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MINDFULNESS FOR PREGNANCY: A RANDOMISED
CONTROLLED STUDY OF ONLINE MINDFULNESS DURING
PREGNANCY

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ONLINE MINDFULNESS DURING PREGNANCY

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Abstract

Objective

Prenatal depression, stress and anxiety are significant predictors of postnatal depression and also have a direct negative impact on the family. Helpful psychological interventions during pregnancy are scarce and expensive, and usually only available for a small percentage of those suffering or deemed to be at risk. The aim of this study was to evaluate the potential of an online mindfulness course for expectant mothers.

Design

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