

The MAMMI Study

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MAMMI Study and you



Everyone here on the MAMMI study team hopes that you and your family are all happy, healthy and doing well! We hope that you are looking forward to the start of a new academic year!

The MAMMI study five-year follow-up survey will be wrapping up at the end

of 2022 and we estimate that over 1000 women will have completed the survey! This is an amazing response and we appreciate every woman who has taken time from her busy life to complete the survey! We want to say a huge **thank you** for your continued participation in, and support of, the MAMMI study.

The MAMMI Study – Ten-year Follow Up

We announced last year that the MAMMI study secured funding to develop a **ten-year follow-up** project, and over the summer we invited participants to join the team in shaping the research survey. The top two suggestions for topics to be included in the 10-year study are:

1. Health during, and experiences of entering and being in menopause.

Women said this should include issues around seeking information and help, and relationships.

2. Memories of childbirth and birth trauma

This should include issues around experiences and impact of trauma events during childbirth.

Some women also suggested conducting research (one-to-one interviews) with women on their experiences of perimenopause, seeking information and help etc.

Opportunities to join research in the New Year

Studies that we are hoping to conduct in 2022-2023 include:

1. Women's experiences of limiting their family size due to a traumatic event during childbirth.

2. Women's experiences of peri/ menopause (we are seeking funding for this study).

The MAMMI study in the media

We try to keep women's health issues in the media and recent articles include this article in the Independent;

'Women's health problems post-birth 'ignored': Incontinence, pelvic pain, sexual and mental health issues causing misery for new mothers, TCD research reveals.'

Our latest publications based on information you shared about your health include:

'Maternal mental health in the first year postpartum in a large Irish population cohort: the MAMMI study'.

Published in the [Archives of Women's Mental Health](#)
'Trajectories of postpartum recovery: What is known and not known'.

Published in [Clinical Obstetrics and Gynaecology](#)
'Factors associated with cesarean birth in nulliparous women: a multicentre prospective cohort study'.

Published in [Birth](#)

Congratulations

Sincerest congratulations to our wonderful research assistant Kathleen Hannon who is leaving us to start her PhD. Kathleen will be researching Public and Patient Involvement in clinical trials. We wish Kathleen every success over the coming years!

MAMMI study resources

Remember that research from the MAMMI study, and the study's online course: [Women's Health After Motherhood](#) is available on our website for women all around to world to access whenever they need! tcd.ie/mammi/

Keep in contact with the MAMMI study!

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