Clinician Perspectives on the Feasibility of Online Mindfulness Groups for Postpartum Depression and Anxiety

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Background

- **1 in 5 families** are affected by Postpartum Depression and Anxiety (PPDA).
- Mindfulness based interventions (MBIs) are **effective in treating PPDA** .

Objective:

Investigate clinician perspectives on the feasibility of delivering MBIs online for families affected by PPDA.

Methodology

- Clinicians delivered an 8-week online MBI groups to 54 mothers diagnosed with PPDA.
- Clinicians shared feedback after each session (total of 43 sessions).
- Descriptive statistics analysis of clinician responses.

Clinicians find **online mindfulness groups feasible** for intervention of Postpartum Depression and Anxiety

Results

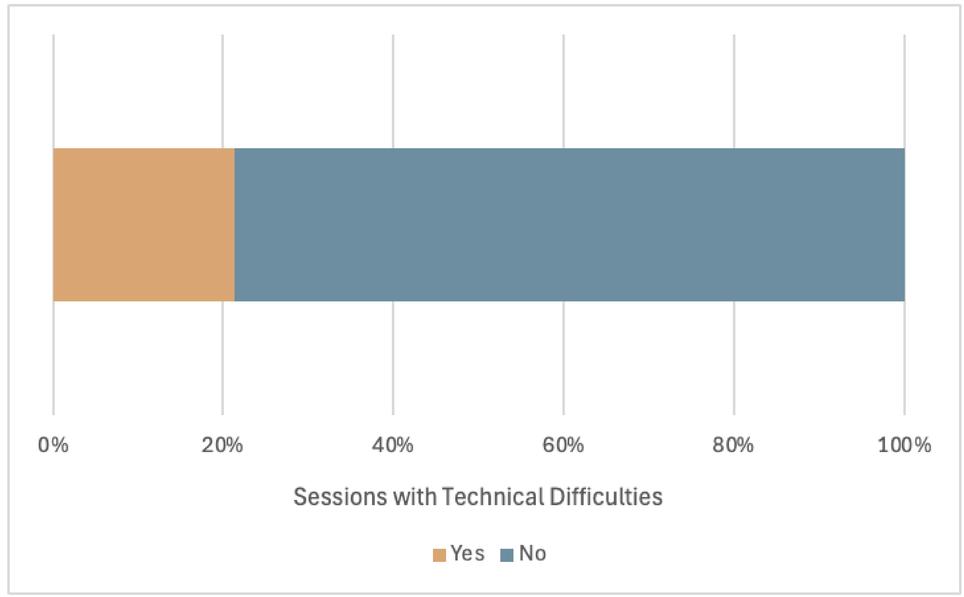

Figure 1. Percentage of sessions with at least one technical difficulty. The majority of sessions (78.6%) had no technical difficulties.

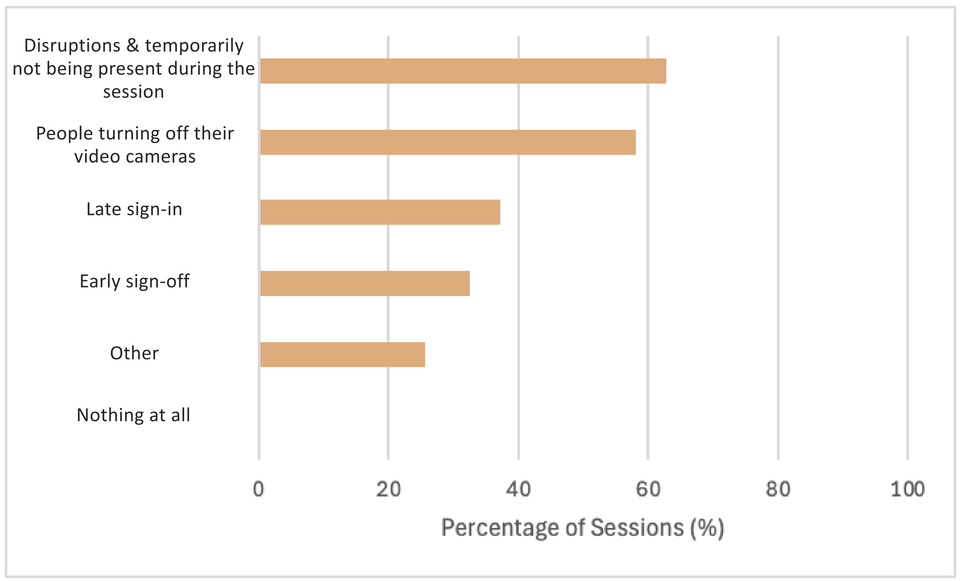

Figure 2. Facilitator report on situations where participants were not present during the sessions. Disruptions & temporary non-presence in the sessions included instances of parents leaving the screen to sooth or attend to their baby.

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