

Perinatal Wellbeing Programme

This programme from SilverCloud[®] by Amwell[®] is designed for parents who are in the perinatal period (from pregnancy to one-year post birth) and are experiencing symptoms of low mood and worry. The programme allows parents to identify if further support is needed for anxiety or depression, and aims to support perinatal wellbeing by:

- Improving understanding and normalisation of emotions during this time
- Focusing on developing healthy sleep habits for the user and their child
- Using techniques to reduce tension and low mood as well as aid sleep
- Helping parents to manage worries

The programme aligns with NICE guideline CG192.¹

Therapeutic concepts

Psychoeducation

Psychoeducational information aims to highlight the Thoughts, Feelings, Behaviours (TFB) cycle in relation to anxiety and low mood during the perinatal period. Goal setting, improving sleep, and recognising a setback/developing a relapse plan is also illustrated.



Behavioural techniques

Parents are encouraged to increase their activity levels by planning pleasurable, routine and necessary activities which will improve their thoughts, mood and life quality.

Cognitive techniques

A variety of cognitive coping techniques are introduced, such as addressing if a worry is practical or hypothetical. Users are shown how to reduce their worrying thoughts by refocusing their attention on the present moment.

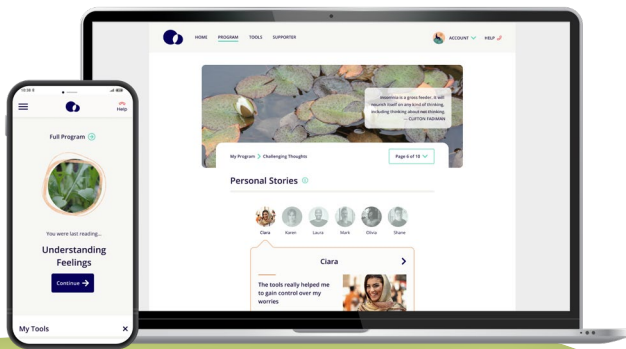
Relaxation exercises

These simple and effective exercises can be helpful to ground or relax the user and help them to become more mindful. Progressive muscle relaxation teaches relaxation through systematically tightening and then relaxing various muscles in the body.

How it works

The structure and content of the *Perinatal Wellbeing* programme follow the evidence-based principles of Cognitive Behavioural Therapy (CBT), guiding users to reframe thinking patterns and build coping skills.²

In keeping with the principles of CBT, which endorse a structured outline and a goal-oriented focus, each module contains perinatal-specific information, interactive activities, homework suggestions and personal stories.³



The programme is available 24/7, allowing users to access the content at a time and place that suits them, making it particularly suitable for the perinatal period. It can be accessed using a phone, tablet or computer.

Summary of programme modules:

- **Finding Your Feet** Educates about depression and anxiety in the perinatal period and introduces how CBT and this programme can be used to help improve wellbeing.
- **Tuning In To Your Feelings** Helps the user to look at the various emotions, thoughts, behaviours, and physical reactions that may be experienced in the perinatal period and introduces the user to the TFB cycle.
- **Improving Sleep** Explores how sleep can be disrupted during the perinatal period, normalising difficulties and encouraging the user to build healthy sleep habits.
- **Taking Action** Introduces Behavioural Activation (BA) as a technique to help the user reduce avoidance and break the cycle of low mood or depression.
- **Dealing With Worry** Differentiating between hypothetical and practical worries, the user learns techniques for managing thoughts and worries that affect the perinatal period.
- **Staying Well** Prepares the user for coming to the end of the programme and maintaining these positive changes in the future.

References:

1. National Institute for Health and Care Excellence. (2020). Recommendations: Antenatal and Postnatal Mental Health: Clinical Management and Service guidance: Guidance. NICE.
2. Beck, J. S., & Beck, A. T. (2011). Cognitive behavior therapy. New York: Basics and beyond. Guilford Publication.
3. Maeror, P. J. (2006). Demystifying CBT: Effective, easy-to-use treatment for depression and anxiety. *Current Psychiatry*, 5(8), 26.

The following sources were also used when creating this resource:

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- Cuijpers, P., Van Straten, A., & Warmerdam, L. (2007). Behavioral activation treatments of depression: A meta-analysis. *Clinical psychology review*, 27(3), 318-326.
- O'Mahen, H., Himle, J. A., Fedock, G., Henshaw, E., & Flynn, H. (2013). A pilot randomized controlled trial of cognitive behavioral therapy for perinatal depression adapted for women with low incomes. *Depression and anxiety*, 30(7), 679-687.
- Miller, J. J., Fletcher, K., & Kabat-Zinn, J. (1995). Three-year follow-up and clinical implications of a mindfulness meditation-based stress reduction intervention in the treatment of anxiety disorders. *General hospital psychiatry*, 17(3), 192-200.

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