

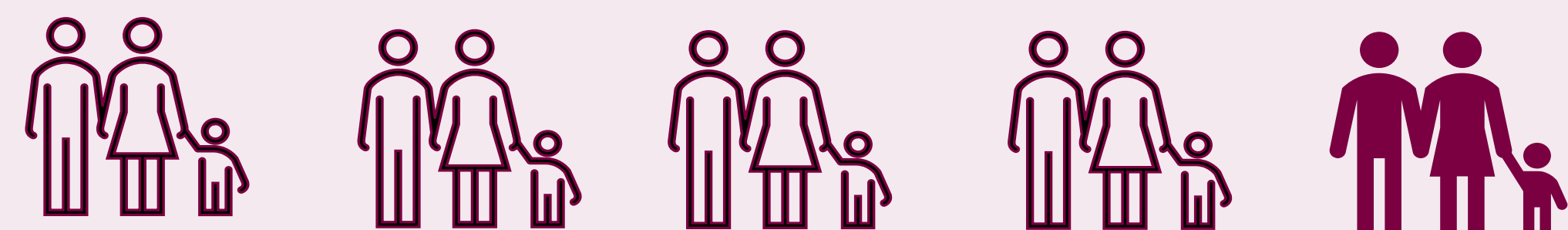
A qualitative exploration of distressed postpartum mothers' perspectives on an online mindfulness intervention.

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BACKGROUND

• **Postpartum depression and anxiety (PPDA)** is experienced by **1 in 5** families in the first year.



- **Mindfulness-Based Interventions (MBI)** are effective in PPDA, but often not accessible.
- Providing groups **online** may significantly **improve accessibility** to MBI.



OBJECTIVE: explore **perspectives** of mothers with **PPDA** on the **benefits** of **online MBI**

METHODS

- **Mothers with PPDA** were recruited from a tertiary **perinatal mental health clinic**.

Characteristic	Sample Size N = 55
Age mean (range)	35.2 years (27-45)
Months postpartum mean (range)	5.8 months (.75-12)

- The clinic provided 8-week adapted **MBSR**.
- At week 8, administered **qualitative survey**



“What are you taking away from the program? What do you perceive as the benefits of participating in the program?”

- Responses analyzed using thematic analysis.

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Moms with postpartum depression and anxiety say online mindfulness interventions improved self-compassion, awareness of thoughts and emotions, and overall mental health.



Scan to download our protocol paper (Full results coming soon!)



Reproductive Mental Health



Centre for Mindfulness
A More Mindful Hospital



RESULTS

5 Primary Themes Emerged in Responses

1



IMPROVED MENTAL HEALTH AND ABILITY TO COPE WITH NEGATIVE EXPERIENCES

“Learning skills that help me manage negative thoughts and anxiety.”

2



PRACTICING SELF-COMPASSION AND SELF-ACCEPTANCE

"I am able to take a second for myself and be kinder to myself"

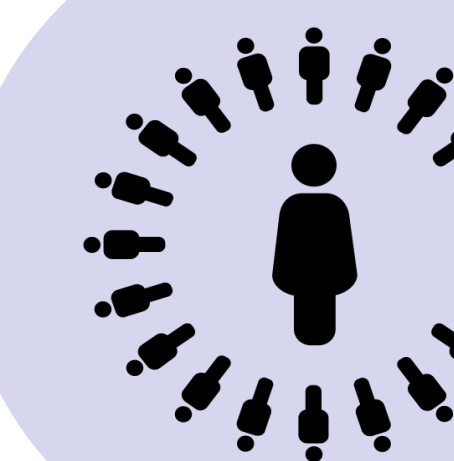
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GAINING AWARENESS OF THOUGHTS, BEHAVIOURS, AND EMOTIONS

"To be more mindful of my own destructive thought processes and how they cause me to view the world in an altered way"

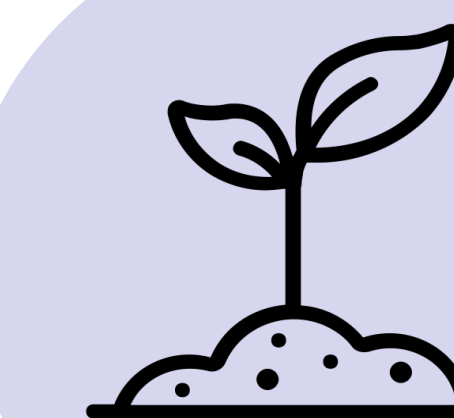
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RECEIVING SOCIAL SUPPORT

"I found a huge benefit in talking with other women facing similar challenges and having weekly check-ins with my mindfulness practice."

5



ESTABLISHING A REGULAR, MORE ACCESSIBLE MINDFULNESS PRACTICE

"Finding moments in every day to be mindful."

CONCLUSION

- Mothers with **PPDA** found the **online program** to be **helpful** for various domains of their well-being.
- In the future, we will analyze quantitative data and explore the **impact of MBI's on the child**.