



Program for konferensen:

Working together for 1001 days – improving perinatal mental health for all

Torsdag 24 oktober

- 09.00: Registrering och kaffe
10.00: Welcome: President Nordisk Marcé Ewa Andersson
10.10: Fathers and Grandfathering: Lived experience in a changing world.
Professor John Cox
10.30: Vart tog moderslyckan vägen? Författare Helena Askén.
11.10: Författar presentation av poster
11.15: Paus
11.30: The Psychiatry of Motherhood: What we now know. Professor Ian Brockington
13.00: Lunch

14.15 -15.15 Parallela symposium

Session 1 - Sal Norrby (Scandinavian): **Prevention under graviditeten.** Moderator: Simone Schwank

- Frida Viirman: Dårlig självskattad hälsa före graviditet och graviditetsutfall.
- Ranveig Osnes: Prevalence of perinatal anxiety disorders and insomnia during Pregnancy
- Jennie Lenntorp: Stödjande samtal for gravida med förlossningsrädsla

Session 2 - Sal Bring (English): **Interventions and biomarkers for perinatal distress and depression.**
Moderator: Magnhild

- Gunilla Lönnberg: Long-term effects of Mindfulness based Childbirth and Parenting Program (MBCP)
- Emma Fransson: Biomarker profiles in women with Self-Harm Ideation.
- Catharina Arfwedson: “Blues Mothers” – a qualitative study of postpartum depressed womens experience of support groups.

15.15: Kaffe och postervisning i biblioteket

15.45 -16.45 Parallela symposium

Session 3 - Sal Norrby (Scandinavian): **Föräldra-barn relationer.** Moderator: Gro Vatne

- Kjersti Sandnes: The Working Model of the Child Interview (WMCI): psychometric properties
- Dag Nordahl: Associations between Early Maladaptive Schemas and quality of foetal bonding
- Camilla Eilertsen: Developing a Family Focused Intervention to improve parental sensitivity and decrease maternal depression

Session 4 - Sal Bring (English): **International perspectives.** Moderator: Signe Karen Dørheim
Malin Skoog: Non-native speaking immigrant mothers' experience of screening for PPD

- Simone Shwank: Shanghai women's care-seeking behaviours and disclosure on mental health
- Ewa Andersson: Swedish and Australian antenatal care midwives' experiences with Somali-born women

17.00-18.00: Årsmöte Nordisk Marcé

19.00: Avresa middag (kommunal buss)

Fredag 25 oktober

- 09.00: Psychotherapy for Perinatal Women. Professor Scott Stuart
10.30: Kaffe och postervisning
11.00: Person centered counselling for postnatal depression delivered by non-specialists.
Birgitta Wickberg
11.30: Litium treatment during pregnancy. Lisa Forsberg
12.00: Brukarorganisationer i Norden: Mamma til mamma, Landsforeningen 1001 dager,
ÄIMÄ
13.00: Lunch

14.15-15.15 Parallela symposium

Session 5 - Sal Bring (English): **Perinatal mental illness – implications for the infant.**

Moderator: Christine Rubertsson

- Johanna Pietikäinen: Parental depressive symptoms and children´s emotional problems at the age of 2 years.
- Michaela Schiøtz: Cross-sectional perinatal care to families with psychosocial vulnerabilities
- Kathrine Røhdner: Risk profiles for the maternal-foetal relationship in women with psychosocial vulnerabilities.
- Emma Fransson: Maternal depression and early behavioural difficulties in the offspring, age 18 months

Session 6 - Sal Norrby (Scandinavian): **Perinatal psykisk ohälsa och interventioner.**

Moderator: Ewa Andersson

- Tina Gammelgaard: Erfaringer fra utprøving av Familie for Første gang/
Nurse-Family Partnership
- Silje Marie Haga: "Mamma Mia" - Effectiveness of an automated Internet Intervention on perinatal depressive symptoms
- Nilam Shakeel: Prevalence of postpartum depression among ethnic minority groups in Norway.

- 15.15: Avslutning och introduktion till konferansen i Ohio 2020. Lisa Segre, Ewa Andersson
15.30: Kaffe