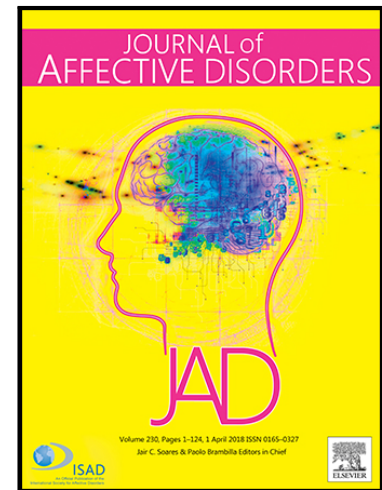


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A randomized controlled trial of 'MUMentum Pregnancy':
Internet-delivered cognitive behavioral therapy program for antenatal
anxiety and depression

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Highlights

- RCT of a brief unguided iCBT program for antenatal anxiety and depression
- Superior medium to large reductions in anxiety and psychological distress for iCBT
- Small non-significant between-group differences for depression symptom severity
- Participant credibility and satisfaction ratings were high with 76% adherence rate

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