

THE WOMEN'S WELLNESS AFTER GIVING BIRTH PROGRAM (WWAGBP): A PILOT STUDY PROTOCOL

Authors: Lan Van HOANG¹; **Phuong Anh HOANG**^{1 2 3*}; Ngoc Tran TRAN¹; Thi Hoa Huyen NGUYEN¹; Khanh Linh BUI^{1 2}; Debra ANDERSON^{4 5}; Kathleen BAIRD⁴; Heena AKBAR⁶; Thi Thanh Huong NGUYEN¹

¹College of Health Sciences, VinUniversity, Hanoi, Vietnam
²Faculty of Nursing and Midwifery, Hanoi Medical University, Hanoi, Vietnam
³School of Nursing, Queensland University of Technology, QLD 4059 Australia
⁴Faculty of Health, University of Technology Sydney, Ultimo NSW 2007 Australia
⁵Founding Director of the Women's Wellness Research Collaborative, Australia
⁶School of Public Health, The University of Queensland, QLD 4072 Australia



***Presenter: Phuong Anh HOANG**
College of Health Sciences, VinUniversity, Hanoi, Vietnam
Faculty of Nursing and Midwifery, Hanoi Medical University, Hanoi, Vietnam
School of Nursing, Queensland University of Technology, QLD 4059 Australia

BACKGROUND

- The transition to motherhood is a critical time for women's mental health, with postpartum depression (PPD) affecting a significant portion of new mothers.
- In Vietnam, the prevalence of PPD is particularly high, ranging from 8.2% to 37.1% in Vietnamamong new mothers from 1 to 12 months.

Social Influence



Theory Behind WWAGBP: Albert Bandura's Social Cognitive Theory, emphasizing behavior transformation.

Self-regulation



Program Components: a self-paced online program with Infographics, Videos, Text/Reminders and Podcasts.

Observational Learning



GOALS



Develop a **12-week technology-enhanced intervention program** (WWAGBP) for Vietnamese women after giving birth (WGB).

1

Address the **physical** and **mental health needs** of Vietnamese WGB to improve their overall **quality of life**.

2

Bridge the gap in postpartum care in Vietnam by providing convenient **access to resources** and **support** through **internet-based** interventions.

3

Enhance the overall well-being of Vietnamese women after giving birth by **reducing the risk of PPD** and **promoting mental health**.

4

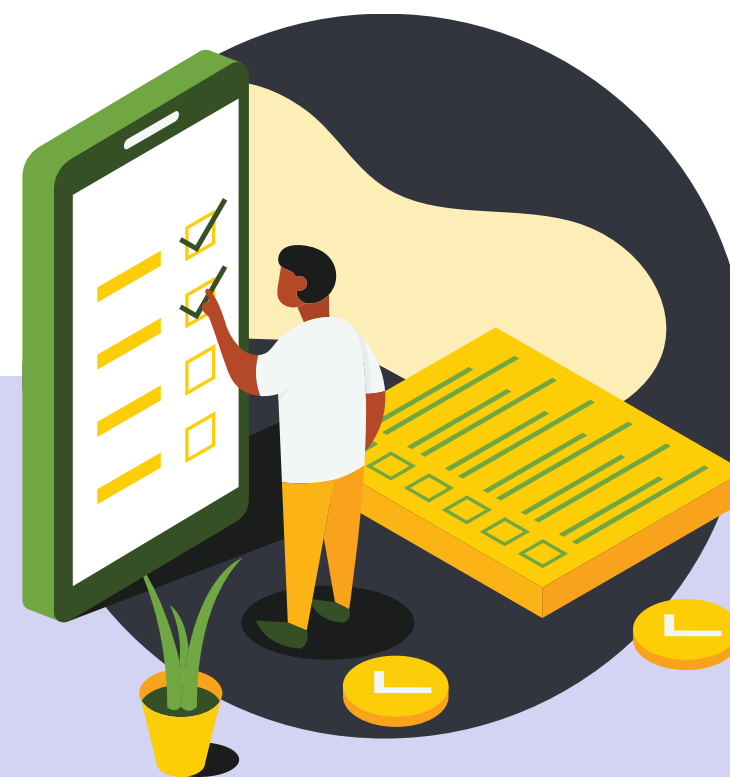
METHODS



Utilize **web-based delivery method** to provide comprehensive **instructions**, engaging **illustrations**, **expert** conversations, daily **reminders**, and video **tutorials**.



Involve **more than 200 Vietnamese WGB** to trial and feedback the effectiveness of the WWAGB program after expert's review.



Assess participants' experiences, risk of postpartum depression (PPD), and quality of life using the **Edinburgh Postnatal Depression Scale (EPDS)** at weeks 6 and 12.



Collect user feedback to evaluate **satisfaction**, **user experience**, **app usability**, and **program feasibility**.