-medication treatment options are available. Yet, most primary care settings do not have systems in place to ensure that parents with mental health problems (and especially fathers) are identified and treated. This study will use a digital app with tablet computers and email integration to engage parents in assessing their mental health symptoms within weeks of the birth of their new baby.

Electronic symptom surveys, sent on behalf of the family doctor, will be used to support proactive, personalized postpartum mental healthcare (P3MH). Responses will be used to enable a tailored care plan for the patient, including advice about options for referrals, treatment, and local community-based psycho-educational and/or social supports. This eHealth intervention includes a web-based application for parents and seamless integration in the electronic medical record, so that when the family doctor sees the patient in clinic, relevant information is ready to be discussed. In this study, we will conduct a co-design process with patients and health professionals to refine the eHealth intervention, and then test whether it effectively enables mental health symptoms to be caught early and managed in the best way possible for each parent.

If human subjects are involved, have Ethics been obtained?

YES NO Application Submitted N/A

Do you expect this work will be published within the 20 months?

YES NO Uncertain

Student's roles and responsibilities (please be specific)

The student will be intricately involved in all stages of project implementation including tasks such as controlled documentation development, patient recruitment, data collection, database management, data cleaning, etc. As data are collected there will also be an opportunity for students to be involved in data analysis, reporting, knowledge translation and so on. The student will receive mentorship through meetings with the Principal Investigator (PI) and will have the opportunity to lead manuscripts and presentations, under the guidance of experienced research team members.

Please indicate who will serve as the student's direct report (PI, PhD student, technician etc...)

The student will report directly to the PI, Dr Noah Ivers.