

# The All Our Babies Study NEWSLETTER



ISSUE 5

MAY 2013



Welcome to the warm weather! We've had a busy winter here in the All Our Babies Study team, and as we head into summer, we are excited to share with you some of the progress we've been making! In the past few months, all children in

the study have officially reached the 1 year milestone. This means that we have finished collecting the 12 month questionnaires, and we can now start using that information to see how children are doing at age 1.

We thank you for the time you invested into answering these questions, and now it is our turn! We dedicate a lot of time to entering, organizing and analyzing your answers and then to sharing accurate conclusions from this valuable information. Thank you for making this process possible and for continuing to answer our follow-up surveys!

Even as we conclude the 1 year survey, some children in our study are already approaching age 5! We look forward to hearing more as you and your children get ready for school. Our newest questionnaire is being designed to learn more about how children are developing, and how families are spending work and play time. Watch for it in the mail around your child's 5<sup>th</sup> birthday!

We are so very grateful for your continued commitment and time. Wishing you all a wonderful Mother's Day and a great summer season!

Cheers,  
Suzanne Tough

If you have any questions or suggestions about the study, please **CONTACT US:**  
[allourbabies@albertahealthservices.ca](mailto:allourbabies@albertahealthservices.ca)

(403) 955-7539

## What Have We Been Working On...?

Research is a lengthy process, and it can take several years to publish an article. There are many steps involved, from gathering information from you, our participants, to organizing it for use, to writing and publishing the articles. Below, we have described a few of the products of this extensive process that your information has helped us create. For full versions of the articles, please email us at the address below.

### **A comparison between late-preterm and full-term births on breastfeeding practices and maternal mental health.**

McDonald SW, et al. *Maternal and Child Health Journal*, 2012

*One of the key areas of research in the All Our Babies Study is preterm birth. This article reports that even babies born almost at full term have a higher risk for some difficulties including more time in hospitals, difficulties breastfeeding and higher anxiety for moms.*

### **Development of a prenatal psychosocial screening tool for post-partum depression and anxiety.**

McDonald SW, et al. *Paediatric and Perinatal Epidemiology* 2012

*Dr. Sheila McDonald developed a series of questions that can identify women at risk of depression and anxiety after delivery with more accuracy than other commonly used questions. The relevant topics include depression and stress in late pregnancy, history of abuse, and poor relationship quality with partner.*

### **Getting more than they realized they needed: a qualitative study of women's experience of group prenatal care.**

McNeil DA, et al. *BMC Pregnancy and Childbirth* 2012.

*This is the first article on CenteringPregnancy, a group prenatal care program conducted with a small group of All Our Babies participants, and describes the positive reception of the program by participating women who said it provided efficient information, shared responsibility for care, and particularly, enhanced social support.*

### **Utilization of the H1N1 and seasonal flu vaccines by pregnant women during a pandemic flu season.**

Gracie S, et al. *Journal of Obstetrics and Gynaecology Canada*. 2011.

*This article examines the number of pregnant women in the study who were vaccinated for the flu in the 2009-2010 H1N1 pandemic. In total, 72% of women were vaccinated that year, most with the H1N1 vaccine. This was a higher rate than previous flu seasons, potentially due to media coverage and widespread access to the H1N1 vaccine.*

### **All Our Babies Cohort Study: Recruitment of a cohort to predict women at risk of preterm birth through the examination of gene expression profiles and the environment.**

Gracie SK, et al. *BMC Pregnancy and Childbirth*. 2010.

*The very first article from the study, this publication describes the purpose, methods and unique efficiencies of the All Our Babies study. The article informs other researchers of our successful recruitment and community partnership strategies in order to advance similar studies.*

## Meet Our Doctoral and Postdoctoral Team Members

*The AOB Study is enriched by the expertise of several team members working on a PhD or on post-PhD research. Their work is a valuable contribution to the team. So, we'd like to introduce you and tell you a little about their research.*

**Katie Chaput** is completing her PhD in epidemiology with Dr. Tough on the impact of breastfeeding difficulties and breastfeeding supports on the risk of postpartum depression. In her research, Katie is also looking at exactly what qualities of breastfeeding support lead to a negative or positive experience for moms. She will soon be finishing her thesis and publishing her results from this work.



Katie has been working with Dr. Tough since 2006, even before the AOB study began. Of the study, she says, "my involvement with Dr. Tough, and thus the AOB study, has been instrumental in supporting my academic and practical training in this field of research." As she finishes her degree, she hopes to educate breastfeeding support personnel to ensure that all mothers receive the right types of breastfeeding support. When not working on her research, Katie enjoys international travel, outdoor sports and creative activities with her children.

**Hamideh Bayrampour** comes to the AOB study with a valuable blend of background experience. She is both a midwife and a postdoctoral fellow with a PhD in Applied Health Science. Since joining the team in January of 2012, Hamideh has been studying

anxiety during pregnancy. Her work is designed to provide a fuller understanding of what prenatal anxiety is, what puts women at risk for increased anxiety during pregnancy and how women cope with such anxiety. Hamideh's research will ultimately be used to create a questionnaire that can help to quickly identify women with high anxiety in pregnancy. Additionally, she hopes to also develop a program that could help women deal with anxiety during pregnancy.

Hamideh's work on maternal anxiety during pregnancy fits into her overarching research program on maternal and child health, and working with the AOB team and data provides an excellent opportunity to understand some important issues in this area. Hamideh also loves hiking and swimming and spending time with her family.

**Angela Vinturache** also brings a diverse background to the study with degrees in both law and medicine, as well as a PhD on the development of the circulatory system and the kidneys. Angela joined the AOB team in order to bring her clinical and scientific expertise to the project and has worked as a postdoctoral fellow with the study since September 2012. Angela's research is on finding a way to diagnose future pregnancy complications, including high blood pressure and preterm birth, early enough to avoid or alleviate these complications. Her goal in this work is to improve pregnancy experiences and outcomes.

Angela is passionate about understanding the causes and impacts of preterm birth and is eager to become an expert in maternal and fetal health. Learning from the AOB study will help her to prevent pregnancy complications and improve the health of women and newborns. When not immersed in her research, Angela spends her time volunteering in her community, gardening indoors and out, as well as spending time with her family, travelling and photographing beautiful landscapes.



Angela Vinturache, Hamideh Bayrampour and Kiran Manhas (l-r) are postdoctoral fellows with the AOB

**Kiran Manhas** is currently a postdoctoral fellow with Dr. Tough and has an academic background in pharmacy, law, health research, and bioethics. She joined the AOB study team in August of 2011 after completing her PhD in bioethics from the University

of Calgary. Her research is on the ethical, legal, social and policy implications of sharing our research data with other qualified researchers to advance science and knowledge. Data sharing, with privacy and ethics approvals, is recommended by some research funding agencies. We want to know what your views are.

One of her projects starting this year will be to understand your views and preferences about sharing research data, with appropriate protections. We will be contacting some of you with the opportunity to participate in either a focus group or a survey. We are wondering about how you would want to be asked and informed about potential re-use in the future? What do you like, or not like, about sharing research data? Outside of her work, Kiran loves playing with her 15 month old son, running, reading and baking.