

Digital health platforms as an effective mechanism for improving non-birth outcomes

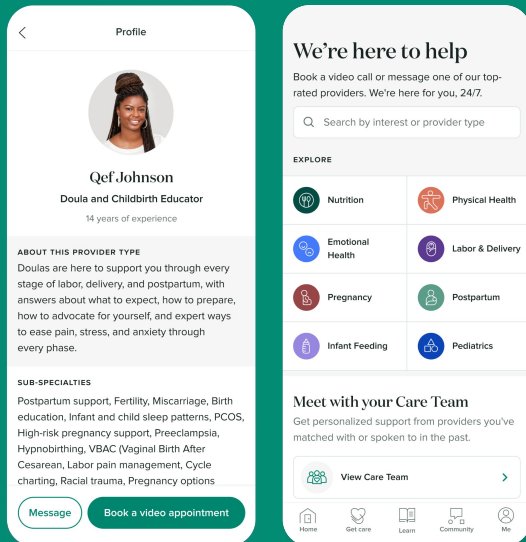
PURPOSE

To evaluate the association between use of digitally-accessed doula appointments with users' birth experiences.

METHODS & MATERIAL

- **Study design:** Retrospective cohort study of 8,989 pregnant users on Maven, a comprehensive digital platform for women's and family health.
- **Statistical method:** Adjusted logistic regression
- **Exposure:** Number of completed digitally-accessed doula appointments (i.e. 0, 1, or ≥ 2)
- **Outcomes:** User reports of improved mental health management and feeling supported during pregnancy
- **Confounders:** Maternal age, race, Social Vulnerability Index, body mass index, chronic medical conditions, history of anxiety or depression, high pregnancy-related anxiety, parity, and total number of hours on Maven

Meeting with a **digitally-accessed doula** is associated with **increased likelihood of feeling supported** and **better management of mental health** during pregnancy.



Scan QR code to view related publication on virtual doulas' impact on birth outcomes

RESULTS

Compared to users who did not meet with a digitally-accessed doula, users who attended 1 and ≥ 2 doula appointments had:

- 1.35 and 1.76 times the odds of reporting improved mental health management, respectively.
- 1.99 and 3.25 times the odds of reporting feeling highly supported throughout pregnancy, respectively.

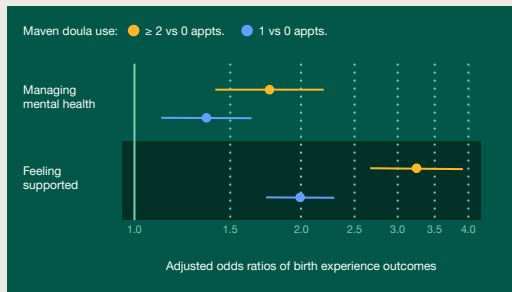


Figure 1. Adjusted associations between use of a digitally-accessed doula and improved birth experience outcomes (N = 8989)

CONCLUSION

Digitally-accessed doulas improve access to holistic care that drives psychosocial benefits.