

Frequently Asked Questions

Why is MOVIN needed?

- Up to 20% of childbearing people struggle with depression and/or anxiety in pregnancy and/or the first year postpartum (i.e. the perinatal period).
- There is evidence that most people who struggle with perinatal depression and/or anxiety do not receive adequate treatment. MOVIN aims to try a system-wide approach to improve this.

What is MOVIN?

- MOVIN offers a coordinated, provincial approach where anyone struggling with perinatal depression or anxiety in Ontario can view online mental health resources and receive personalized treatment planning and follow-up from a “Care Coordinator” under the supervision of an expert perinatal mental health psychiatrist.
- The MOVIN Care Coordinator can guide people to community-based treatments like publicly-funded therapy, support primary care clinicians if they need help counselling patients about medication, and ensure quick transfer to specialized programs across the Province, if needed.
- Through the MOVIN Platform, people can track their symptoms over time so that their care plan can be modified if they are not getting better.
- In our pilot randomized clinical trial, MOVIN participants had fewer symptoms of depression and anxiety, and were more likely to be fully recovered than a control group who received usual care that all people in Ontario receive at 6-month follow up.

What is the MOVIN Research Study?

- Dr. Simone Vigod & Dr. Noah Ivers (Women’s College Hospital) received funding for a large-scale randomized controlled trial across Ontario to evaluate MOVIN.
- The study is open adult individuals who: 1) live in Ontario; 2) have a primary care clinician; 3) are either pregnant or postpartum (<6 months); and 4) have symptoms of depression/anxiety.
- Participants are randomized (50/50 chance) to either the MOVIN intervention or a control condition where they can view the online resources but do not have the Care Coordinator.
- Research questionnaires are completed in follow-up at 3 and 6 months after randomization, as well as at 1 year postpartum. All questionnaires can be completed online.

How can someone enroll in the MOVIN Research Study?

- Interested people can self-refer to the MOVIN research study via an online form. If they meet some basic requirements, a member of our research team will contact them to obtain informed consent and confirm their eligibility.

What if I have other questions?

- Anyone with additional questions can contact our research team via email at movin@wchospital.ca.

MOVIN: Randomized Controlled Trial Study

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