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Jeannette established the Parent-Infant Research Institute (PIRI) with the aim of supporting all parents and their babies to have the best possible start to life. PIRI's activities are designed to improve emotional wellbeing (mothers and fathers) and optimize development (of infants) in the perinatal period. PIRI activities include public health initiatives, research and training ([www.piri.org.au](http://www.piri.org.au)). Jeannette has had a major role in Australia with *beyondblue* through the National Perinatal Depression Initiative which has since 2001 strived to make available universal screening for depression for all Australian families. Jeannette was part of a *beyondblue* national consortium, and PIRI was responsible for screening 10,000 women in two States for perinatal depression. She was first author of a paper on psychosocial risk factors for postnatal depression based on a sample of 40,333 women through this national collaboration. Jeannette subsequently was the health professional representative on the *beyondblue* Project Reference Group working with States and Territories to progress implementation of the National Perinatal Depression Initiative. She was also Chair of the *beyondblue* National Workforce Training and Development Committee (2010-11) and centrally involved in developing the *beyondblue* online screening training program for health professionals. She is now also a Director of the Centre for Perinatal Excellence (COPE) to continue this work.

Jeannette is recipient of 67 research grants including three National and Health Medical Research grants (2006–15), investigating neurobehavioural development in preterm infants and internet treatment for postnatal depression, including a father's website. She is lead investigator on a number of randomized trials treating antenatal and postnatal depression and the mother-infant relationship. Jeannette is author of 6 books (two translated into Italian), 15 chapters and 106 scientific articles.

Jeannette convened the Doctor of Psychology (Health), University of Melbourne (1999-2008) and has to date supervised 8 PhD, 17 D.Psych (Health/Clinical), 7 MA/Sc, 1 BSc (Hons) and 5 BGrad

Dip students. She was Chair of the National Executive of the College of Health Psychologists, Australian Psychological Society, 2002-06.

### **Publications for the last 5 years**

1. Leigh, B & **Milgrom, J.** (2007). Acceptability of Antenatal Screening for Depression in Routine Antenatal Care. *Australian Journal of Advanced Nursing*, 24 (3), 14-18. (Funded by *beyondblue* Victorian Centre of Excellence)
2. Buist, A., Ellwood, D., Brooks, J., **Milgrom, J.**, Hayes, B.A., Sved-Williams, A., Barnett, B., Karatas, J. & Bilszta, J. (2007). National Program for Depression Associated with Childbirth: The Australian Experience. *Best Practice and Research Clinical Obstetrics & Gynaecology*, 21(2), 193-206.
3. Buist, A., Speelman, C., Hayes, B., Reahy, R., **Milgrom, J.** Meyer, D. & Condon, J. (2007). Impact of Education on Women with Perinatal Depression. *Journal of Psychosomatic Obstetrics and Gynecology*, 28 (1), 49-54.
4. **Milgrom, J.**, Gemmill, A.W., Bilszta, J.L., Hayes, B., Barnett, B., Brooks, J., Ericksen, J., Ellwood, D. & Buist, A. (2008). Antenatal risk factors for postnatal depression: a large prospective study. *Journal of Affective Disorders*, 108 (1-2), 147-157. (5<sup>TH</sup> most requested article from JAD )
5. Bilszta, J., Tang, M., Meyer, D., **Milgrom, J.**, Ericksen, J. & Buist, A. (2008). Single motherhood versus poor partner relationship: outcomes of antenatal mental health. *Australian and New Zealand Journal of Psychiatry*, 42(1), 56-65.
6. Buist, A., Austin, M-P, Hayes, B., Speelman, C., Bilszta, J., Gemmill, A.W., Brooks, J., Ellwood, D., & **Milgrom, J.** (2008). Postnatal Mental Health of Women Giving Birth in Australia 2002-2004: Findings from the *beyondblue* National Postnatal Depression Program. *ANZ Journal of Psychiatry*, 42(1), 66-73.
7. Kamysheva, E., Skouteris, H., Wertheim, E.H., Paxton, S.J. & **Milgrom, J.** (2008). Examination of a Multi-Factorial Model of Body-Related Experiences During Pregnancy: The Relationship among Physical Symptoms, Sleep Quality, Depression, Self-Esteem and Negative Body Attitudes. *Body Image: An International Journal of Research*, 5 (2), 152-163.
8. Skouteris, H., Germano, C., Wertheim E.H., Paxton, S.J. & **Milgrom, J.** (2008). Sleep Quality and Depression during Pregnancy: A Prospective Study. *Journal of Sleep Research*, 17, 217-220.
9. Skouteris, H., Wertheim, E.H., Rallis, S., Paxton, S. J., Kelly, L. & Milgrom, J. (2008) Use of Complimentary and Alternative Medicines by a Sample of Australian Women During Pregnancy. *Australian and New Zealand Journal of Obstetrics and Gynaecology*, 48, 384-390.
10. Leigh, B. & **Milgrom, J.** (2008). Risk Factors for Antenatal Depression, Postnatal Depression and Parenting Stress. *Biomed Central Psychiatry*, 8, 24.
11. Zammit, S.L., Skouteris, H., Wertheim, E.H., Paxton, S.J. & **Milgrom, J.** (2008). Pregnant Women's Alcohol Consumption: The Predictive Utility of Intention to Drink and Pre-Pregnancy Drinking Behaviour. *Journal of Women's Health*, 17 (9), 1513-1522.
12. Skouteris, H., Wertheim, E., Rallis, S., **Milgrom, J.** & Paxton, S. (2009). Depression and Anxiety through Pregnancy and the Early Postpartum: An Examination of Prospective Relationships. *Journal of Affective Disorders*, 113 (3), 303-308.

13. Kamysheva, K., Wertheim, E., Skouteris, H., Paxton, S., & **Milgrom, J.** (2009). Frequency, Severity and Effect on Life of Physical Symptoms Experienced during Pregnancy. *Journal of Midwifery and Women's Health, 13*, 497-509.
14. Newnham, C.A., **Milgrom, J.** & Skouteris, H. (2009). Effectiveness of a Modified Mother-Infant Transaction Program on Outcomes for Infants from 3 to 24 Months of Age. *Journal of Infant Behavior and Development, 32* (1), 17-26.
15. Clark, A., Skouteris, H., Wertheim, E., Paxton, S., & **Milgrom, J.** (2009). My baby body: A qualitative insight into women's body-related experiences and mood during pregnancy and the postpartum. *Journal of Reproductive and Infant Psychology, 27* (4), 330-345.
16. Skouteris, H., Wertheim, E., Germano, C., Paxton, S., & **Milgrom, J.** (2009). Assessing sleep during pregnancy: A study across two Time points examining the Pittsburgh Sleep Quality Index and associations with depressive symptoms. *Women's Health Issue, 19*, 45-51.
17. Clark, A., Skouteris, H, Wertheim, E.H., Paxton, S.J. & **Milgrom, J.** (2009). The Relationship between Depression and Body Dissatisfaction across Pregnancy and the Postpartum: A Prospective Study. *Journal of Health Psychology, 14*, 23-31.
18. Teoh, V., Sims, J., **Milgrom, J.** (2009). Psychosocial Predictors of Quality of Life in a Sample of Community-Dwelling Stroke Survivors: A Longitudinal Study. *Topics in Stroke Rehabilitation, 16* (2), 157-166.
19. Newnham, C., Inder T. & **Milgrom, J.** (2009). Measuring Preterm Cumulative Stressors within the NICU: The Neonatal Infant Stress Scale. *Early Human Development, 85*(9):549-55.
20. Moss, K., Skouteris, H., Wertheim, E., Paxton, S., & **Milgrom, J.** (2009). Depressive and anxiety symptoms through late pregnancy and the first year post birth: An examination of prospective relationships. *Archives of Women's Mental Health, 12*, 345-349.
21. **Milgrom, J.**, Newnham, C., Anderson, P., Doyle, L.W., Gemmill, A.W. Lee, K., Hunt, R., Bear, M. & Inder, T. (2010). Early Sensitivity Training for Parents of Preterm Children: Impact on the Developing Brain. *Pediatric Research, 67*(3):330-335.
22. Bei, B., **Milgrom, J.**, Ericksen, J. & Trinder, J. (2010). Subjective Perception of Sleep, but not its Objective Quality, is Associated with Mood Disturbances Immediately Postpartum in Healthy Women. *Sleep, 33* (4), 531-538.
23. Kamysheva, E., Skouteris, H., Wertheim, E.H., Paxton, S.J. & **Milgrom, J.** (2010). A Prospective Investigation of the Relationships among Sleep Quality, Physical Symptoms and Depressive Symptoms during Pregnancy. *Journal of Affective Disorders, 123*, 317-320.
24. Bilszta, J., Ericksen, J., Buist, A. & **Milgrom, J.** (2010). Women's experience of postnatal depression – beliefs and attitudes as barriers to care. *Australian Journal of Advanced Nursing, 27* (3), 44-54.
25. Skouteris, H., Hartley-Clark, L., McCabe, M., **Milgrom, J.**, Kent, B., Herring, S. & Gale, J. (2010). Preventing excessive gestational weight gain: A systematic review of interventions. *Obesity Reviews, 11*, 757-768.
26. Coulson, M., Skouteris, H., **Milgrom, J.**, Noblet, A., & Dissanayake, C (2010). Factors Influencing the Planning Undertaken by Women During Pregnancy for their Return to Work After Maternity Leave. *Australian and New Zealand Journal of Organisational Psychology, 3*, 1–12.

27. Mulcare, H, Schofield, P., Kashima, Y. **Milgrom, J.** Wirth, A. Bishop, M. & Wheeler, G. (2011). Adjustment to Cancer and the Information Needs of People with Lung Cancer. *Psycho-Oncology*, 20 (5), 488–496
28. Wee, K.Y., Skouteris, H., Pier, C., Richardson, B., & **Milgrom, J.** (2011). Correlates of ante- and postnatal depression in fathers: A systematic review. *Journal of Affective Disorders*, [130 \(3\)](#), 358-377.
29. **Milgrom, J.**, Mendelsohn, J, Gemmill, AW (2011). “Does Postnatal Depression Screening Work? Throwing out the Bathwater, Keeping the Baby.” *Journal of Affective Disorders* 132 (3), 301–310.
30. **Milgrom, J.**, Schembri, C., Ericksen, J., Ross, J., & Gemmill, A. (2011). Towards Parenthood: An Antenatal Intervention to Reduce Depression, Anxiety and Parenting Difficulties. *Journal of Affective Disorders*, [130 \(3\)](#), 385-394.
31. Forsyth, C., Skouteris, H., Wertheim, E.H., Paxton, S.J. & **Milgrom, J.** (2011). “Men’s emotional responses to their partner’s pregnancy and their views on support and information received.” *The Australian and New Zealand Journal of Obstetrics and Gynaecology*, 51, 53-56.
32. Skouteris, H., McCabe, M., Ricciardelli, L., **Milgrom, J.**, Baur, L.A., Aksan, N. & Dell’aquila, D. (2011). Parent-Child Interactions and Obesity Prevention: A Systematic Review of the Literature. *Early Child Development and Care*, 182 (2), 153-174.
33. Highet, N. J., Gemmill, A. W., & **Milgrom, J.** (2011). Depression in the perinatal period: awareness, attitudes and knowledge in the Australian population. *Australian & New Zealand Journal of Psychiatry*, 45 (3), 223-231.
34. **Milgrom, J.**, Holt, C., Gemmill, A.W., Ericksen, J., Leigh, B., Buist, A. & Schembri, C. (2011). Treating Postnatal Depressive Symptoms in primary care: A randomised controlled trial of GP management, with and without adjunctive counselling. *BMC Psychiatry* (Epub ahead of print: doi:10.1186/1471-244X-11-95).
35. McPhie, S., Skouteris, H., McCabe, M., Ricciardelli, L., **Milgrom, J.**, Baur, L., Aksan, N., & Dell’Aquila, D. (2011). Maternal parental correlates of preschool child eating behaviours and body mass index: A cross-sectional study. *International Journal of Pediatric Obesity*, 6 (5-6), 476-480. (Impact Factor: 2.654)
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39. Mulcare, H., Kashima, Y., **Milgrom, J.**, Wheeler, G., Wirth, A., Bishop, M. & Schofield, P. (2012). Avoidant adjustment predicts lower information seeking in people with lung cancer. *Psycho-oncology* (Epub ahead of print: doi: 10.1002/pon.3027).

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41. McPhie, S., Skouteris, H., Fuller-Tyszkiewicz, M., McCabe, M., Ricciardelli, L.A., **Milgrom, J.**, Baur, L.A. & Dell'Aquila, D. (2012). Maternal predictors of preschool child eating behaviours, food intake and body mass index: A prospective study. *Early Child Development and Care, Special Issue on Parental Influences of Childhood Obesity*, 182 (8), 999-1014.
42. Demir, D., Skouteris, H., Dell'Aquila, D., Aksan, N., McCabe, M.P., Ricciardelli, L.A., **Milgrom, J.** & Baur, L.A. (2012). An observational approach to testing bi-directional parent-child interactions as influential to child eating and weight. *Early Child Development and Care, Special Issue on Parental Influences of Childhood Obesity*, 182 (8), 943-950.
43. Bei, B., Coo-Calcagni, S., **Milgrom, J.** & Trinder, J. (2012). Day-to-day alteration of 24-hour sleep pattern immediately before and after giving birth. *Sleep and Biological Rhythms*. Doi: 10.1111/j.1479-8425.2012.00563.x
44. Skouteris, H., Dell'Aquila, D., Baur, L., Dwyer, G., McCabe, M., Ricciardelli, L.A., **Milgrom J.**, Fuller-Tyszkiewicz, M. (2012). Physical activity guidelines for preschoolers: implications for clinical practice and public health policy. *Medical Journal of Australia*, 196 (3): 174-176 [Impact Factor 2.684].
45. Skouteris, H., McCabe, M., Ricciardelli, L., **Milgrom, J.**, Baur, L., Aksan, N, Dell' Aquila, D. (2011). Parent and child contributions to excessive weight gain in childhood: Adopting a dyadic perspective. *Early Child Development and Care*, 1-22. iFirst Article.
46. Danaher, B.G., Milgrom, J., Seeley, J.R., Stuart, S., Schembri, C., Tyler, M.S., Ericksen, J., Lester, W., Gemmill, A.W., Lewinsohn, P. (2012). Web-based Intervention for Postpartum Depression: Formative Research and Design of the MomMoodBooster Program. *JMIR Research Protocols*, 1(2) July-Dec.
47. Skouteris, H., McCabe, M., **Milgrom, J.**, Kent, B., Bruce, L., Mihalopoulos, C., Herring, S., Barnett, M., Patterson, D., Teale, G. & Gale, J. (2012). Protocol for a randomised controlled trial of a specialised health coaching intervention to prevent excessive gestational weight gain and postpartum weight retention in women: the HIPP study. *BMC Public Health*, 12:78. Doi:10.1186/1471-2458-12-78
48. Coo-Calcagni, S., Bei, B., **Milgrom, J.** & Trinder, J. (2012). The relationship between sleep and mood in first-time and experienced mothers. *Behavioral Sleep Medicine*, 10(3), 167-169.
49. Wee, K, Y., Pier, C., **Milgrom, J.**, Richardson, B., & Fisher, J. & Skourteris, H., (2013). Fathers' Mental Health during the Ante- and Postnatal Periods: Knowledge, recommendations and interventions. *British Journal of Midwifery*, 21(5), 236-247.
50. Buultjens, M., Murphy, G., Robinson, P. & **Milgrom, J.** (2013). The perinatal period: A literature review from the biopsychosocial perspective. *Clinical Nursing Studies*, 1(3), 19-31.
51. Milgrom, J., Newnham, C., Martin, P.R., Anderson, P.J., Doyle, L.W., Hunt, R., Achenbach, T.M., Ferretti, C. , Holt, C.J., Inder, T.E. & Gemmill, A.W. (2013). Early Communication Abilities in Preterm Infants Following Intervention in the NICU. *Early Human Development*. (Epub ahead of print: 10.1016/j.earlhumdev.2013.06.001.).

52. Gemmill, A.W., Worotniuk, T., Holt, C.J., Skouteris, H. & **Milgrom, J.** (2013). Maternal Psychological Factors and Controlled Child Feeding Practices in Relation to Child Body Mass Index. *Childhood Obesity*, 9(4), 326-37.
53. Reilly, N., Harris, S., Loxton, D., Chojenta, C., Forder, P., **Milgrom, J.** & Austin, M-P. (2013). Disparities in reported psychosocial assessment across public and private maternity settings: a national survey of women in Australia. *BMC Public Health*, 13, 632. DOI: 10.1186/1471-2458-13-632
54. Hill, B., Skouteris, H., McCabe, M., **Milgrom, J.**, Kent, B., Herring, S. J., Hartley-Clark, L. & Gale, J. (2013). A Conceptual Model of Psychosocial Risk and Protective Factors for Excessive Gestational Weight Gain. *Midwifery*, 29, 110-114.
55. Buultjens, M., Robinson, P., Murphy, G. & **Milgrom, J.** (In press). The Range and Accessibility of Maternity Models of Care and Allied Health Service Delivery across Public Hospitals within Victoria, Australia. *GSTF International Journal of Nursing and Health Care*. Vol.1 No.1. (Accepted for publication 26 September 2013).
56. Rallis, S., Skouteris, H, McCabe M., & **Milgrom, J.** (in press). The Transition to Motherhood: Towards a Broader Understanding of Perinatal Distress. *Women and Birth*. (Accepted 16 December, 2013).
57. **Milgrom, J.** & Gemmill, A.W. (2014). Screening for Perinatal Depression. *Best Practice & Research: Clinical Obstetrics & Gynaecology*, 28(1), 13-23.

#### **Invited Book Chapters**

1. **Milgrom, J.** & Rolland, A-C. (2008). Traitement comportemental et cognitif de la dépression du post-partum. In Jacques Dayan (Ed) *Les dépressions périnatales* (Part of the collection series Médecine et psychothérapie). Ch. 5, pp. 87-116, Issy-les-Moulineaux, France: Elsevier Masson.
2. **Milgrom, J.**, Dubow, H. & Ericksen, J. (2010). Postnatal Depression and Mother-Infant Attachment. In A.M. Columbus (Ed) *Advances in Psychology Research*, Vol. 62, Ch. 7, pp. 185-213. New York, Nova Publishers.
3. Schembri, C., & **Milgrom, J.** (2012). Depression and Anxiety after Childbirth. In J. Barletta & J. Bond, *The Home Therapist: A practical, self-help guide for everyday psychological problem*, Ch7, p237-240. Australian Academic Press.
4. **Milgrom, J.**, Gemmill, A. (2013). Identification and Treatment of Depression in the Perinatal Period. In M.L. Caltabiano & L. Ricciardelli (Eds) *Applied Topics in Health Psychology, First Edition*. Ch. 16, Wiley & Sons.

#### **Books**

1. **Milgrom, J.**, Ericksen, J., Leigh, B., Romeo, Y., Loughlin, E., McCarthy, R., Saunders, B. (2009). *Towards Parenthood. Preparing for the challenges and changes of a new baby*. Melbourne: Acer Press.
2. **Milgrom, J.**, Ericksen, J., Leigh, B., Romeo, Y., Loughlin, E., McCarthy, R., Saunders, B. (2012). *Diventiamo mamma e papà. Manuale pratico: dalla gravidanza al primo anno di vita del bambino*. Italy: Edizioni Erickson. (Italian translation of *Towards Parenthood. Preparing for the challenges and changes of a new baby*, 2009. Melbourne: Acer Press).

## Other Publications

1. Buist, A., Hayes, B., **Milgrom, J.** & Barnett, B. (2007). Not all questions can be answered. [Letter] *Australian and New Zealand Journal of Public Health*, 31(3):288.
2. **Milgrom, J.**, Ericksen, J.M. & Leigh, B. (2008). Postnatal Depression and Mother-Infant Interaction. *Centre for Community Child Health - Community Paediatric Review*, 16(3), 1-4.
3. Austin M-P, Reilly N, **Milgrom J.**, Barnett B. (2010). A national approach to perinatal mental health in Australia: exercising caution in the roll-out of a public health initiative [letter]. *Medical Journal of Australia*, 192:111.
4. Gemmill, A. & **Milgrom, J.** (2010). A disservice to suffering mothers [letter]. *Medical Observer*, p. 17, Friday 08/10/2010
5. **Milgrom J.**, Schembri C. (2012). Depression and Anxiety in the Perinatal Period: [tip sheet] *The Home Therapist*: Australian Academic Press.