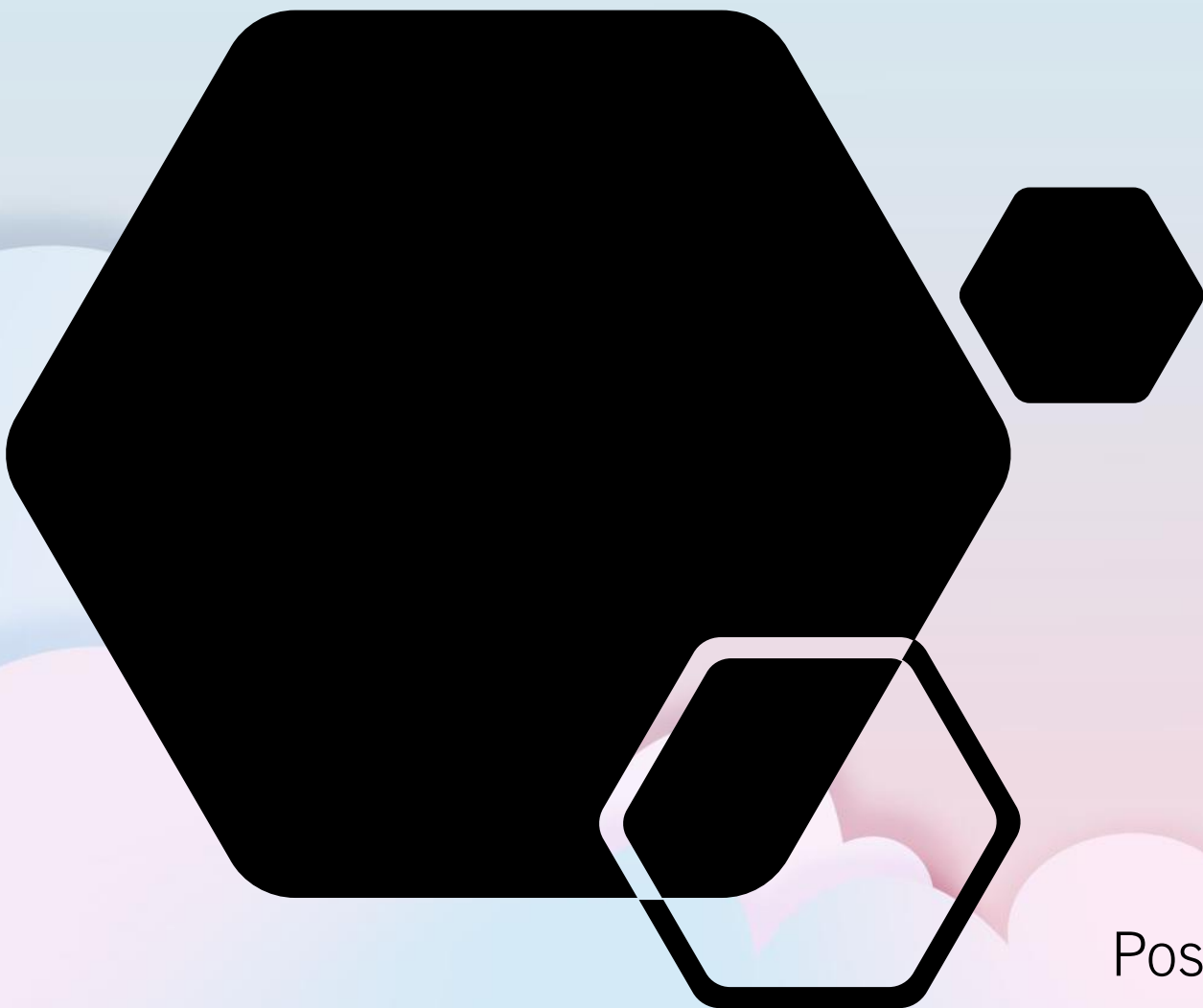




Module: Introduction to Research
(BMHP5005)

Assessment 2: Viva Voce

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Topic: Women's Experiences of
Postnatal Depression and the Impact on
Maternal Bonding

INTRODUCTION

Aim of the research:

Aim of this research is to investigate the impact of women's experiences of postnatal depression and maternal bonding.

Rationale:

According to GOV.UK (2022), monitoring for PND in new mothers is not advised, although PND left untreated can have devastating effects on children (Sloman et al., 2019).

Objective of the research:

1. To define the main concepts related to topic.
2. Analyse and review the literature related to topic.
3. Evaluate the impact of women's experiences on maternal bonding.
4. Identify strategies to support women experiencing postnatal depression.

METHODS

The data were collected through a systematic literature review of five empirical articles.

Type of research:

Secondary qualitative research.

Used databases:

PubMed Central, SpringerLink, Taylor & Francis Journals, BioMed Central, UWTSD Library Catalogue, ScienceDirect.

Inclusion/Exclusion Criteria:

Inclusion criteria's are: primary research written in English; articles published no more than 10 years ago; mothers who are 18 years or older with postpartum onset of psychosis.

Exclusion criteria are: articles published before 2012, prenatal mental illnesses, mania or severe depression; drug or alcohol abuse, women under 18 years; inability to read/write.

Keywords:

Postnatal Depression; Mental Health; Baby Blues; Postpartum Psychosis; Mother-to-Infant Bonding; Screening; Prevalence; Breastfeeding.

LITERATURE REVIEW

Author(s), title, year of publication	Aim of study	Methods, Sample size, characteristics	Summary of main findings
Afolabi, O., Bunce, L., Lusher, J., Banbury S. 'Postnatal depression, maternal-infant bonding and social support: a cross-cultural comparison of Nigerian and British mothers.' 2020	In this study, women from Nigeria, the UK, and Nigerian immigrants' experiences with PND and maternal-infant bonding (MIB) are examined in relation to social support, parity, and cultural norms.	124 participants recruited from UK and Nigeria. Questionnaires included EPDS, PBQ and NSSQ.	Findings demonstrate the significance of cultural elements in the emergence of PND and forming of MIB in the context of culturally sensitive treatment services.
Coates, R., Ayers, S. and de Visser, R. 'Women's experiences of postnatal distress: a qualitative study.' 2014	Understanding the experiences and levels of emotional distress that women in the first postnatal year had was the main goal of this study.	17 women with psychological problems were part of semi-structured interviews face-to-face or over the phone.	Different psychological progressions, such as guiltiness, avoidance, and difficulty adjusting, were experienced by women.

PD = postpartum depression; PBQ: Postpartum Bonding Questionnaire; YMRS = Young Mania Rating Scale; EPDS = Edinburgh Postnatal Depression Scale; MIB = maternal-infant bonding; NSSQ = Norbeck's Social Support Questionnaire

LITERATURE REVIEW

Author(s), title, year of publication	Aim of study	Methods, Sample size, characteristics	Summary of main findings
Stein, A., Netsi, E., Lawrence, P.J., Granger, C., Kempton, C., Craske, M.G., Nickless, A., Mollison, J., Stewart, D.A., Rapa, E., West, V., Scerif, G., Cooper, P.J. and Murray, L. 'Mitigating the effect of persistent postnatal depression on child outcomes through an intervention to treat depression and improve parenting: a randomised controlled trial.' 2018	Look into whether adding parenting video-feedback treatment to cognitive behavioural therapy for recurrent postpartum depression might enhance child outcomes at age 2.	144 women recruited from Oxfordshire, Buckinghamshire, and Berkshire counties in the UK, the Structured Clinical Interview was done as well as EPDS and IBQ.	Among mothers who were chronically depressed and received intense home-based therapy, remission rates were high and long-lasting, and child development outcomes improved.
Hadfield, H., Glendenning, S., Bee, P. and Wittkowski, A. 'Psychological Therapy for Postnatal Depression in UK Primary Care Mental Health Services: A Qualitative Investigation Using Framework Analysis.' 2019	Recording mothers' PND therapy experiences with an emphasis on parenting-related results.	14 mothers who received psychological therapy in NHS participated in semi-structured, recorded interviews.	The results showed that women thought treatment was beneficial for enhancing their mood, parental confidence, and bond with their child.
Gilden, J., Molenaar, N.M., Smit, A.K., Hoogendijk, W.J.G., Rommel, A.-S., Kamperman, A.M. and Bergink, V. 'Mother-to-Infant Bonding in Women with Postpartum Psychosis and Severe Postpartum Depression: A Clinical Cohort Study.' 2020	In this study, women with postpartum depression and postpartum psychosis who were hospitalised to a Mother and Baby Unit were subject of bonding investigation.	155 mothers with severe postpartum mood disorders, with no appreciable differences in the women's ages, length of hospitalisation, marital status, educational attainment, infant's gender, or psychiatric histories, completed PRQ and EPDS.	The findings of this study suggest that women who have severe postnatal psychiatric disorders, and in particular those who have postpartum depression, are at risk of having reduced mother-to-infant connection because of the symptoms they experience.

RESULTS

Key themes:

- Negative consequences of PND on mother-infant bonding (Gilden et al., 2020), (Hadfield et al., 2019).
- “Perfect Mother” (Hadfield et al., 2019), (Afolabi et al., 2019).
- Bonding issues can affect a child's long-term development (Stein, 2018), (Gilden et al., 2020).
- Relationships within the healthcare system (Coates, Ayers and de Visser, 2014), (Afolabi et al., 2019) and cultural factors (Afolabi et al., 2019) (Hadfield et al., 2019).

DISCUSSION

- ✓ Negative consequences of PND on mother-infant bonding – decreased mother-to-infant attachment due to the nature of their symptoms (Gilden et al., 2020). Negative view of themselves as "poor" mothers, unable to "cope", self-criticism, PND shows signs of failure as a mother, emotional barriers, guilt, and societal expectations (Hadfield et al., 2019).
- ✓ "Perfect Mother" – society promotes an idealised version of motherhood, which makes women feel ashamed of their illness and discourages them from disclosing its symptoms (Hadfield et al., 2019), (Afolabi et al., 2019).

DISCUSSION

- ✓ Bonding issues can affect a child's long-term development – breastfeeding hormones (oxytocin and prolactin) are released and that leads to lower stress and enhanced bonding (Liu, Leung and Yang, 2013). Impaired bonding affects long-term emotional, cognitive, and behavioural development (Stein, 2018), and risk of adulthood's psychopathology (Gilden et al., 2020).
- ✓ Relationships within the healthcare system and cultural factors – one of the reasons for non-registration symptoms are relationships within the healthcare system – unavailable staff; being mistreated or ignored; not having sufficient time; lack of maternity/neonatal staff; uninformed about sources of support (Coates, Ayers and de Visser, 2014). Mothers who are immigrants and mothers from Black and Minority Ethnic (BAME) backgrounds may face additional difficulties in accessing mental health services (Hadfield et al., 2019).

CONCLUSION

- ❖ Further researches and providing more support among mothers from ethnic minority backgrounds, since there is increased risk of PND (Afolabi et al., 2017).
- ❖ Further research about impact of societal pressures and ideals on mothers (Hadfield et al., 2019), (Afolabi et al., 2017).
- ❖ Receiving adequate support in order to enable mothers to continue breastfeeding and thus supports the current UK policy about promoting exclusive breastfeeding (Nuffield Trust, 2018).
- ❖ Recognising barriers, effectively identifying and treating problems and symptoms, thus reducing long-term costs (Bauer et al., 2014).

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