

Reproductive Life Cycle

Media Module

Trainee Guide

Contributors:

Lauren M. Osborne, M.D., Johns Hopkins University School of Medicine

Pre-Reading

- [How well do women adapt to changes in their body size and shape across the course of pregnancy?](#) Duncombe D, Wertheim EH, Skouteris H, Paxton SJ, Kelly L. *J Health Psychol.* 2008 May;13(4):503-15. doi: 10.1177/1359105308088521. PMID: 18420758
- [The effectiveness of exercise for the prevention and treatment of antenatal depression: systematic review with meta-analysis.](#) Daley AJ, Foster L, Long G, Palmer C, Robinson O, Walmsley H, Ward R. *BJOG.* 2015

Session Overview

Popular media frequently touches on issues germane to reproductive psychiatry and pregnancy, such as pregnancy weight gain, postpartum depression, stress in pregnancy, and breastfeeding. Well-known celebrities such as Gwyneth Paltrow and Chrissy Teigen have voiced their experiences with maternal mental health to millions of people worldwide. However, the tone of the messages arising from the media can be tinged with stigma. The ability to field patient questions arising from popular culture is an important professional skill for trainees. In particular, trainees should be able to explain data and statistics cited in the lay media in an accurate, reassuring, and clinically relevant manner. Thus the goal of the NCRP's media modules is to have residents build communication skills that enable them to serve as knowledgeable and thoughtful representatives of reproductive psychiatry to a lay audience.

Each session consists of three parts: 1) reviewing and critiquing a piece from the popular media (such as newspaper articles or social media); 2) appraising the comparable medical literature; and 3) role-playing a psychiatrist/patient interaction about how to communicate this topic to a lay audience.

The aim of reviewing the medical literature is to compare its findings with the information portrayed in the media. For the purposes of this exercise, the most relevant parts of medical literature are the abstract, the introduction, and the discussion. The aim is not to have an in-depth, "journal-club" analysis of the article (which is an important skill for residents to master elsewhere in their training), but rather to delineate in broad strokes the gaps between the information presented by the media portrayal and by the medical literature.

Sessions usually last 50 minutes, but can be modified, depending on the number of media items and articles selected. The media conference is tailored for PGY-4 psychiatry residents but can be modified for any resident trainee group. A small group setting with time and space to work within break-out groups is recommended. After review of the media items and the medical literature, the group will divide up into small groups of 2-3 residents to role-play the clinical interaction.

- 1. Presentation of media items (10 minutes): Faculty and residents together will review the media item(s)**
- 2. Review of medical literature (10 minutes): Faculty and residents together will briefly assess the comparable medical literature**
- 3. Role-play with case example (15 minutes): Small groups of residents will role-play a psychiatrist/patient discussion**
- 4. Large group discussion (10 minutes)**
- 5. Wrap-up and Q+A (5 minutes)**

Selection of Content

Content can either be selected in advance or selected at the time of the session. The faculty and resident group may pre-select a topic that is of particular interest to the group and distribute the media item and the article

MON, 12 FEBRUARY 2018 AT 12:55 PM [Tweet](#)

Blake Lively Reveals 61 Pound Pregnancy Weight Loss



Blake Lively just revealed her post-birth baby weight loss. The 30-year-old actress took to Instagram to show off her amazing figure with a caption, "Turns out you can't lose the lbs you gained during pregnancy scrolling through Instagram and wondering why you don't look like bikini models. Thanks @donsaladickin my A double S into shape. 14 months to gain, 14 months to lose. Feeling very proud."

Blake and her husband, **Ryan Reynolds**, welcomed their second child, **Inez**, back in September of 2016. They're also parents to daughter **James**, 3.

blakelively

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one to two weeks prior to the session. Alternatively, if there is a media item of particular interest to one or more of the trainees, they can bring the item to the session and the relevant literature can be appraised in the session in real time by the faculty and trainees, using a laptop and projector.

The media conference presented here, as part of our "Reproductive Life Cycle Module," focuses on body image, diet, and exercise in the perinatal period; topics more directly relevant to reproductive psychiatry are included in media conferences in other subject areas (including perinatal depression, etc.).

Model and **Klump** seen the extra baby number four birth to Lou lost 25 pounds host the Vic Show. Klump to light card she didn't do go, but she told *People*.

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2,314,123 likes

1 MONTH AGO

kyliejenner

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Learning Objectives

1. Understand the power of the media to shape women's attitudes toward and concerns about their bodies during pregnancy and postpartum
2. Understand medical recommendations for healthy weight gain in pregnancy
3. Understand medical recommendations for exercise in pregnancy, including beneficial effects of exercise on mental health

Presentation of Media Items

Social media in particular is rife with descriptions of "amazing" weight loss and return to pre-pregnancy bodies among celebrities. Consider these examples:

Nicole Kidman:

<http://www.dailymail.co.uk/tvshowbiz/article-1036244/Nicole-Kidman-steps-sign-baby-bump-just-TEN-days-giving-birth.html>

Not all examples provide pressure – positive feedback for Kate Middleton's post-baby bump: <https://www.shape.com/blogs/fit-famous/why-we-love-kate-middletons-post-baby-bump>

How does the media talk about pregnancy myths/pressure/body image?

View these examples:

<http://theconversation.com/social-media-is-putting-pregnant-women-under-pressure-to-look-perfect-61881>

<http://chicagotonight.wttw.com/2017/08/14/media-depictions-pregnancy-post-baby-bodies-unrealistic-studies-find>

Critique of Media Coverage

1. What is the central claim of these celebrity social media images?

2. How do these media pieces influence (and potentially bias) the lay reader?

Appraisal of Scientific Literature

Articles to Review:

[How well do women adapt to changes in their body size and shape across the course of pregnancy?](#) Duncombe D, Wertheim EH, Skouteris H, Paxton SJ, Kelly L. J Health Psychol. 2008 May;13(4):503-15. doi: 10.1177/1359105308088521. PMID: 18420758

[The effectiveness of exercise for the prevention and treatment of antenatal depression: systematic review with meta-analysis.](#) Daley AJ, Foster L, Long G, Palmer C, Robinson O, Walmsley H, Ward R. BJOG. 2015

Discussion

1. What is the study design? What ‘level’ would this study design be? What are the strengths and limitations with this study design?

2. What is the central finding of this article?

Role-playing Exercise

Trainees should separate into groups of 2 or 3 with one trainee playing the role of the physician, one the patient, and others as observers or family members.

Sample Clinical Case

Angela Q. is a 28-year-old G1P0 African American woman with a history of anorexia nervosa in remission for over 10 years. She has no other psychiatric history, no hospitalizations, and a family history significant for obsessive compulsive disorder in her maternal aunt and generalized anxiety disorder in her older sister. She was a Division I athlete in college, and since college has been working in pharmaceutical sales. She recently won “Salesperson of the Month” in her company and is known for her aggressive and effective approach, which has earned her high bonuses every year. Prior to pregnancy, she placed high value on her continued fitness and thinness, and maintained a BMI of 20 with a healthy diet, running three times weekly, and strength training. She is currently 21 weeks pregnant with her first child, and has gained 10 lbs. Her obstetrician has assured her that this weight gain is appropriate, but Angela is dismayed by it, notes that her sister had gained less at this stage of pregnancy, and has added a nightly gym routine to her pre-pregnancy workouts. She endorses some sub-threshold depressive symptoms, with an EPDS

score of 8. She comes to an appointment with her family physician with her mother, who believes that exercise is “dangerous” for pregnant women.

Patient asks a series of questions:

1. Am I gaining too much weight? How will I know?

2. How can I feel better about my body? I feel like a whale!

3. Exercise has always really helped my mood, but my mom says I shouldn’t be too vigorous. What’s safe?

Wrap-up and Q+A

1) For the learner role-playing the physician: what was challenging about this interaction?

2) For the learner role-playing the patient: what was it like to be on the “patient” side of this discussion? Was there anything in particular that your “mother” did that helped you feel more comfortable in your decision-making?

References

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