

Mindfulness Based Childbirth and Pregnancy Research

Articles in peer-reviewed journals

- Duncan, L. G. & Bardacke, N. (2009) “Mindfulness-Based Childbirth and Parenting Education: Promoting family mindfulness during the perinatal period” in *Journal of Child and Family Studies*

This study used both quantitative and qualitative research methods to investigate the MBCP programme. 27 pregnant women participated in MBCP during their third trimester of pregnancy, accompanied with their partners. Quantitative results from the current study include statistically significant increases in mindfulness and positive affect, and decreases in pregnancy anxiety, depression, and negative affect from pre- to post-test ($p < .05$). Qualitative reports from participants reporting perceived benefits of using mindfulness practices during the perinatal period and early parenting.

- Hughes, A. et al., (2009) “Mindfulness approaches to childbirth and parenting” in *The British Journal of Midwifery*

This study investigated mindfulness for pregnancy and childbirth and examined three main areas: 1) managing pain during pregnancy and labor; 2) reducing risk of perinatal depression; and 3) increasing 'availability' of attention for the infant. The evidence suggests the possibility that mindfulness has an important contribution to make, both for reducing vulnerability in high-risk groups and as a universal intervention.

- Duncan, L. et al. (2014). “Mind in labor: Effects of mind/body training on childbirth appraisals and pain medication use during labor” [abstract] in *The Journal of Alternative and Complementary Medicine*

In a small, randomized controlled trial (N=30), the impact of “Mind in Labor (MIL): Working with Pain in Childbirth was tested. After receiving the intervention, MIL participants showed increased childbirth self-efficacy ($p=.04$) and a trend towards lower pain catastrophizing compared to controls. Epidural anesthesia rates were comparable across conditions, but fewer MIL participants used systemic opioid analgesia during labor (Fisher’s exact test $p=.119$). MIL participants had significantly lower depression symptoms post-course than controls; the difference grew in magnitude postpartum; ($p=.04$).”

