

# **THE *CAPEDP* PROGRAMME IN PARIS**



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# *The CAPEDP Programme*



- *CAPEDP* = « Parental skills and attachment during infancy: lowering mental illness's risk factors and promoting resilience »
- First experimental early childhood intervention in France
- Funded by French Ministry of Health (biomedical research funding + prevention funding)
- Professionals-led initiative
- Targeted prevention programme: evaluate the efficiency of a home-visiting programme targeting young mothers with psychosocial risk factors:
  - Low income
  - Social isolation
  - Low level of education

# *Who we are...*



- Four child psychiatric districts in the NE of Paris
- Ten maternity wards in Paris and close areas
- Four research units
  - Maison-Blanche Hospital
  - Bichat Hospital (Antoine Guédeney = P.I)
  - GRIP (Richard E. Tremblay)
  - INSERM Unit U669 (Bruno Falissard)
- The programme and its evaluation are being run by the research team

# *Our Context*



- A 60-year old institution: the Maternal and Child Protection
  - The objective is to provide systematic social and healthcare support to all the mothers and their babies
  - A huge challenge in urban areas with high levels of population density, social exclusion and stress
  - Professionals focus on:
    - Highly vulnerable families or
    - Relatively well integrated
- ⇒ Families with medium-risk stay out of the field

## *At-risk mothers in Paris*



- o 30,000 newborns in Paris
- o 6,886 dyads with one or more risk factors
- o Only 7% receive 3 or more home visiting by the public services

# *CAPEDP: Objective and design*



- Evaluating home visiting's preventive effects concerning mother and child's psychiatric disorders
- The design project: frequent home visiting by psychologists starting during the third trimester of pregnancy will reduce:
  - Women's perinatal depression
  - Children's attachment disorganization
  - Two year old children's internalized and externalized disorders

# CAPEDP: Design



- 440 women recruited during pregnancy and randomly separated in two groups:
  - Control group: « *Care as usual* »
  - Intervention group: Home visiting by psychologists
- Inclusion criteria:
  - Women under 26 years old
  - Before the third trimester
  - First child
  - One or more of the last three:
    - Loneliness: « I will rear my child alone »
    - Under 12 years of study
    - Poor income

# Impact evaluation



Criteria	Evaluation	Month's passation
Perinatal depression	EPDS	3, 6, 12
Parenting skills	HOME Parental Cognitions and Conduct Toward the Infant Scale	3, 12, 18 3, 12, 24
Behavioral disorders	CBCL	24
Child withdrawal	ADBB	18
Attachment	Strange Situation Attachment Q-sort	12 18
Use of professional networks	CAPEDP's service use quest	3, 6, 12, 24
Social support	CAPEDP's quest.	3, 6, 12, 24
Parental stress	PSI	3, 6, 12, 24
Physical development	Brunet-lézine	6, 12, 24



# *Our sample*



- We expected medium-risk with no contact with prevention services
- We recruited high-risk with many contacts with health services
  - Low education: 83.7%
  - Isolated: 27.1%
  - Low income
    - < 210€/week = 43.3%
  - Migration
    - 52.2% (1st generation)
    - 90.0% (1st+2nd generation)

# Attrition



No of families reached at each evaluation time



# *First results: postnatal depression*



- We evaluated postnatal depression at 3-mth & 6-mth
- No effect on both measures
  - No effect of the number of home visits received
  - No effect while controlling for the number of risk factors
  - Qualitative study in progress

# *Implementation analysis*



- Qualitative studies:
  - On home visitors casenotes
    - Thematic analyses
    - Text analyses
    - Interpretative phenomenological analyses
  - With the participants
    - Interviews and focus groups
  - With the mentors
    - Interviews

# *Update on CAPEDP*



- **Began in December 2006**
- **Last home visit: July 2011**
- **CAPEDP-2 in progress**
  - Smaller area
  - Implementation study 2011-2012