



# The MAMMI Study

Newsletter, December 2018



## Seasons Greetings!

Everyone here on at the MAMMI study would like to wish you and your family all the very best this winter season and a peaceful and happy New Year!

### The MAMMI Study, 2018.

It has been a busy and eventful year for the MAMMI Study! At the beginning of 2018, we launched the MAMMI Study 5-year follow up strand, inviting back MAMMI participants to tell us about their physical and mental health 5 years on from the birth of their first child.

We also began recruiting for the Second Baby follow-up opt-in survey! Recruitment for this strand is ongoing so if you have had your second child within the past twelve months and would like to join the second baby strand, please let us know on 087 118 6762 or at [mammistudy@tcd.ie](mailto:mammistudy@tcd.ie)

We have been delighted to collaborate with MAMMI participants for the first ever MAMMI Study **Public Participation** in research Initiative. This has been an exciting and fantastic experience for the team. The first topic generated from the PPI: *'What research matters to women in the first year of motherhood?'* is nearing completion. Issues such as 'information deprivation', 'anxiety' and 'a sense of vanishing identity' are being echoed both in the meetings and interviews.

Follow-up has concluded for Coombe Participants.

Both the Evidence into Action and All Ireland Midwifery conferences were a wonderful success, with special thanks to the women who co-presented with the team.

A huge thank you to every one of the MAMMI participants, who have contributed to the study, joined us for joint initiatives and co-presented with us! The study would not have been possible without women who have so generously shared their time and experiences with us!



### The MAMMI Study, 2019.

#### Women's Health After Motherhood (WHAM); Massive Online Open Course

The MAMMI Study team will develop a Massive Open Online Course (MOOC) in 2019, titled **'Women's Health After Motherhood'** (WHAM).

The course, funded by a competitive European grant awarded from EIT Health, will be developed in collaboration with the University of Barcelona, Spain and the content will be co-developed and informed by MAMMI participants. The course aims to deliver research-based information in the form of videos, podcasts and infographics on the issues that affect women postpartum, such as urinary and anal incontinence, sexual health, mental health, and pelvic girdle pain, along with information on self-help strategies and when to seek help for these issues, where to go and what to do.

The MAMMI Study team were also awarded competitive grant funding from Science Foundation Ireland (Ireland) to develop educational videos for dealing with Urinary Incontinence (UI), the MESSAGES videos (**M**otherhood, **E**mpowerment, **S**ustainable **S**elf-help: **A**ddressing **G**aps in **E**ducation with **S**cience} will be created in collaboration with women's health physiotherapists, obstetricians, midwives and women.

We will be asking women to join us to develop the content for these two, and other, projects in the New Year. If you would be interested in taking part in developing and informing the content for either the *'Womens Health After Motherhood'* Course, or the MESSAGES videos; keep an eye out for our request for co-creators early in the New Year. If you have any questions about participation please feel free to contact us at the details below.

#### Keep in contact with the MAMMI study!

If you have changed address, help us stay in touch by letting us know at our new email address: [mammistudy@tcd.ie](mailto:mammistudy@tcd.ie) or call us on: 087 118 6762.

If you are interested in becoming involved with MAMMI research or have any questions, feel free to contact us at either of the above!

