



# Perinatal & Infant Mental Health in the Nordic Countries: Challenges and the Way Forward

1<sup>st</sup> Nordic Marcé-NFSU Joint Conference

25-27 October 2023

Uppsala University Main Building  
Uppsala, Sweden

## Wednesday 25<sup>th</sup> October 2023 (NFSU)

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|-------------|---|---|
| 08:30-10:00 | <b>Registration &amp; Coffee</b><br><i>Entrance hall</i>  |   |
| 10:00-10:10 | <b>Opening</b>  | Inger Sundström Poromaa, Head of the Department of Women's and Children's Health, Uppsala University  |
|             | <b>Welcome!</b><br><i>Room X</i>  | Sanne Holst,<br>President NFSU  |
|             | <b>Part 1: Parent-Infant Psychotherapy with Traumatized Families</b><br><i>Room X</i>   |   |
| 10:10-10:50 | Parent-Infant Psychotherapy with Traumatized Families (English)   | Dr. Amanda Jones,<br>Anna Freud Centre  |
| 10:50-11:00 | <b>Short Break</b>  |   |
| 11:00-11:45 | Parent-Infant Psychotherapy with Traumatized Families cont.   | Dr. Amanda Jones,<br>Anna Freud Centre  |
| 11:45-12:00 | Information and Greetings from WAIMH  | Kaja Puura, Phd, Executive Director<br>WAIMH  |
| 12:00-12:45 | <b>Lunch</b>  |   |
|             | <b>Part 2: Parental Stressors &amp; Child's First Year of Life</b><br><i>Room X</i>   |   |
| 12:45-13:30 | <i>"It came out much better than I feared" - "I felt that being a mother was two, or even four, sizes too big for me."</i> Experiences and thoughts about mothering and the infant in first year postpartum with bipolar disorder (Norwegian) | Teija Anke, Psychologist, PhD, Vestre Viken, Rbup Øst og Sør  |
| 13:30-13:45 | <b>Short Break</b>  |   |
| 13:45-14:30 | <b>Repetitive Negative Thoughts in the Perinatal period</b> – how parents' mental health and attachment to the child are connected (Norwegian)  | Agnes Bohne, Psychologist, PhD,<br>Universitetssykehuset Nord-Norge,<br>Tromsø                        |
| 14:30-15:00 | <b>Coffee Break</b>   |   |
|             | <b>Part 3: How to Help Parents Look for &amp; Interpret Infants' Signals &amp; Communication</b><br><i>Room X</i>   |   |
| 15:00-15:30 | NBO, AMOR Interventions & Sensitivity Training (Norwegian)  | Unni Tranaas Vannebo, Health nurse,<br>NBO master trainer, Seksjon sped- og småbarn, RBUP Øst og Sør. |

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| 15:30-16:00 | Implementation of the ADBB in Primary Care in Denmark – Lessons learned and future perspectives | Mette Væver, Prof. clinical child psychology, University of Copenhagen |
| 16:00-17:00 | <b>NFSU Annual Meeting for Members</b><br><i>Room X</i>   | <i>(ALTERNATIVELY: Carolina Rediviva Library guided tour)</i>          |

## **Thursday, October 26th 2023 (common day)**

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| 08:00-09:00 | <b>Registration &amp; Coffee</b><br><i>Entrance Hall</i>   |   |
| 09:00-09:15 | <b>Welcome!</b><br><i>Room X</i>   | Sanne Holst (President NFSU)<br>Alkistis Skalkidou (President Nordic Marcé)   |
| 09.15-10:45 | <b>Part 1: Moving on from the First 1000 Days in the Nordic Countries</b><br><br>Gun-Mette Røsand (Norway)<br>Liv Lyngå von Folsach (Denmark)<br>Ann-Cristine Jonson (Sweden)<br>Petra Kouvonen (Finland)<br>Jenny Ingudottir (Iceland) (via Zoom) | Moderator:<br>Birgitta Wickberg   |
| 10:45-11:15 | <b>Coffee Break</b>  |   |
| 11:15-13:00 | <b>Part 2: When Regular Outpatient Treatments are not Enough</b>   | Moderators: Christine Esbensen & Malin Eberhard-Gran  |
| 11:15-11:20 | Introduction to the topic  |   |
| 11:20-11:40 | ”Orkdalsmetoden – The Orkdal Method – Inpatient care for women with postpartum depression”   | Elin Killi Olsen Specialist in Psychology, Psychologist Nidelv DPS, Orkdal døgn & Heidi Hagen, spesialpedagog, BUP Orkanger poliklinikk Orkdal St.Olavs Hospital, Trondheim, Norway |
| 11:40-12:00 | Vibygård (Family centre in Denmark)  | Trine Jensen, Psychologist<br>Finn Glad, Manager and Psychotherapist  |
| 12:00-12:20 | Å bygge et liv - fra rus til foreldreskap (Norwegian) [Building a life – from drugs to parenthood]   | Hilde Moan Ingebrigtsen psychologist<br>Blå Kors klinikken Lade, Trondheim  |

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| 12:20-12:40 | Haga Mödra-barnhälsovårdsteam, Gothenburg: Intensive follow-up during and after pregnancy (Swedish)   | Marina Liljeros, District nurse<br>Charlotte Karlsson, leg hälso- och sjukvårdskurator  |
| 12:40-13:00 | Summary and panel discussion  |   |
| 13:00-14:00 | <b>Lunch &amp; Poster Session</b><br><b>Posters from 13:30</b>  |   |
| 14:00-16:00 | <b>Part 3: Parallel Symposiums</b><br><i>Room X (Nordic Marcé, English)</i>   | From submitted abstracts<br><i>Room IX (NFSU)</i>   |
|             | <b>Biological Markers (14:00-14:50)</b><br>Speaker 1: Mary Kimmel. Better Understanding Peripartum Depression: Clues from the Microbiota-Gut-Brain Axis<br><br>Speaker 2: Richelle Björvang. Gene expression of peripartum depression trajectories<br><br>Speaker 3: Maria Vrettou. Peripartum depression, telomere length and genotype, and adverse childhood experiences<br><br>Speaker 4: Ella Schleimann-Jensen. Premenstrual symptoms and depression during pregnancy and postpartum in two large cohorts of pregnant women<br><br>-- Short break -- | <b>Prevention &amp; Treatment (14:00-14:50)</b><br>Speaker 1: Silja B. Kårstad. Early In: A program promoting screening and communication about parental mental health, alcohol use and domestic violence (English)<br><br>Speaker 2: Åse Bjørseth. Lessons learned from providing Parent-Child Interaction Therapy for Toddlers (PCIT-T) in a Child and Adolescent Mental Health Clinic (English)<br><br>Speaker 3: Hedvig Svendsrud. Becoming Dad: Expectant Fathers Attachment Style and Prenatal Representations of the Unborn Child (English)<br><br>-- Short break -- |
|             | <b>Fear of Childbirth (15:10-16:00)</b><br><br>Speaker 1: Elisabet Rondung. Psychologists' experiences of working with fear of childbirth: implications and advice for care providers<br><br>Speaker 2: Elin Ternström. Too afraid to become pregnant: fear of childbirth among non-pregnant women<br><br>Speaker 3: Jennie Lenntorp. Uppföljning av införandet av extra stödsamtal vid måttlig förlossningsrädsla på Barnmorske-mottagningar i Region Stockholm.   | <b>Assessment (15:10-16:00)</b><br><br>Speaker 1: Stina Helmstrand & Ulrika Hagekull. Att filma spädbarn och skatta samspelet med ADBB (English)<br><br>Speaker 2: Mona Bryggman. Parent-infant interaction observation scale in a Swedish context (Swedish)<br><br>Speaker 3: Kjersti Sandnes, Catarina Furmark & Katrine Røhder. Using the Working Model of the Child Interview in the Nordic countries   |

Speaker 4: Carita Nordin-Remberger.  
Pregnant women with severe fear of  
childbirth need psychological, individual,  
and easily accessible professional care: A  
Swedish mixed-method study

Speaker 4: Nina Sanner & Catarina  
Furmark. Using the DC:0-5 as a diagnostic  
processing tool when assessing infant  
mental health (English)

16:00-17:00 **Marcé Board Meeting for Members**  
*Room X*

*(ALTERNATIVELY: Carolina Rediviva  
Library guided tour)*

19:00 **Conference Dinner**

## ***Friday, October 27th 2023*** (Nordic Marcé) --all sessions in English--

09:00-09:15 **Summary of Day 1 and 2. Welcome to Day 3.**  
*Room X*

Prof. Alkistis Skalkidou (President,  
Nordic Marcé)

09:15-10:15 **Severe Mental Disorders in the Perinatal  
Period**  
*Room X*

Prof. Louise Howard (UK) (via Zoom),  
and participants' presentations

Introduction: Prof. Louise Howard (zoom)

Speaker 1: Charli Colegate. Motherhood and  
mental illness: understanding the stigma(s)  
experienced by women with a history of  
severe mental illness

Speaker 2: Adrianna P. Kępińska. Familial risk  
of postpartum psychosis

Speaker 3: Yihui Yang. Sex difference in  
parental suicide behavior during and after  
pregnancy: a nationwide register-based study  
in Sweden

Speaker 4: Felix Wittström. Lithium in  
pregnancy: a utilization study in the five  
Nordic countries

10:15-10:35 **Coffee Break**

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| 10:35-11:35 | <p><b>Care Pathways with Focus on Stepped Care</b><br/><i>Room X</i></p> <p>Introduction 1: Prof. Nicole Highet</p> <p>Introduction 2: Prof. Heather O’Mahen</p> <p>Speaker 1: Sigridur Sia Jonsdottir. Icelandic midwives need more training to be able to offer optimal 1st. line mental health care to families around childbirth</p> <p>Speaker 2: Charles Musters. Intensive Care in Community Perinatal Mental Health Teams</p> <p>Speaker 3: Ilaria Lega. Specialist care for perinatal mental disorders in Italy</p>   | <p>Prof. Heather O’Mahen (UK) and Prof. Nicole Highet (Australia) (via Zoom) and participants’ presentations</p> |
| 11:40-12:00 | <p><b>Inspirational lecture:</b><br/>“Research and clinical priorities in a changing world: personal perspectives”<br/><i>Room X</i></p>   | <p>Prof. John L. Cox (UK)</p>  |
| 12:00-13:00 | <p><b>Lunch with poster session</b><br/><b>Posters from 12:30</b></p>  |  |
| 13:00-14:00 | <p><b>Prediction of Peripartum Depression</b><br/><i>Room X</i></p> <p>Introduction: Prof. Trine Munk-Olsen (zoom)</p> <p>Speaker 1: Allison Eriksson. Pre-pulse inhibition in late pregnancy predicts new-onset postpartum depression</p> <p>Speaker 2: Martina Caglioni. Prenatal screening of Postpartum depression: development and validation of the Italian version of the Postpartum Depression Predictors Inventory-Revised (PDPI-R-I) for Prevention and early intervention for the risk of postpartum depression</p> <p>Speaker 3: Michaela Schiøtz. Experiences with the Antenatal Risk Questionnaire in combination with the Edinburgh Postnatal Depression Scale in early pregnancy from the perspectives of pregnant women and healthcare professionals in Danish antenatal care - a qualitative descriptive study</p> | <p>Prof. Trine Munk-Olsen (Denmark), and participants’ presentations</p>   |

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| 14:00-14:40 | <p><b>Perinatal Mental Health Research in the Nordics: Short History and Current Research</b><br/><i>Room X</i></p>   | <p>Ass. Prof. Birgitta Wickberg and participants' presentations</p>                                      |
|             | <p>Introduction: Ass. Prof. Birgitta Wickberg</p> <p>Speaker 1: Lotte Broberg. An evaluation of the Antenatal Risk Questionnaire in combination with the Edinburgh Postnatal Depression Scale as a screening questionnaire in early pregnancy in Danish antenatal care</p> <p>Speaker 2: Emma Fransson. Uppföljning av införandet av depressionsscreening graviditetsvecka 16 på Barnmorskemottagningar i Region Stockholm</p> <p>Speaker 3: Marie Bendix. Pre- och postnatalt psykiatriskt nätverk i Stockholm (POPPIS)</p> <p>Speaker 4: Malin Eberhard-Gran. What can Nordic data teach us about perinatal mental health</p> |  |
| 14:40-15:00 | <p><b>Coffee Break</b></p>  |  |
| 15:00-16:00 | <p><b>Transgenerational Effects of Peripartum Depression</b><br/><i>Room X</i></p>  | <p>Prof. Hasse Karlsson (Finland), Ass.Prof. Carolyn Cesta (Sweden), and participants' presentations</p> |
|             | <p>Introduction 1: Prof. Hasse Karlsson</p> <p>Introduction 2: Ass. Prof. Carolyn Cesta</p> <p>Speaker 1: Tiina Riekkö. Mental disorders in children of mothers with antenatal fatigue in two birth cohorts</p> <p>Speaker 2: Angela Lupattelli. Prenatal exposure to antidepressants and longer-term risk of depressive and anxiety outcomes in children</p> <p>Speaker 3: Alina Rodriguez. Maternal overweight and stress during pregnancy predict infant birth weight</p>  |  |
| 16:00-16:15 | <p><b>Prizes Presentation, Closing Comments and Greetings from the President of the International Marcé Society</b><br/><i>Room X</i></p>   | <p>Alkistis Skalkidou, Sanne Holst, Jennifer Payne (via Zoom)</p>  |

## POSTERS

**October 26<sup>th</sup> - 13.30 – 14:00**

Note: posters will be up during the whole conference, but authors will only be present at their posters during their designated time slot

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| Solihullmodellen utvecklar barnhälsovårdsarbetet – utvärdering av en utbildningsåtgärning   | Mona Bryggman        |
| Student-teacher relationship scale short form   | Kenneth Stensen      |
| Tverrprofessionell mödra- och barnhälsovård   | Stina Helmstrand     |
| Maternal psychiatric disorders before, during, and after pregnancy  | Emma Bränn           |
| Perinatal depression and offspring's language development: an umbrella review   | Hsing-Fen Tu         |
| Interactions of Perinatal Depression versus Anxiety and Infants' Early Temperament Trajectories   | Ferdinand Sörensen   |
| Co-morbidity of Attention deficit hyperactivity disorders and conduct disorders in association with psychosocial and biological factors in Finnish children born 2001–2006 – A register study | Marika Leppänen      |
| Development of an integrated saluto-physiology and self-improvement platform for postpartum depression screening and intervention   | Martina Caglioni     |
| Association of diabetes mellitus in pregnancy and perinatal depression  | Richelle D. Björvang |
| Alloprengnanolone levels and depressive symptoms throughout the perinatal period in relation to early life adversity  | Ylva Walldén         |
| Nettbasert behandling av fødselsrelaterte traumesymptomer   | Ingvill Øvsthus      |

**October 27<sup>th</sup> - 12.30 – 13:00**

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| Implementation of a structured method to identify risk factors and mental illness during pregnancy   | Ylva-Li Lindahl |
| Assessing Decisional Conflict and Challenges in Decision-Making among Perinatal Women Considering Antidepressant Use during Pregnancy" – A Mixed-Methods Study | Fatima Tauqeer  |



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| Experiences, needs, and requests for support in pregnant women with eating disorder symptoms – one first step in developing treatment for women pre- postpartum –an ongoing study in Sweden | Cecilia Brundin Pettersson |
| Exploring the motives why women drop out of a perinatal depression m-health study   | Femke Geusens              |
| Insights in Care Experiences Through YouTube Stillbirth Stories: Lessons for the Labor Ward   | Femke Geusens              |
| Separation between mothers and infants after birth - reasons and mothers experiences  | Maria Grandahl             |
| Perineal tear and childbirth-related posttraumatic stress: A prospective cohort study   | Malin Eberhard-Gran        |
| Chronic exposure to glucocorticoids during critical neurodevelopmental periods leads to lasting shifts in neuronal type distribution and overall brain architecture                         | Ilknur Safak Demirel       |