



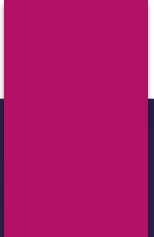
INTRODUCTION TO RESEARCH (BMHP5005) ASSESSMENT 2: VIVA VOCE

THE IMPACT OF MATERNITY ON WOMEN'S MENTAL HEALTH AND WELLNESS

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Introduction

This literature review will introduce the effects of maternity on women's emotional well-being and mental health.

The review aims at exploring, examining, and recognising the effects of maternity on women's mental health and wellness.

The objectives are to acknowledge and analyse the findings of the relevant studies.

Author(s), title and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Franks WLM, Crozier KE, Penhale BLM. Women's mental health during pregnancy: A participatory qualitative study. 2016	To examine the factors impacting pregnant women's mental health.	Qualitative and quantitative methods, 32 people of which 17 mothers and 15 professionals.	Similar characteristics were found between mothers' and professionals' point of view on influencing women's mental health during pregnancy.
McLeish J, Redshaw M. Mothers' accounts of the impact on emotional wellbeing of organised peer support in pregnancy and early parenthood: a qualitative study. 2017	To explore the emotional wellness and the need of support for mothers during pregnancy and afterwards through “mental health” peer support .	Qualitative and quantitative methods, semi-structured interviews, 47 mothers.	Mothers are not understood, feeling low and stressed, unable to open to professionals and no social support provided.

Author(s), title and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
McLeish J, Redshaw M. Maternity experiences of mothers with multiple disadvantages in England, 2019.	To identify maternity experiences of women with disadvantages.	A qualitative and quantitative methods, 40 mothers.	Low self-esteem, stress and high level of mistrust.
Harris R, Gibbs D, Mangin-Heimos K, Pineda R. Maternal mental health during the neonatal period: Relationships to the occupation of parenting, 2018.	To analyse the mental wellbeing in mothers with preterm infants vs mothers with full-term infants.	Quantitative and qualitative methods ,37 mothers of preterm infants and 47mothers of full-term infants.	Increased risk of mental distressed for mothers with preterm infants vs mothers with full term infants.

Results

- Factors undermining women's mental health.
- Infant birthweight and mother's psychological wellbeing.
- The impact of peer support during pregnancy and after birth.
 - emotional needs
 - peer support positive affect
- Disadvantaged mothers and vulnerability.
 - need for respect
 - the significance of choice and control
 - difficult and scary time
 - not feeling safe without trust

Discussion

- **Equality for all mothers**
 - building confidence
 - overcoming challenges
 - guidance for making decisions
- **Maternity services**
 - educating staff
 - addressing attitude of employees
 - establishing positive approach
- **Peer support help**
 - ethnic minorities
 - making a difference
 - overall impact on mental health
- **Preterm vs full term**
 - stress and anxiety
 - NICU building confidence
 - C-section

Conclusion

Maternity has a great impact on women's health and wellbeing. Feelings of sadness, loneliness, distress, coping with putting on weight, and unpredictable behaviour are some of the symptoms women can experience during and after pregnancy (NHS, 2021).

Studies are conducted to examine, analyse and determine the factors influencing the changes during maternity.

References

Franks, WLM., Crozier, KE., and Penhale, BLM. (2017) 'Women's mental health during pregnancy : A participatory qualitative study', *Women and Birth*, 30(4), pp. 179-187. Available at: <https://pubmed.ncbi.nlm.nih.gov/28057430/> (Accessed: 4th December 2021).

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National Health Service (2021) Mental health in pregnancy. Available at: <https://www.nhs.uk/pregnancy/keeping-well/mental-health/> (Accessed: 4th December 2021).