Effect of the Newborn Behavioral Observations (NBO) System on Postpartum Maternal Depression

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Abstract

Objective. To investigate the effects of the Newborn Behavioral Observations (NBO) system on reducing postpartum depression.

Methods. A total of 118 first-time mothers and their full-term infants from two hospitals, who were randomized into intervention (NBO) and control (routine care) groups, were studied. Women were invited to participate in the NBO between 24 and 48 hours after delivery and again in the home at one month. The resulting intervention group consisted of 82 women and 82 infants. Because of the gestational age restrictions, only 59 women (NBO group) and 59 women (control group) were randomized into intervention and control groups within each hospital. Intervention group mothers were invited to participate in observing their infant’s responses. The NBO itself took about 8-10 minutes to complete. Mothers were asked to describe their infant’s responses for 7-10 minutes. The clinician then proceeds to elicit the infant’s capacity for habituation or sleep protection. The clinician then proceeds to elicit the mother’s ability to respond contingently to her infant’s cues and to engage in affectionate responsive interactions with her infant. In addition to the direct effects on the mothers, the events were used to view the overall effects of the intervention on the quality of the mother-infant relationship. The study was approved by the institutional review board at each hospital.

Results. The NBO was effective in preventing postpartum maternal depression in full-term infants with full-term infants in the month after birth Recall that the NBO is designed to help parents read their baby’s communication cues and is designed to promote a positive emotional support inherent in the NBO is more likely to be effective in reducing postnatal depression. The NBO is presented in the context of relationship-based family-centered care.

Conclusions

Because of the growing demand for intervention programs to reduce the incidence of postnatal depression in parents of newborn infants, numerous such programs have been developed. Most of these approaches have been conducted in high-risk groups, and the methods have varied widely. One method that has been widely studied is the NBO. The NBO is a system of 18 neurobehavioral observations that are designed to help parents read their baby’s communication cues and promote positive emotional support inherent in the NBO is more likely to be effective in reducing postnatal depression. The NBO is presented in the context of relationship-based family-centered care.

Methods

The sample consisted of a total of 118 first-time mothers and their infants from two hospitals, who were randomized into intervention (NBO) and control (routine care) groups. Women were invited to participate in the NBO between 24 and 48 hours after delivery and again in the home at one month. The resulting intervention group consisted of 82 mothers and 82 infants. Because of the gestational age restrictions, only 59 women (NBO group) and 59 women (control group) were randomized into intervention and control groups within each hospital. Intervention group mothers were invited to participate in observing their infant’s responses. The NBO itself took about 8-10 minutes to complete. Mothers were asked to describe their infant’s responses for 7-10 minutes. The clinician then proceeds to elicit the infant’s capacity for habituation or sleep protection. The clinician then proceeds to elicit the mother’s ability to respond contingently to her infant’s cues and to engage in affectionate responsive interactions with her infant. In addition to the direct effects on the mothers, the events were used to view the overall effects of the intervention on the quality of the mother-infant relationship. The study was approved by the institutional review board at each hospital.

Results. The NBO was effective in preventing postpartum maternal depression in full-term infants with full-term infants in the month after birth. Recall that the NBO is designed to help parents read their baby’s communication cues and is designed to promote a positive emotional support inherent in the NBO is more likely to be effective in reducing postnatal depression. The NBO is presented in the context of relationship-based family-centered care.

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