McMaster University is conducting a research study to determine if women who receive an online peerdelivered CBT-Informed support for postpartum depression improve more than women who receive standard healthcare.

Participation in the study does not guarantee you will receive the intervention -50% of women enrolled in the study receive the online CBT-Informed peer-delivered intervention.

For more information please email: peercbt@mcmaster.ca

McMaster University



You may be eligible if you are living in Southern Ontario, 18 yrs+ and have a baby under 12 months.

This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project #13546 | Version 2 March 16, 2022