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Project Acronym: HappyMums

Project title:

Understanding, predicting, and treating depression in pregnancy to improve mothers and offspring mental health outcomes.

D1.3 Project website

Research and Innovation Action

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Executive Summary

This document provides a general overview of the structure and contents of the *HappyMums* project website. It reflects the current status and the planned content and features evolution that will be developed along with the project progress during the 4 years lifespan.

The *HappyMums* website was created and developed by WP1 (*Management and Coordination*) together with WP9 (*Dissemination & Impact to Society*). The managing responsible partner is UMIL, *HappyMums* Project Coordinator, but feedback and contributions are expected by all the consortium partners.

The *HappyMums* website is as a key part of the Dissemination and Communication strategy of the project as it represents the main point of initial contact and information to the public and to other researchers. It is based on an interactive layout and provides a comprehensive general overview of the project rationale and mission, workplan and implementation, consortium partners with related roles, as well as details of the project, its goals and its deliverables. It will also function as a point of reference for anyone interested in following the day-to-day life and progress of the project - timely showcasing project events and presentations, publications, achievements and other updates – and allows to get in touch with the consortium.

Moreover, it will represent a tool to achieve key objectives of the project. In particular:

- i) raise awareness about the importance of promoting perinatal mental health and recognizing psychopathological disorders during pregnancy to protect both the mother and the development of the child and its family;
- ii) attract possible collaborators and build new alliances to extend the project impact.

The website also includes a private area, accessible only to members of the consortium, which contains non-public data, work-in-progress files to work on collaboratively and project management tools and information, including a progress dashboard for milestones and deliverables, a discussion forum, emailing lists, information for meetings, minutes, project participants, important events, etc.

Possible modifications and improvements might be identified in future to address any needs not identified at this stage of the project.



Acronyms

| Abbreviation | Full term |
|--------------|---|
| CA | Consortium Agreement |
| EU | European Union |
| ECNP | European College of Neuropsychopharmacology |
| GA | General Assembly |
| PR | Project Reporting |
| RIA | Research and Innovation Action |
| SESAB | Scientific, Ethical and Social Advisory Board |
| TC | Teleconference |
| WP | Work Package |
| WPL | Work package Leader |



1. Introduction

The purpose of this deliverable is to describe the *HappyMums* website.

The website is structured and designed as the vehicle for awareness raising and dissemination of the project, both to the general public and also to other researchers and experts in the field of perinatal mental health. It provides detailed information about the *HappyMums* project objectives and activities.

The intended use is for both internal consortium communication and public communication and dissemination. The website will be constantly updated with material such as upcoming meetings, participations to events, dissemination actions, conferences, publications, whitepapers, newsletters, news, photos, etc. It will be a key enabler for communications between project partners, stakeholders and the wider public to share project outcomes.

The website is divided into a Public and a Restricted area. The Public area will be open to the general public and will be viewable by anyone, whereas the Restricted Area will be accessible only to consortium members and will be used as a document repository and a platform to collaborate.

The Project Coordinator UMIL has registered the following domain name:

<https://www.happymums.eu/>

For the public area, the content updates will be produced mainly as part of WP9 (*Dissemination & Impact to Society*), providing project updates including news and events, publications and other produced materials, and much more in order to favour a high level of engagement with different target audiences. All the contents will be produced maintaining a high-level comprehensible language, to make the project description and contents available for all types of audiences, including the general public. Specific communication materials will be produced for mothers and families.



2. The *HappyMums* website structure

The structure of the website is divided in the following sections:

- Home
- The Project
- Perinatal Mental Health
- Partners
- Teams
- Events
- Resources&Links
- Contact us.

This menu is shown at the top of all pages, below the project logo and active links to the social media accounts.

In all the pages, there is also the possibility to log into the website private area.



At the bottom of all the pages, the acknowledgement of funding and related disclaimer, as requested by ARTICLE 17 of the Grant Agreement, are provided.






2.1 The Home page

The home page of the *HappyMums* website represents the front-end message of project to communicate the project objectives.

The project

HappyMums is designed to improve our understanding on the biological mechanisms underlying the development of depressive symptoms in pregnancy, and the efficacy of possible therapeutic interventions. It will interrogate a large collection of cohorts with multiple biological, medical, clinical, socio-demographic and environmental and lifestyle data to identify the most robust risk factors triggering depressive symptoms, but also moderators of the risk.

[Read More](#)



At the bottom of the page, the possibility to get in contact with the consortium, as well as to subscribe for the *HappyMums* newsletter, by signing-up with an e-mail address, is provided.

Contact

✉ happymumsproject@gmail.com

📷 🐦

First Name Last Name

Email *

Message

[Send](#)

Subscribe Form

[Join](#)



2.2 The Project

This section provides a more in-depth description of the project as well as its components.

Home The Project Perinatal Mental Health Partners Teams Events Resources&Links Contact us

HappyMums
Understanding, predicting, and treating depression in pregnancy to improve mothers and offspring mental health outcomes

The project
HappyMums is designed to improve our understanding on the biological mechanisms underlying the development of depressive symptoms in pregnancy, and the efficacy of possible therapeutic interventions

HappyMums will interrogate a large collection of cohorts with multiple biological, medical, clinical, socio-demographic and environmental and lifestyle data to identify the most important risk factors for depressive symptoms in pregnancy, but also possible moderators of the risk. By putting together unique human samples of maternal blood, placenta, chorionic villi and amniotic fluid, and animal models, HappyMums aims to improve our understanding of the neurobiological mechanisms underlying depressive symptoms in pregnancy. The hypothesis is that these mechanisms then lead to alterations in the foetal environment, shaping offspring risk for developing less optimal developmental outcomes. The use of three complimentary rodent models will allow to achieve a proof of causality, and the presence of an innovative fish model will elucidate the mechanisms specific to placenta by which adverse maternal conditions are transmitted to the offspring without the potentially mitigating effects of

2.3 Perinatal mental health

This section provides general information about the importance of perinatal mental health, underlining that the physical and emotional changes of pregnancy, childbirth and the care of a newborn baby can make the perinatal period a moment of vulnerability for mothers (as well as fathers).


The promotion of perinatal mental health is one of the main overarching goals of *HappyMums*, starting from the consideration that recognizing and addressing perinatal mental illness is important for the mother, the child and the whole family. Therefore, it is fundamental to carry out research to support vulnerable mothers and to improve the outcomes of the more severe perinatal mental disorders and to provide families with as much information as possible to raise awareness and fight stigma.

Moreover, by the end of the project, this section will provide policymakers and clinical stakeholders data and guidelines to improve perinatal mental health services, identify warning signs and symptoms of mental health problems and respond in a way that is adapted to their local and cultural context.



Home The Project **Perinatal Mental Health** Partners Teams Events Resources&Links Contact us

HappyMums
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Perinatal Mental Health (PMH)

Pregnancy, birth and early parenthood can be stressful because they may change women's identity, physical health and economic situation. Perinatal anxiety and depression in the perinatal period are common, affecting an estimated 1 in 10 women in high-income countries and one in five in low- and middle-income countries. This highlights the importance of supporting PMH globally.

Women who already have a history of perinatal mental health problems may find that their symptoms represent or worsen during the perinatal period. Others may experience poor mental health for the first time during this period.


Frequency of perinatal mental health conditions

Anxiety and depression are the most common mental health issues in the perinatal period. Until recently most research on mental health in the perinatal period focused primarily on postnatal depression, yet there is a growing body of research into other types of mental illnesses during the perinatal period, including pregnancy.

Many women experience changes in their mental health during pregnancy and during the year after the birth

1 in 5 women will experience a mental health condition during pregnancy or in the year after the birth

Most women require only light mental health support



Common symptoms of poor mental health

- feeling sad
- no pleasure in experiences or activities that were once enjoyed
- lack of energy and motivation
- excessive worrying
- sleeping too much or too little
- eating too much or too little
- difficulty in concentrating
- difficulty in making decisions
- feelings of guilt and hopelessness
- feeling that something bad is going to happen
- non-specific body aches or pains
- feeling worthless

Source: Guide for integration of perinatal mental health in maternal and child health services. Geneva: World Health Organization; 2022. Licence: CC BY-NC-SA 3.0 IGO.

2.4 Partners

This page describes the *HappyMums* consortium composition with a map, showing its geographical spread. The official logos of all the partners, linked to the official websites are also present.









The vast geographical distribution of the *HappyMums* partners represents an additional asset of the project as it will not only enable to assemble the best international expertise in the relevant fields but will also provide access to heterogeneous data with regional differences in genetic, lifestyle and environmental factors whose effects will be evaluated within the project. Moreover, it will greatly facilitate international dissemination to optimize impact.



2.5 Teams

This section reports the role and the expertise of all the people involved in *HappyMums* from all the different teams (below UMIL Team as an example):

UMIL Team
University of Milan, Department of Pharmacological and Biomolecular Sciences (DISFeB), Milan, Italy.

| | |
|--|---|
|  <i>Project Coordinator</i> Annamaria Cattaneo  |  <i>WP6 Leader</i> Marco Andrea Riva  |
|  <i>Project Manager</i> Libera Cavaliere  |  <i>Postdoctoral Fellow</i> Valentina Zonca  |


2.6 Events

This section reports all the project-specific events, such as *HappyMums* Consortium meetings but also *HappyMums* related events, such as awareness rising initiatives (e.g. *HappyMums-HappyRUN*, which was a noncompetitive 5Ks or 10Ks run open to the public organized on Mother's Day, to promote the *HappyMums* project and raise awareness on the importance of perinatal mental health).




HappyMums
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HappyMums Consortium meetings



Kick off Meeting
Milan, 12-13 January 2023
[Read More](#)




Second Consortium Meeting
Milan, 27-29 June 2023
[Read More](#)

HappyMums related events




HappyMums-HappyRun
Monza, 14 May 2023
[Read More](#)




Lights&Shadows (Luci&Ombre)
Milan, 28 June 2023
[Read More](#)


2.7 Resources and Links

This section collects various resources about the perinatal period and the first years of life. The purpose of this is to provide evidence-based information to the community and to health professionals, in order to raise awareness of, and improve the general understanding of, perinatal mental illness and the perinatal period in general.





This digital magazine has a section called 'the-perinatal-journey' aimed to provide useful evidence-based information about the perinatal period and the child first years of life for parents and parents-to be and anyone else interested in this topic.



EarlyCause is a H2020 project studying the hypothesis that early life stress (ELS), a well-established risk factor for depressive, cardiovascular and metabolic disorders individually, is a cause of multi-morbidity in these disorders.



2.8 Contact us

This section includes a dedicated Contact section to facilitate effective communication. In addition to a dedicate project email address, happymumsproject@gmail.com.

HappyMums
*Understanding, predicting, and treating depression in pregnancy to
improve mothers and offspring mental health outcomes*

CONTACT US

Name *

Email *

Subject

Message

Send

3. Conclusions

This deliverable provides a complete description of the *HappyMums* project website. Possible modifications and improvements might be identified in future to address any need not identified at this stage of the project.

The Website will be monitored based on web analytics. The aim is to measure the digital impact of the project, collecting information like number of visitors per month, visitor per country, visited pages, used device and browser for entering the website.