



American Academy of Nursing
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American Academy of Nursing Designates Dr. Linda Beeber an Academy Edge Runner for Reducing Depressive Symptoms and Enhancing Parenting in Low-Income and Newly-Immigrated Mothers of Babies

Washington, D.C. (April 12, 2017) — The American Academy of Nursing today announced the designation of Linda S. Beeber, PhD, PMHCNS-BC, FAAN as an Academy Edge Runner for her model of care, *Reducing Depressive Symptoms and Enhancing Parenting in Low-Income and Newly-Immigrated Mothers of Infants and Toddlers*. Dr. Beeber is the Francis Hill Fox Distinguished Term Professor, University of North Carolina at Chapel Hill, School of Nursing. The Edge Runner initiative recognizes nurse-designed models of care that impact cost, improve quality and enhance patient satisfaction.

“The Academy is proud to designate Dr. Linda Beeber as an Edge Runner for her work to reduce maternal depressive symptoms and enhance mothering strategies for low income and newly immigrated mothers of infants and toddlers,” said Academy President Bobbie Berkowitz, PhD, NEA-BC, FAAN. “Infancy and toddlerhood is such a critical period of time for brain and neurocognitive development. Dr. Beeber understands that helping vulnerable mothers reduce their depressive symptoms also helps prevent negative child outcomes.”

Dr. Beeber’s research teams conducted over 20 years of sustained research to identify how context-specific maternal stressors such as economic hardship, immigration, discrimination or child developmental disabilities are linked to maternal depressive symptoms. Being one of the first researchers to recognize the mother-child dyad as an integral unit, Dr. Beeber developed nurse-delivered interventions to increase maternal self-efficacy through symptom monitoring and control, problem-focused strategies and improved parenting.

“I am honored that the Academy has recognized my work with an Edge Runner designation,” said Dr. Beeber. “My team demonstrated that state-of-the-art, evidence-based interventions could be made accessible and acceptable to high-risk underserved mothers. Our intervention empowers the mother to reduce her symptoms and confront root causes of stressors.”

[A summary profile of the Dr. Beeber’s Edge Runner model of care is available here.](#)

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About the American Academy of Nursing

The American Academy of Nursing (<http://www.AANnet.org>) serves the public and the nursing profession by advancing health policy and practice through the generation, synthesis, and dissemination of nursing knowledge. The Academy’s more than 2,500 fellows are nursing’s most accomplished leaders in education, management, practice, policy, and research. They have been recognized for their extraordinary contributions to nursing and health care.