**Can brief antenatal psychoeducation prevent postnatal obsessive-compulsive symptoms? Preliminary results of a randomised-controlled trial.**

Melissa Mulcahy[[1]](#footnote-1),2, Clare Rees1, Megan Galbally[[2]](#footnote-2),[[3]](#footnote-3),[[4]](#footnote-4) & Rebecca Anderson1.

School of Psychology, Faculty of Health Sciences, Curtin University, Perth, Australia

School of Psychology, Exercise Science, Chiropractic and Counselling, College of Science, Health, Engineering and Education, Murdoch University, Perth, Australia

School of Medicine, University of Notre Dame, Perth, Australia

1. King Edward Memorial Hospital, Perth, Australia

melissa.mulcahy@postgrad.curtin.edu.au

Past research indicates that the perinatal period is associated with an increased prevalence of obsessive-compulsive disorder among women. The aim of this study was to examine whether providing brief psychoeducation, intended to correct unhelpful beliefs about intrusive thoughts of infant harm, to first-time expecting mothers would be associated with decreased onset of obsessive-compulsive symptoms (OCS) in the postnatal period. One-hundred and thirty-eight Australian and New Zealand women who were 20-32 weeks pregnant with their first baby were recruited to the trial. Participants were randomly allocated to a treatment-as-usual condition (*n* = 72), or to an intervention condition (*n* = 66). The intervention group watched a short video during pregnancy that provided corrective information on common postpartum intrusive thoughts of infant-related harm. Participants completed diagnostic and severity measures of OCS, and severity measures of associated depression and generalised anxiety during pregnancy and at 2-3 months post-partum. With final data collection closing in July 2019, the results of this trial will be used to inform future prevention practice in the field.

1. School of Psychology, Faculty of Health Sciences, Curtin University, Perth, Australia [↑](#footnote-ref-1)
2. School of Psychology, Exercise Science, Chiropractic and Counselling, College of Science, Health, Engineering and Education, Murdoch University, Perth, Australia [↑](#footnote-ref-2)
3. School of Medicine, University of Notre Dame, Perth, Australia [↑](#footnote-ref-3)
4. King Edward Memorial Hospital, Perth, Australia [↑](#footnote-ref-4)