A Mindfulness Approach to Pregnancy and Childbirth

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The impact of pre and postnatal anxiety and depression
- Fetal growth, preterm labour & low birth weight; equivalent to / in excess of risk factors such as smoking (Dunckle et al, 2012; Stein, et al., 2008)
- Poorer long-term child outcomes (Ramchandani et al, 2005; Van den Bergh et al, 2005)
- Infant postnatal stress patterns relate to exposure to maternal anxiety during pregnancy (Grant et al, 2009)
- Women with PND have an increased risk (40%) of future depressive episodes. (Goodman 2004; Cooper & Murray 1995; Wisner et al 2004)
- PND impacts on long-term outcomes including maternal mood, child development and the quality of the mother-baby relationship. (Lovestone & Kumar, 1993).
- Unrecognized and untreated, parental distress has long lasting implications with effects on bonding, attachment, child cognitive development and lifetime mental health (DOH 2010, 2011)

Oxford MBCP Project to Date
2012: 1st UK MBCP nine week course runs in Oxford
1st Mindfulness staff course at Women’s Centre
2014: 1st MBCP 4 week short workshops run in Oxford
2nd Mindfulness staff course at Women’s Centre
2015: 4 week short workshops run by OUH midwives in CC ongoing
Staff groups x 3
2016: Research study of 4 week course using pre and post course validated tools
Staff Groups ongoing

Essential elements of the four week course
- Normal physiology of labour: pain, fear, and mindfulness
- Formal meditation practices with CDs
- Informal mindfulness practice
- Mindful pain coping skills for labour
- Breastfeeding, postpartum care
- Social and emotional needs of infants (attunement)
- Mindful parenting/couple communication
- Enquiry as an educational process

Self-Report Measures
General Measures:
- Socio-Demographic details
- Five Factor Mindfulness Questionnaire (FFMQ)
- The Perceived Stress Scale (PSS)
- The Generalized Anxiety Disorder Scale (GAD-7)

Pregnancy specific measures:
- Edinburgh Postnatal Depression Scale (EPDS)
- Tilbury Pregnancy Distress Scale: (TPDS)
- Oxford Worries about Labour Scale (OWLS)
- Pregnancy Experience Scale (PES-brief)

Pre-course Baseline Mood (N= 100: 64 mothers & 36 fathers)

- Mean Mothers
- Mean Fathers
- Norm

Mother’s Mood Pre to Post Course (n = 32 to 36)