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

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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

Self-regulation

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

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

Observational Learning

VINUNIVERSITY dawn UTS Women's Wellness AFTER GIVING BIRTH The University of Queensland AUSTRALIA QUT Queensland University of Technology

http://dawnvietnam.com.vn/

GOALS

1. Develop a **12-week technology-enhanced intervention program** (WWAGBP) for Vietnamese **women after giving birth (WGB)**.
2. Address the **physical** and **mental health needs** of Vietnamese WGB to improve their overall **quality of life**.
3. **Bridge the gap** in postpartum care in Vietnam by providing convenient **access to resources** and **support** through **internet-based** interventions.
4. Enhance the overall well-being of Vietnamese women after giving birth by **reducing the risk of PPD** and **promoting mental health**.

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**.