



# Referring to MumMoodBooster



A Clinician Portal Guide for Health Professionals

**Mum Mood Booster** 

**Mum<sup>2B</sup> Mood Booster** 

[www.mumspace.com.au/online-treatments](http://www.mumspace.com.au/online-treatments)





## What is MumMoodBooster?



MumMoodBooster is Australia's leading evidence-based online treatment for postnatal depression. It is a free, sequentially accessed, six-session program that parallels face-to-face cognitive-behavioural therapy (CBT). MumMoodBooster is easy to use and can be accessed from anywhere with an internet connection. MumMoodBooster can be used as a stand-alone treatment or to complement other supports, such as face-to-face therapy. It is also a good option for women who live in rural or remote areas where access to face-to-face services is limited. It is a free service funded by the Australian government.

MumMoodBooster includes:

- Highly interactive, engaging, personalised content
- Tools for tracking mood and planning activities in real time
- Exercises and journalling activities
- Behavioural strategies for depression treatment
- Videos and tutorials of cognitive behavioural therapy (CBT) strategies
- Supportive SMS messages to help women remain motivated
- Monitoring of depression symptoms
- Access to a dedicated partner website
- Optional weekly telephone coaching is also available
- Free and immediate access, 24/7, helping to improve access to care when and where it is needed.

## Mum2BMoodBooster



Mum2BMoodBooster is Australia's leading evidence-based treatment for depression during pregnancy. The program has been adapted from the MumMoodBooster program for women who are depressed during pregnancy. Mum2BMoodBooster is tailored to the specific needs of women during pregnancy and is a free and confidential program.

**Women can access the Mum2BMoodBooster and MumMoodBooster online treatment programs directly by visiting [www.mumspace.com.au/online-treatments](http://www.mumspace.com.au/online-treatments).**

*Refer to page 8 to read more about the evidence and efficacy of MumMoodBooster*





# Your Clinician Portal

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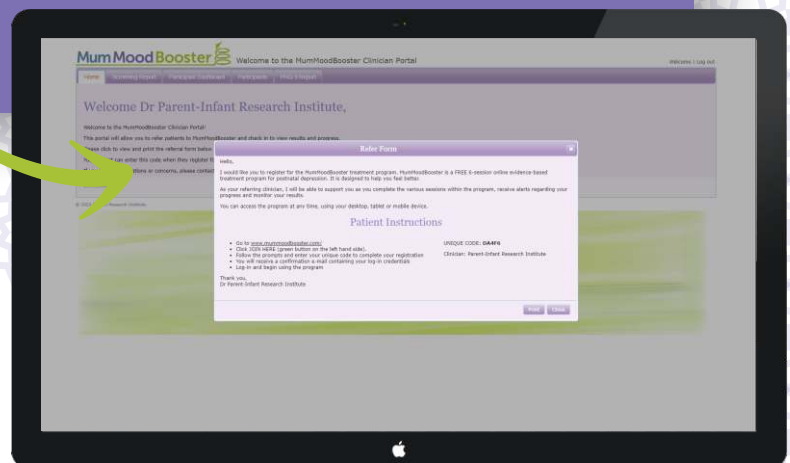
If you have a mum or mum-to-be who is struggling to cope or depressed, you can use our clinician portal to refer them to Mum2BMoodBooster or MumMoodBooster and receive a depression and anxiety screening report. You can also monitor their mood symptoms and progress as they work through the program, and you will be notified if they receive a risk alert to consult a professional should her symptoms escalate.

## Clinician Portal Features

- Provides a referral pathway for a mum or mum-to-be who is struggling to cope or suffering depression. If you think they may benefit from MumMoodBooster or Mum2BMoodBooster, you can refer them accordingly.
- These evidence-based programs can be used to treat mild to moderately severe depression, either as stand-alone programs or as adjunctive therapy while working on other issues with your patient.
- Patients can register for MumMoodBooster or Mum2BMoodBooster using your unique referral code for the specific program.
- Allows you to choose the level of involvement and monitoring of your patient while they are using the program, by logging into your Clinician Portal account at any time.
- If depression monitoring indicates that a patient is experiencing suicidal ideation or escalating depression, they will receive an email alert advising them to speak to a health professional or contact a telephone support service, as the program may not be sufficient for their needs. You will also be notified via email for your records.

Register for a secure Clinician Portal account at [www.mumspace.com.au/clinician-portal](http://www.mumspace.com.au/clinician-portal) to receive a unique referral code that you can use to refer your patients to the free Mum2BMoodBooster or MumMoodBooster programs.

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# Benefits of the Clinician Portal

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Antenatal and Postnatal depression affects 1 in 7 women. Online treatment can be highly effective and potentially reduce many of the barriers to help-seeking and treatment. Evidence has highlighted that support for users can increase the adherence to online mental health treatments<sup>1</sup>. This is why we have developed the clinician portal for health professionals.

By following a patient's journey, healthcare providers can offer guidance and support in addressing these psychosocial issues. This holistic approach can significantly enhance the patient's overall well-being.

## **Some of the benefits of the clinician portal include:**

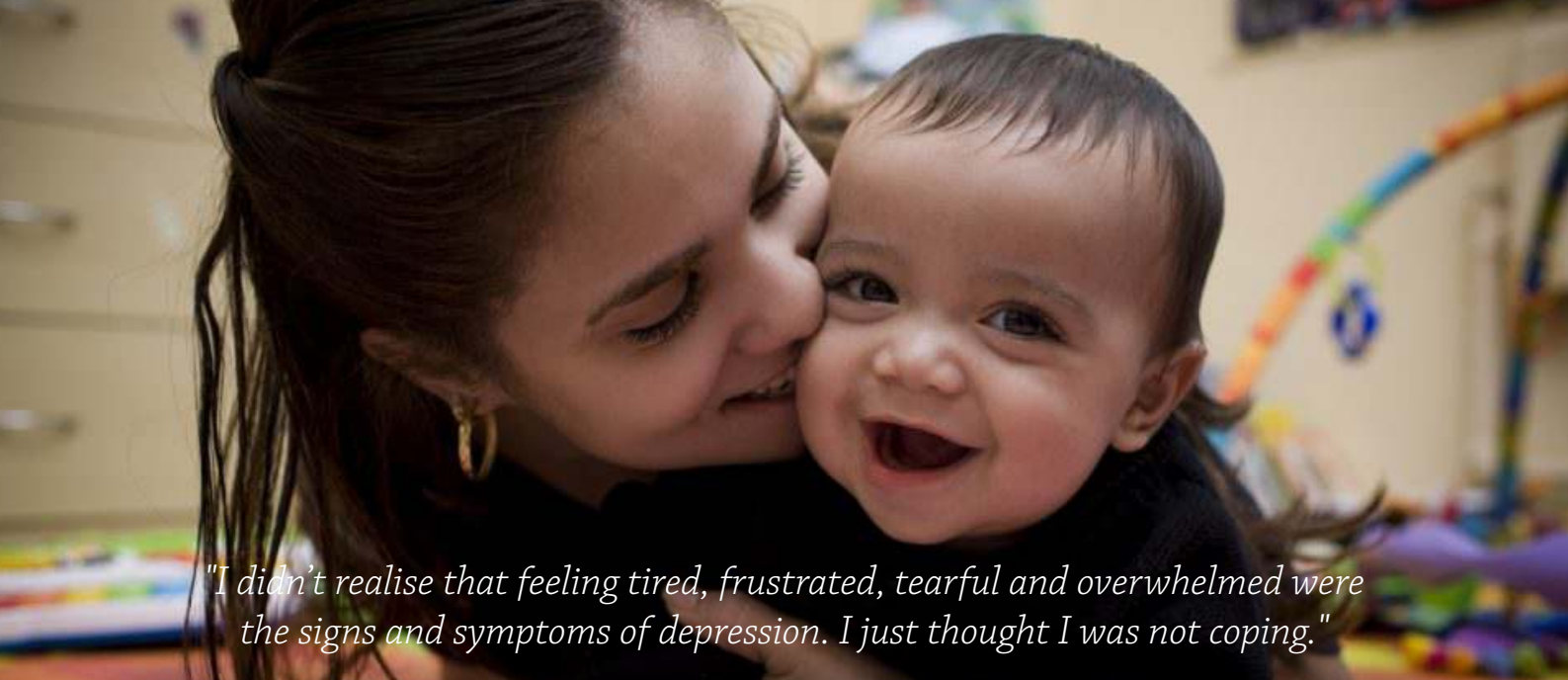
- You can receive a copy of Repeat EPDS screening results and other diagnostic information, even if you have already screened your patient.
- Patients are empowered to take an active role in their treatment and are more likely to engage if their healthcare providers are also engaged in supporting them in their wellbeing and recovery journey.
- By continuing to follow a patient's journey, healthcare providers can be informed of their improvement or be aware of early signs of relapse. Women are advised to seek additional help should this occur.
- Patient and healthcare team collaboration can lead to more successful depression treatment outcomes. Ultimately, the goal of depression treatment is not just symptom reduction but also improving quality of life.

## **In summary:**

- Mum2BMoodBooster and MumMoodBooster are evidence-based online treatment programs for depression during pregnancy and after the birth of a baby.
- The programs provide six interactive CBT sessions, and an optional weekly phone coach is available for mums with more severe symptoms.
- The online treatment programs offer additional EPDS screening assessment.
- Mum2BMoodBooster and MumMoodBooster have been rigorously evaluated in Australia and found to be effective for treating depression that meets diagnostic criteria.
- Mum2BMoodBooster or MumMoodBooster are FREE and are supported by the Australian Government.

1: Mohr, D. C., Cuijpers, P., & Lehman, K. (2011). Supportive accountability: a model for providing human support to enhance adherence to eHealth interventions. *Journal of medical Internet research*, 13(1), e30.





*"I didn't realise that feeling tired, frustrated, tearful and overwhelmed were the signs and symptoms of depression. I just thought I was not coping."*



# Referring to the treatment programs

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By creating a MumMoodBooster (postnatal depression) or Mum2BMoodBooster (antenatal depression) account, you will be able to refer your patients directly to the treatment programs.

Easily refer your patients using the online referral form, which contains your unique referral code for all your patients. Once a patient registers for MumMoodBooster or Mum2BMoodBooster using your unique referral code, she can begin the relevant free online treatment program.

**When recommending these treatment programs to your patient, you could say:**

*“There is a free, evidence-based online program designed to help new or expectant mothers recover from antenatal or postnatal depression through 6 self-paced cognitive-behavioural therapy sessions. You can access the program on your electronic device 24/7 as long as you have an internet connection. I can refer you so that I can support and monitor you as you go through the program.”*

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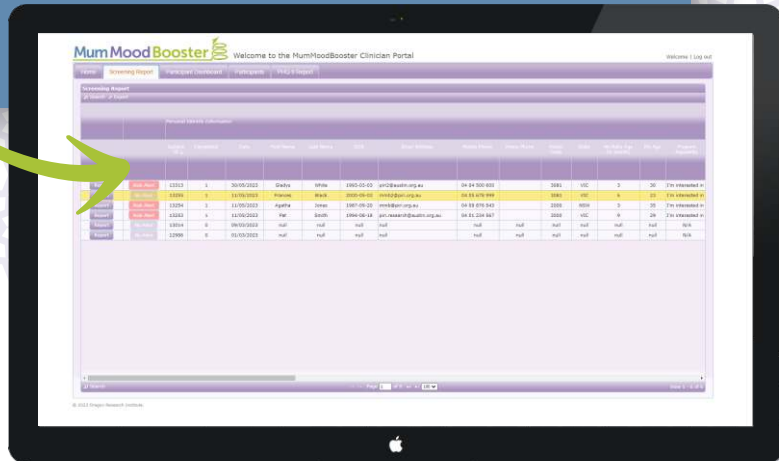
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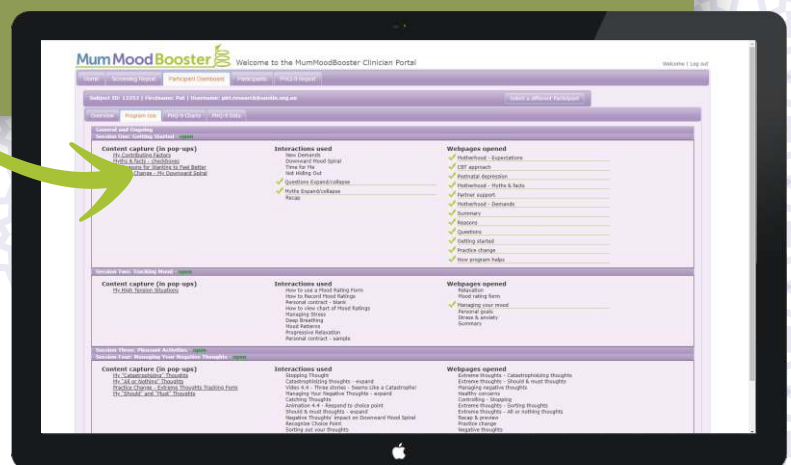




You will be notified via email when you receive summary reports at 1, 4, and 12 weeks. The first report contains the screening results (The Edinburgh Postnatal Depression Scale), psychological assessment results (PHQ-9 Patient Health Questionnaire), and DSM-5 Cross-sectional symptom measure, as well as the patient's program usage details.

**MumMoodBooster**

**Mum<sup>2B</sup>MoodBooster**







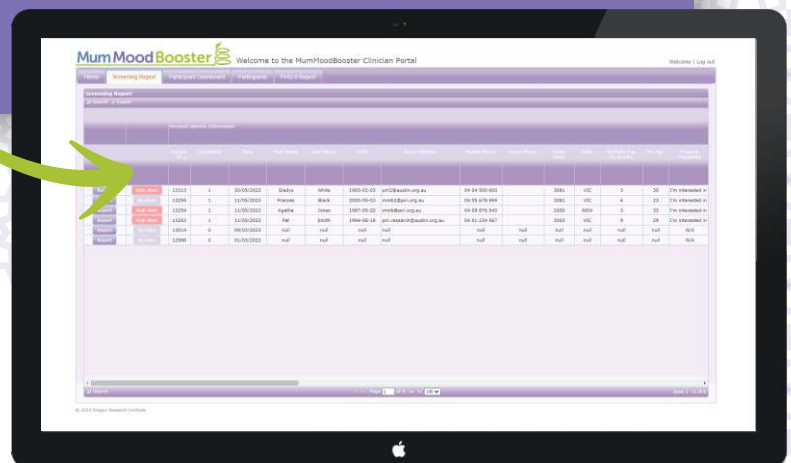
## Reducing the risk of harm

Depression can sometimes lead to suicidal thoughts or self-harming behaviors. Following a patient's journey allows healthcare providers to be aware if this has occurred and receive a copy of the alert that has been sent to your patient to seek further help to ensure her safety. Regular check-ins and open communication can provide opportunities for patients to share their thoughts and feelings, reducing the risk of harm.

While the MumMoodBooster programs do not offer crisis support, the program sends email alerts to your patient if depression monitoring indicates they are experiencing suicidal ideation or escalating depression.

The email alert will advise them to speak to a health professional or contact a telephone support service, and that the program alone may not be enough to meet their needs. You will receive a copy of the email for your information.

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MumMoodBooster

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## Is MumMoodBooster effective?

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MumMoodBooster is the first Australian e-treatment designed and validated specifically for the treatment of diagnosed postnatal depressive disorders. MumMoodBooster is a self-paced cognitive-behavioural therapy (CBT) treatment program that mirrors traditional face-to-face psychology sessions. It has been designed to help women anywhere in Australia who are experiencing depression either during pregnancy (antenatal depression) or after the birth of their baby (postnatal depression). MumMoodBooster is free and is available 24/7, helping to improve access to care when and where it is needed.

MumMoodBooster has been trialled in clinical studies in Australia and the US, and in randomised controlled trials in Australia. It has proven effective in the treatment of major depressive disorder and minor depressive disorder with rapid symptom reduction. 80% of women completing the program are no longer clinically depressed. MumMoodBooster has the highest completion rate of any PND program with over 95% of sessions complete. In a recent trial it has been shown to be as effective as face-to-face CBT therapy and can therefore be used as a stand-alone treatment.

**Randomized controlled trial:** Milgrom, J., Danaher, B. G., Seeley, J. R., Holt, C. J., Holt, C., Ericksen, J., ... & Gemmill, A. W. (2021). *Internet and face-to-face cognitive behavioral therapy for postnatal depression compared with treatment as usual: randomized controlled trial of MumMoodBooster*. *Journal of medical Internet research*, 23(12), e17185. <https://www.jmir.org/2021/12/e17185/>

**Randomized controlled trial:** Milgrom, J., Danaher, B. G., Holt, C., Holt, C. J., Seeley, J., Tyler, M. S., . . . Gemmill, A. W. (2016). *Internet Cognitive Behavioural Therapy for Women with Postnatal Depression: a randomised controlled trial of MumMoodBooster*. *Journal of Medical Internet Research*, 18(3), e54. doi: doi:10.2196/jmir.4993

**Feasibility Trial:** Danaher, B., Milgrom, J., Seeley, J., Stuart, S., Schembri, C., Tyler, M. et al. (2013). *MomMoodBooster Web-Based Intervention for Postpartum Depression: Feasibility Trial Results*. *Journal of Medical Internet Research*, 15(11), e242. <https://www.jmir.org/2013/11/e242/>

**Usability Study:** Danaher, B. G., Milgrom, J., Seeley, J. R., Stuart, S., Schembri, C., Tyler, M. et al. (2012). *Web-based Intervention for Postpartum Depression: Formative Research and Design of the MomMoodBooster Program*. *JMIR Research Protocols*, 1(2), e13. <https://dx.doi.org/10.2196/resprot.2329>

The Parent-Infant Research Institute continues to work with collaborators around the world to establish the effectiveness of internet-based psychological treatments for depression. MumMoodBooster and Mum2BMoodBooster have been developed and validated by the Parent-Infant Research Institute (PIRI) in Melbourne, Australia. These online treatment programs are provided FREE to Australian women, supported by funding from the Australian Government. PIRI acknowledges the generous support of beyondblue, the Ian Potter Foundation, NHMRC, NIH and the Windermere Foundation in developing and testing these online treatment programs. **Find out more about PIRI's work at [www.piri.org.au](http://www.piri.org.au)**





## Quick referral guide

### Usual emotional health assessment (routine visits)

Diagnosis of depression or anxiety

Requires crisis or other support

Supported Referral

Access Clinician Portals

  
admin.mum2bmoodbooster.com

  
admin.mummoodbooster.com

Refer your patients to Mum2BMoodBooster or MumMoodBooster using the referral form, which contains your unique referral code.

Once a patient registers for the treatment program using your unique code, she can begin using the program.

Your unique referral code can be given to any of your patients.

Access your clinician portal to monitor the mood for each of your patients. You will receive email alerts when reports are available (at 1, 4, and 8 weeks). The first report will contain screening results from the Edinburgh Postnatal Depression Scale, psychological assessment results from the PHQ-9 Patient Health Questionnaire, DSM-5 Cross-sectional symptom measures, and the patient's level of program usage.

The program sends email alerts to your patient if depression monitoring indicates they are experiencing suicidal ideation or escalating depression.

The email alert will advise them to speak to a health professional or contact a telephone support service.

### Clinician Portal Features

- While you may have already asked the women some questions and screened for perinatal depression, the treatment programs ask additional screening questions including EPDS and DSM-5.
- Allows health professionals to provide additional support to women using Mum2BMoodBooster and MumMoodBooster. Evidence has shown that support for users will increase the adherence to online mental health treatments<sup>1</sup>.
- Mum2BMoodBooster and MumMoodBooster are FREE and are supported by the Australian Government.

Create an account at [www.mumspace.com.au/clinician-portal](http://www.mumspace.com.au/clinician-portal)



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