**Private Maternity Hospital Support Services; Parenting Self-efficacy and Risk of Mental Illness**

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### **Background**

This presentation aligns with the conference theme of early detection and treatment, prevention and community support. Perinatal social support services for first-time mothers can facilitate parenting self-efficacy and ameliorate the risk of mental illness. This study aims to explore parenting self-efficacy in social support services, from the experiences of the main stakeholders of private hospital maternity care.

### **Methods**

### A qualitative methodology explored and interpreted experience of social support services through semi-structured interviews and focus groups from three stakeholder groups: first-time mothers who had received hospital maternity care, clinicians who provided hospital maternity care and administrators who managed hospital maternity care. This study was undertaken at two private hospitals. Thematic analysis provided interpretation of social support service themes using an a-priory template of parenting self-efficacy determinants.

### **Results**

Interview data were gathered from eight mothers, eleven midwives, three nurses, six obstetricians, three paediatricians and three hospital administrators. The main parenting self-efficacy themes were 1) anticipatory guidance and infant feeding; issues with support, 2) preferring parenting reassurance through peers-group support and online support; traditional models of support were insufficient and 3) help-seeking; facilitating access to support services for these ‘millennial moms’.

### **Conclusion**

Services may not provide anticipatory guidance, may not support women to set realistic parenting goals or may not facilitate access to support of parenting self-efficacy.