

Perinatal Mental Health Key Documents

[Please note this list is not exhaustive]

Date	Author/Source	Type	Title	Synopsis	Link
2015	Centre for Mental Health and RCGP	Report	Falling through the gaps: perinatal mental health and general practice.	This report is an important step in understanding women's experiences and the role of GPs in disclosure, identification and support. It makes important recommendations for policymakers, commissioners of maternal health services and healthcare professionals.	Link
2014	Centre for Mental Health	Report	The costs of perinatal mental health problems.	This report is part of our Everyone's Business Campaign, www.everyonesbusiness.org.uk , which calls for all women throughout the UK who experience perinatal mental health problems to receive the care they and their families need, wherever and whenever they need it. Local and national providers, commissioners and governments must act now to begin to reduce the human and economic costs of perinatal mental illness to our families, to our society, and to our nations.	Link
2014	NICE	Guideline	Antenatal and postnatal mental health guideline.	Makes recommendations for the recognition, care and treatment of woman with mental health problems in woman during pregnancy and the postnatal period (up to 1 year after childbirth) for the care of women with an existing mental health problem who are planning a pregnancy and for the organisation of mental health services.	Link
2014	Mental Health Network. NHS Confederation	Briefing	A good start in life. Improving perinatal and maternal mental health provision.	This briefing highlights the prevalence of maternal mental health problems, the services that vulnerable women and their families need, and the contribution mental health organisations can make to improve perinatal provision in England.	Link
2013	RCM, NSPCC,	Report	Specialist Mental Health Midwives.	This document explains why Specialist Mental Health	Link

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	Maternal Mental Health Alliance		What they do and why they matter	Midwives are needed, and what they do. It is intended as a resource for maternity managers and commissioners looking to introduce or strengthen the Specialist Mental Health Midwife role in their local service.	
2013	Tommys	Report	Perinatal Mental Health. Experiences of woman and health professionals.	This report describes the key findings from two surveys: of around 1,500 women; and of more than 2,000 health professionals.	Link
2013	NHS England	Service Specification	Specialised Perinatal Mental Health Services (In-Patient Mother and Baby Unit and Linked Outreach Teams)	Details of Clinical Reference Group members covering specialised perinatal mental health and service specification details.	Link
2012	Joint Commissioning Panel for Mental Health	Guidance	Guidance for commissioners of perinatal mental health services. Volume 2 – practical mental health commissioning.	This guide is about the commissioning of good quality perinatal mental health services. It has been written to assist specialised commissioners, as well as Clinical Commissioning Groups and Health and Wellbeing Boards. It will also be of use to provider organisations, service users, patients, carers, and the voluntary sector	Link
2012	NSPCC	Report	Prevention in mind. All babies count: Spotlight on Perinatal Mental Health	This document is a call to action for key decision makers at a national and local level to work together to close these gaps, to improve the lives of families, and to prevent unnecessary suffering.	Link
2012	NCT	Research article	Improving the health and wellbeing of parents and children during the antenatal period: an introduction to behaviour change intervention.	This is the first in a series of occasional articles looking at the effectiveness of educational and support interventions during the perinatal period aimed at improving health and wellbeing for parents and their children.	Link
2011	NCT	Research	Fathers' roles in perinatal mental	This article looks at antenatal and postnatal mental health,	Link

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		article	health: causes, interactions and effects	addressing explicitly the role of fathers and the impact they can have on the health and well-being of mothers and infants.	
2011	Department of Health	Case study	Community based perinatal mental health assessment	Southern Health Foundation Trust - This case study focuses on an improvement in service quality, innovation or a new way of working, specifically along one or more of the strands of the health visiting service vision and family offer	Link
2009	IAPT	Guidance	Perinatal. Positive Practice Guide.	Improving Access to Psychological Therapies (IAPT) services should be commissioned to meet the needs of everyone in the community who will benefit from them, including those with perinatal mental health problems.	Link
2007	NICE	Guideline	Antenatal and postnatal mental health: Clinical management and service guidance	This guideline makes recommendations for the prediction, detection and treatment of mental disorders in women during pregnancy and the postnatal period (up to 1 year after delivery). It includes advice on the care of women with an existing mental disorder who are planning a pregnancy, and on the organisation of mental health services.	Link
2007	NICE	Guideline	Antenatal and postnatal mental health overview	Flowchart representation of antenatal and postnatal mental health pathways; care, prevention, prediction and detection, treatment and benefits and risks of treatment.	Link

Literature Search October 2014 conducted by: Library & Knowledge Service, The Rotherham NHS Foundation Trust
 [Documents are available from the knowledge service]

Author and Source	Date	Document Title
Sado Mitsuhiro et al. Cochrane Database of Systematic Reviews	2012	Hypnosis during pregnancy, childbirth, and the postnatal period for preventing postnatal depression
Miller Brendan J et al. Cochrane Database of Systematic Reviews	2013	Dietary supplements for preventing postnatal depression
Lavender Tina et al. Cochrane Database of Systematic Reviews	2013	Telephone support for women during pregnancy and the first six weeks postpartum
Essali Adib et al Cochrane Database of Systematic Reviews	2013	Preventive interventions for postnatal psychosis
Molyneaux Emma et al Cochrane Database of Systematic Reviews	2014	Antidepressant treatment for postnatal depression
Dennis Cindy-Lee, Dowswell Therese Cochrane Database of Systematic Reviews	2013	Interventions (other than pharmacological, psychosocial or psychological) for treating antenatal depression
Yonemoto Naohiro et al Cochrane Database of Systematic Reviews	2013	Schedules for home visits in the early postpartum period
Marc Isabelle et al Cochrane Database of Systematic Reviews	2011	Mind-body interventions during pregnancy for preventing or treating women's anxiety
Dennis Cindy-Lee, Dowswell Therese Cochrane Database of Systematic Reviews	2013	Psychosocial and psychological interventions for preventing postpartum depression
Gordon Andrea et al Cochrane Database of Systematic Reviews	2013	Antidepressants for depression during pregnancy
Byatt N et al	2012	Strategies for improving perinatal depression treatment in North American outpatient obstetric

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Author and Source	Date	Document Title
Journal of Psychosomatic Obstetrics and Gynaecology		settings (Provisional abstract)
Clarke K et al PLOS Medicine	2013	Psychosocial interventions for perinatal common mental disorders delivered by providers who are not mental health specialists in low- and middle-income countries: a systematic review and meta-analysis (Provisional abstract)
Jans LA et al British Journal of Nutrition	2010	The efficacy of n-3 fatty acids DHA and EPA (fish oil) for perinatal depression (Provisional abstract)
Clatworthy J Journal of Affective Disorders	2012	The effectiveness of antenatal interventions to prevent postnatal depression in high-risk women (Structured abstract)
Thombs BD et al Database of Abstracts of Reviews of Effects	2014	Depression screening and patient outcomes in pregnancy or postpartum: a systematic review (Provisional abstract)
Myors KA et al Child and Adolescent Mental Health	2013	Collaboration and integrated services for perinatal mental health: an integrative review (Provisional abstract)
Niccols A et al Psychology of Addictive Behaviors	2010	Maternal mental health and integrated programs for mothers with substance abuse issues (Provisional abstract)
Daley A et al Family Practice	2009	The effectiveness of exercise in the management of post-natal depression: systematic review and meta-analysis (Structured abstract)
Scope A et al BMC Psychiatry	2013	Is group cognitive behaviour therapy for postnatal depression evidence-based practice? A systematic review (Provisional abstract)
Scope A et al Journal of Advanced Nursing	2012	Women's perceptions and experiences of group cognitive behaviour therapy and other group interventions for postnatal depression: a qualitative synthesis (Provisional abstract)
Brealey SD et al Journal of Reproductive and Infant Psychology	2010	Screening for postnatal depression: is it acceptable to women and healthcare professionals? A systematic review and meta-synthesis (Provisional abstract)
Goodman JH, Santangelo G Archives of Women's Mental Health	2011	Group treatment for postpartum depression: a systematic review (Structured abstract)
Hewitt CE et al Health Technology Assessment	2009	Methods to identify postnatal depression in primary care: an integrated evidence synthesis and value of information analysis (Structured abstract)

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Author and Source	Date	Document Title
Stevenson MD et al Health Technology Assessment	2010	Group cognitive behavioural therapy for postnatal depression: a systematic review of clinical effectiveness, cost-effectiveness and value of information analyses (Structured abstract)
Mann R et al Journal of Affective Disorders	2011	Validity of two case finding questions to detect postnatal depression: a review of diagnostic test accuracy (Structured abstract)
Gibson J et al Acta Psychiatrica Scandinavica	2009	A systematic review of studies validating the Edinburgh Postnatal Depression Scale in antepartum and postpartum women (Structured abstract)
Sockol LE et al Clinical Psychology Review	2011	A meta-analysis of treatments for perinatal depression (Structured abstract)