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POSTNATAL DEPRESSION, MOTHER-INFANT INTERACTION AND VIDEO INTERACTION GUIDANCE

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Introduction: Postnatal depression as well as postnatal depressive symptoms may have detrimental effects in offspring.

Objective: The main objective of this study was to examine the nature of the video interaction guidance method Marte Meo offered new mothers experiencing depression or depressive symptoms.

Aim: The aim was to develop knowledge to be utilised in care in order to prevent sufferings for mothers, babies and their families.

Methods: Fifteen mothers were recruited from a health centre. They took part in Marte Meo guidance and in-depth interviews.

Results: All mothers experienced Marte Meo in a positive manner, the main point being that they viewed their babies and/or themselves in the videos "from the outside looking in". This seemed to be the key to facilitating reflection, a renewed sense of vitality and increased capacity for mentalisation. This viewing thus had an overall positive influence on increasing sensitive mother-child interaction and decreasing maternal depressive symptoms as well as facilitating a mentalisation process in the participating mothers, increasing their ability to reflect on their own and others state of mind and in turn recognise their babies as subjects. The results are applied in both community and specialist health services.

Conclusion: Marte Meo may be a helpful method and can also be administrated on a community-based level where the threshold for seeking help is a low one.