



## WHAT'S NEW WITH APrON?



We would like to wish all of our APrON mothers a Happy Mother's Day! We hope that you enjoy celebrating and spending time with your family.

### Recruitment Notice

The Kopala-Sibley lab is recruiting teenagers (12- 17 years old) with parents who may have had difficulties with mood/anxiety disorders in the past. We are interested in understanding what factors influence teenage brain development and how this relates to teenagers' mental health. If interested, please email [hayley.schmidtler@ucalgary.ca](mailto:hayley.schmidtler@ucalgary.ca) or visit our website for more information at [www.kopalasibley.com](http://www.kopalasibley.com)

### APrON Data Collection Update

We are currently finalizing the 14-year questionnaire data collection as part of the ABCD study. This wave of data collection will begin in the summer of 2023, around the time the earliest born APrON youth participant turns 14. We will send out more information about the 14-year data collection this summer, when mothers and youth will be invited to complete the 14-year questionnaires.

The maternal, paternal, and child five year questionnaires are currently being cleaned by the APrON data team, along with the five year and eight year ABCD questionnaires. The ABCD questionnaire extended the scope of topics studied by the five year APrON child questionnaire

to examine the impact of mothers' nutrient intake on their mental health and on their children's development and mental health.

We're wondering if you would be able to please keep our participant e-mail list up to date by contacting the APrON study team ([apron@ucalgary.ca](mailto:apron@ucalgary.ca)) if your e-mail address will change. This will be important in order to receive future questionnaires, as most participants are now receiving them by e-mail.

## COVID-19 Pandemic: Impact on Maternal and Child Health



### Update: COVID-19 Mothers and Youth Questionnaires

All mothers and youth who are currently participating in the APrON study were invited to participate in the APrON COVID-19 Impact study, which investigated the impact of the pandemic on work life, activities of daily living, finances, coping, and maternal and child physical and mental health outcomes. We were also interested in understanding how COVID-19 impacted children and youth's mental health, well-being, and coping. We would like to thank all mothers and youth who participated in the four waves of the COVID-19 Impact Survey, which were administered from 2020 - 2022.

We would like to take this opportunity to congratulate the following iPad winner from the draw of all APrON participants who completed the COVID-19 Impact survey:



Brody (left), Jenny (middle), Ella (right)

Please refer to the following APrON study website link for important COVID-19 resources:

<https://apronstudy.ca/covid-19-resources/>



### Join APrON's Participant Advisory Committee

The APrON team is always looking for participants to join our advisory committee meetings and we want you to be a part of it! Share your ideas on how we can keep participants, like you, engaged and interested in our research. We want to hear from you. If you would like to learn more about this exciting opportunity, please contact us by email at [apron@ucalgary.ca](mailto:apron@ucalgary.ca).

## RESULTS

**Study Title: Prenatal and postnatal maternal anxiety and amygdala structure**

## and function in young children



This study was done to develop a tool to predict newborns, born at full term, and at risk of developing baby brain injury medically known as cerebral palsy (CP). The developed tool was much more helpful in picking out newborns, who later developed cerebral palsy, as compared to situations where children presented suddenly with encephalopathy-disease of the brain which disturbs the brain function and structure.

This tool also helped to:

- Show that other factors aside intrapartum asphyxia (a situation in which the baby does not get enough oxygen during labour or delivery), are also responsible for developing baby brain injury;
- There are many causes of CP and more one test is definitely needed to identify patients with CP.

It is suggested that an algorithm be made with the results of this tool, which would help identify infants with CP who have had uncomplicated births. This can be done by intensifying well-baby visits focusing on clinical examinations that help in identifying patients with CP. Kids having high probability scores should be referred to specialists for further evaluation.

This research also showed that CP risk factors are additive. Some risk factors like: illicit drug use by the mothers during pregnancy, infection of the placenta and amniotic fluid, low apgar score of the infant at 5 minutes of assessment, can act alone to increase the risk of CP.

Reference: Rouahbi, A., Husein, N., Dewey, D., Letourneau, N., Dboval, T., Oskoui, M., ... & Wood, E. (2023). Development of a bedside tool to predict the diagnosis of cerebral palsy in term-born neonates. *JAMA Pediatrics*, 177, 177-186.

To request the above or any other APrON publication please contact us at [apron@ucalgary.ca](mailto:apron@ucalgary.ca)

[Click here](#) to view all of the APrON publications to date.

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### Send Us Your Feedback!

If you have any comments or questions about the APrON Newsletter, we want to hear them! We would also like to hear your ideas for future newsletters. Please contact us at [apron@ucalgary.ca](mailto:apron@ucalgary.ca). We truly value your feedback!

### Help Keep Our Files Up-To-Date

Staying in touch with our participants is a key part of our work. When we lose touch with people we lose our ability to answer important health questions. If you have moved, changed your phone number or have a new email address, please take a moment to let us know of these changes. Keep in mind that we can send you surveys and keep you up-to-date with the APrON Leaflet no matter where you live, even if you are outside of Alberta or Canada.



**apronstudy.ca**

Questions? Email us at [apron@ucalgary.ca](mailto:apron@ucalgary.ca)

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