



Anschutz

Preventing Mood, Anxiety, and Trauma Symptoms After Cesarean Delivery

RESEARCH STUDY OVERVIEW

We are testing if one short session before delivery can ease worry and support your mental health after birth.

1 Why It Matters

Mood and anxiety symptoms are common during and after pregnancy. Left untreated, they can affect **you, your bonding with your baby, and your child's future mental health**. This study looks for better ways to prevent them.

2 Who Can Join

- ✓ Pregnant women 22 to 37 weeks along
- ✓ Admitted to the hospital for at least three days because of pregnancy concerns
- ✓ Planned cesarean delivery at the CU Anschutz campus

3 What Happens If You Join

GROUPS A AND B

Attend a one-hour session to prepare for the hospital and delivery.

GROUP C

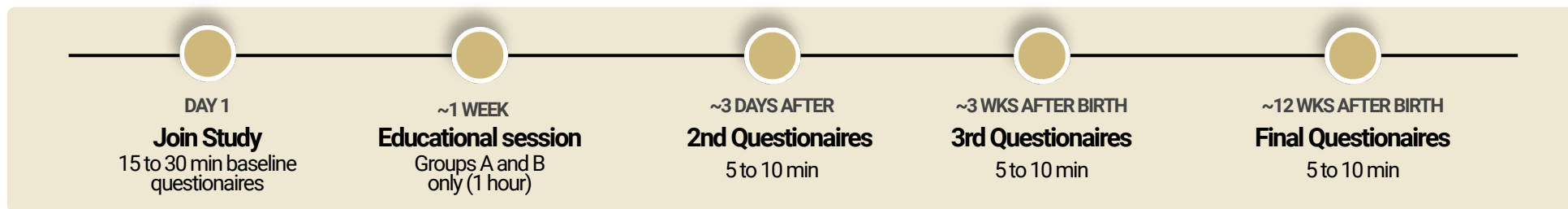
Receive usual care without the additional session.

ALL GROUPS

Complete questionnaires throughout the study.

You will be assigned to a group by chance. You have a 75% chance of being enrolled in Group A or B.

4 Your Study Timeline



13 to 16 weeks Total time in the study

\$50 Gift card at study end for completion of the last group of measures - free to join.

This is a summary. Please talk with the study team about any questions before deciding to join.