

## Prevention for Prenatal Health Study

*Barbara Gerbert, PhD  
Professor and Chair  
Division of Behavioral Science, UCSF  
350 Parnassus, Suite 905  
San Francisco, CA 94117  
415.502.7283  
415.502.7314 (fax)  
[barbara.gerbert@ucsf.edu](mailto:barbara.gerbert@ucsf.edu)*

The Prevention for Prenatal Health study is a randomized trial to determine whether a brief motivational intervention, delivered at prenatal visits, can reduce pregnant women's smoking, drinking, and drug use, and increase safety planning among women reporting recent intimate partner violence, compared with usual care. The brief motivational intervention will feature a "video doctor" who delivers tailored advice, peer models who speak about their experiences of pregnancy, and cueing sheets to help prenatal providers provide effective risk-reduction counseling. The intervention is designed to make use of the repeat health care visits most women make during pregnancy, considered an opportune moment for making changes in one's life.

# Prevention for Prenatal Health

8/25/2005

Center for Health Improvement & Prevention Studies (CHIPS)

University of California San Francisco  
 Barbara Gerbert, PhD, Principal Investigator  
 Rebecca Jackson, MD, Co-investigator  
 Telephone: (415) 502-7339 (Dale Danley)

**Research question:** This is a randomized trial to determine whether a brief motivational intervention, delivered at prenatal visits and featuring a video doctor, peer modeling, and cueing sheets for providers, can reduce pregnant women's smoking, drinking, and drug use compared with usual care.

where

Prenatal clinics

who

Pregnant women at 2<sup>nd</sup> or 3<sup>rd</sup> prenatal visit  
 >18 years old  
 Speaks English or Spanish

## Baseline visit (12-16 weeks)



Detailed multimedia risk assessment: alcohol, tobacco, illicit drugs, and intimate partner violence

One or more risks present?

**YES: Randomize patient to intervention or control group**

**NO: Stop**  
 No follow-up;  
 not part of  
 outcomes study

**Control group  
 (N=225)**

Usual care

\$40

**Intervention group (N=225)  
 Prenatal Preventive Health Intervention**

Video doctor advice



Peer modeling



\$40

Cueing sheet for provider



## First follow-up/"booster" (16-24 weeks)



Multimedia risk assessment

Usual care

\$50

Video doctor advice



Peer modeling



\$50

Cueing sheet for provider



## Second follow-up/"booster" (22-28 weeks)



Multimedia risk assessment

Usual care

\$50

Video doctor advice



Peer modeling



\$50

Cueing sheet for provider



## Final follow-up/ (26-30 weeks)



Multimedia risk assessment only

Usual care

\$60

Usual care

\$60

**Main study outcomes: changes in alcohol consumption, smoking, illicit drug use, and IPV reported by patient at final follow-up.**