

# 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** : 1<sup>st</sup> UK MBCP nine week course runs in Oxford

1<sup>st</sup> Mindfulness staff course at Women's Centre

**2014** : 1<sup>st</sup> MBCP 4 week short workshops run in Oxford

2<sup>nd</sup> 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

12- 20% of women suffer antenatal / postnatal depression



Data from 100 participants collected over 8 MBCP courses

October 2014 to January 2016  
(n = 13, 15, 14, 16, 10, 12, 12 and 8 respectively)

### 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)

