

Exceptional People. Exceptional Care.

Providing a Couples' Weekend for Bereaved Parents

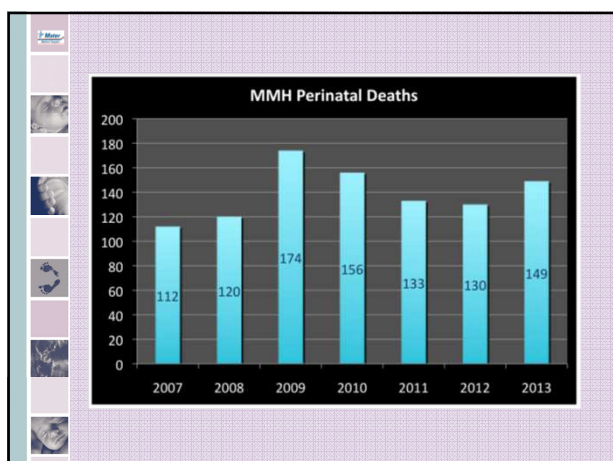
Trish Wilson¹ & Alan Richardson²
Bridging the Gap Between Research & Practice
March 2014

¹ Mater Health Services, Brisbane, Australia
² Centre for Effective Psychotherapy, Couple's Counselling and Research

Mater Mother's Hospitals (MMH) Bereavement Support Program

MMH: >10,000 births/annum
Public/Private hospital

- Bereavement Support Program established in 2007
- Early Intervention/Prevention Mental Health Model
- Subsequent pregnancy clinic
- Guiding principles



Couples Weekend - Aims

For Couples:

- To deepen understanding of parental grief and healing
- To experience mutual grief support
- To access theoretical knowledge and professional therapeutic grief support
- To enable time for couple's connection (each other, each other's grief, relationship with baby)
- To enhance wisdom and understanding of life and living in the face of death.

Measures

Perinatal Grief Scale (Toedter et al. 2001)

- Despair, Grief & Difficulty Coping

Mental Health Inventory (Veit & Ware, 1983)

- Psych Well Being - Positive Affect, Emotional Ties, Life Satisfaction
- Psych Distress – Depression, Anxiety, Loss of Control

Dyadic Adjustment Scale (Spanier 1976)

- Dyadic Consensus, Dyadic Satisfaction, Dyadic Cohesion, Affectional Expression

Written feedback

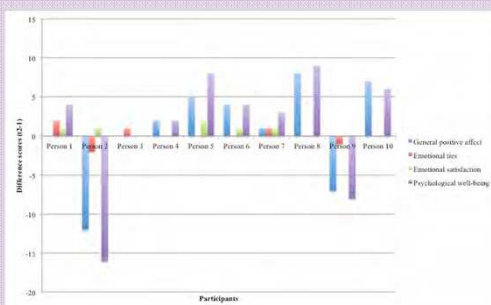
Methodology

Participant Details

Sample Size n= 10	Couples = 5
First baby	4 1 = 2 previous children
Multiple Pregnancy	1 (twins)
IUFD = 2	NND = 2 PNND = 1
Subsequent pregnancy	4 Miscarriage = 1
Time Since Death	3 -22 months
Time in Relationship	18 months – 7 years

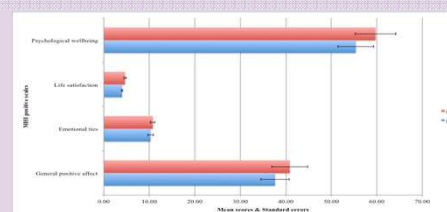
Questionnaires:
T1 = week prior to weekend
T2 = 3 months (December-January)
2 participants excluded from final results

Results: MHI Psychological Well-Being



Participant difference scores for MHI positive scale scores

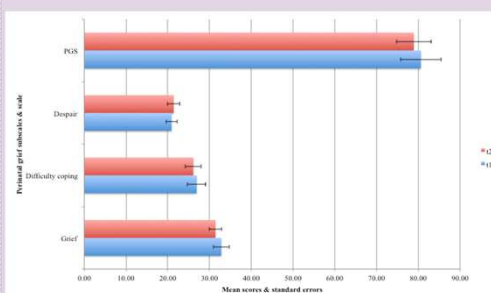
Results MHI: Psychological Well-being



Paired Samples Test	Mean	SD	SE	t	df	Sig. (2-tailed)
Gen Pos Affect (t1 vs. t2)	-3.86	3.024	1.143	-3.375	6	0.015
Emotional Ties (t1 vs. t2)	-0.50	0.756	0.267	-1.871	7	0.104
Emot Sat (t1 vs. t2)	-0.63	0.744	0.263	-2.376	7	0.045
Psychological Well Being (t1 vs. t2)	-5.14	2.610	0.986	-5.214	6	0.002

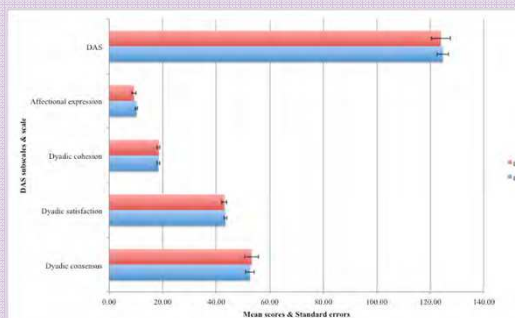
Paired samples t-tests for negative MHI measures at t1 vs. t2 (Persons 2 & 9 excluded)

PGS



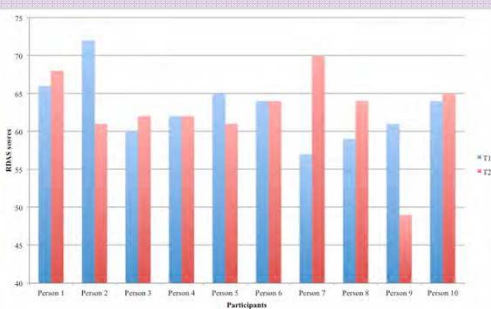
No statistical difference pre/post but trend towards lower levels of grief (except despair)

RDAS

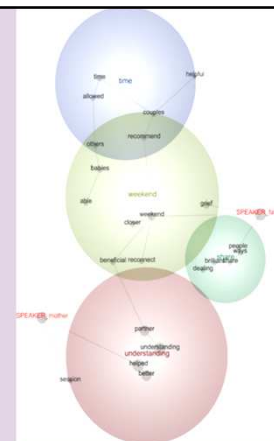


No statistical significance, but small trend towards increase in dyadic cohesion and concrescence

RDAS



Leximancer Analysis of Text Feedback



Conclusions

Aims successfully achieved

- Safe environment for couples to 'work on' grief and relationship
- Enhanced psychological well-being
- No detrimental effects based on measures
- Value of 'time out' for grieving couples
- Group cohesion and support

Sincere Thanks

Couples who attended the weekend

Staff who assisted with planning and presentation of weekend

