

Exploring effectiveness of a group-based intervention for mothers in perinatal mental health services (COSI study)

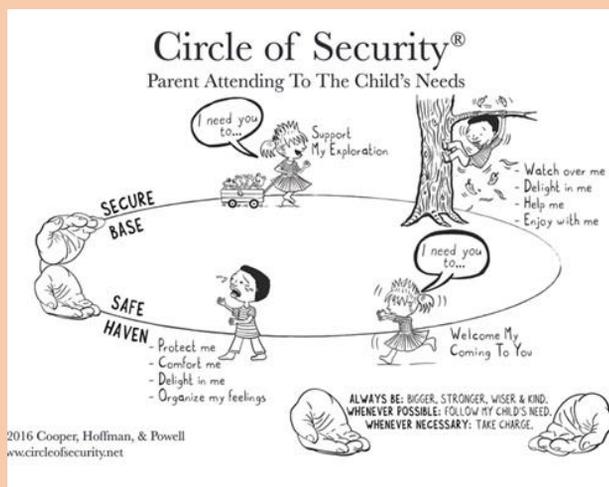


Perinatal mental health difficulties are experienced by up to 27% of birthing parents in high-income countries, with a higher prevalence reported in lower-income populations. When left untreated, perinatal mental health problems can have long-term negative outcomes for the family.

The Circle of Security-Parenting (COS-P) intervention was developed to support parents and shows promising findings in intervention effectiveness and user acceptability. But to date, no research trial has explored the use of COS-P in England or with families experiencing complex perinatal mental health difficulties.

What are we doing?

We aim to reduce this evidence gap by assessing the use of COS-P within NHS Perinatal Mental Health Services (PMHS) in England. We are exploring whether COS-P is more effective than usual courses of treatment in improving maternal mental health difficulties, and the quality of parent-infant relationships. We are also studying the impact of COS-P on parenting sensitivity, emotion regulation skills, infant development, and attachment security and whether it is acceptable to parents and NHS staff involved in the delivery.



How will it help?

This study will improve the support available for birthing parents experiencing perinatal mental health difficulties by providing insight into the use of COS-P within NHS PMHS. It will provide valuable information regarding the effectiveness and acceptability of COS-P in this setting, and cost-effectiveness of delivering it within the NHS. Participant recruitment will finish in October 2023 and the first results are expected in 2025.

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