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

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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.

**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.
- 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.

**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”

3. **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”

4. **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.