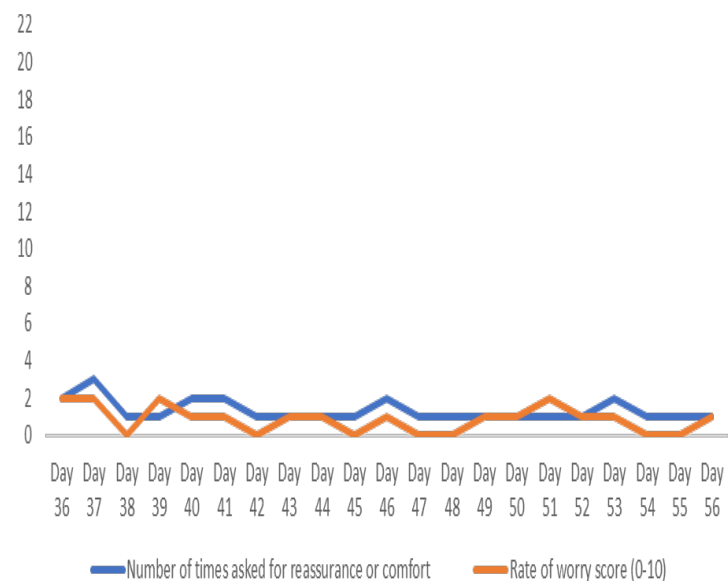


Lets talk about Perinatal mental health

Improvement in reassurance seeking by week 5



Sustained low scores for reassurance seeking and worry at weeks 6, 7, 8



Effectiveness of Cognitive Behavioural Therapy as a treatment for Health Anxiety in a Perinatal Mother: A clinical case study.

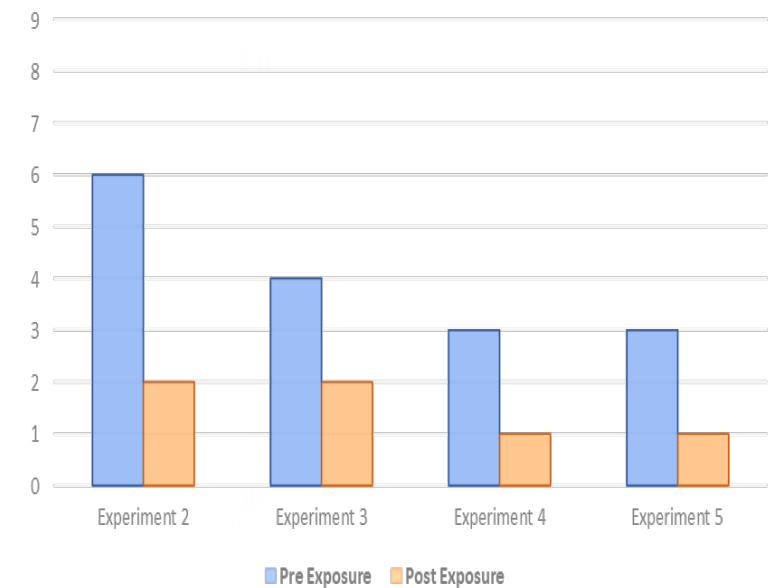
This case study describes the management of a perinatal mother 30 weeks into her pregnancy. She was referred to the perinatal mental health team with symptoms described as antenatal anxiety due to numerous presentations to the delivery suite with reassurance seeking type behaviour. Assessments were carried out using the General Anxiety Disorder -7 (GAD-7) and the Health anxiety Inventory (HAI). Both these assessments revealed features for high level anxiety in both general anxiety and health anxiety. Health anxiety scored the higher of the two. Following the initial assessment, eight sessions of Cognitive Behavioural Therapy was planned. A follow up session on completion of therapy would evaluate the therapy and assess its effectiveness. This will be carried out using the initial measurement tools, the GAD-7, and the HAI. The aim of the therapy was to, 1) explore and resolve the client's negative intrusive thoughts and behaviour. 2) Enable them to gain insight into their thoughts, feelings, and behaviour. 3) Provide the client with the necessary skills to overcome their anxiety and allow them to gain a greater sense of wellbeing, confidence and autonomy in themselves and the world around them as both an individual and as a mother.

The client in the study completed eight sessions of CBT by the time she was 36 weeks pregnant. These sessions involved assisting the client identify potential triggers for her general and health anxiety and learn and develop affective coping skills. Gentle exposure experiments were carried out under supervision. Post therapy assessments using the measurements GAD-7 and the HAI demonstrated significant reduction on the original scores. The client continued to do very well using her CBT skills to manage her anxiety.

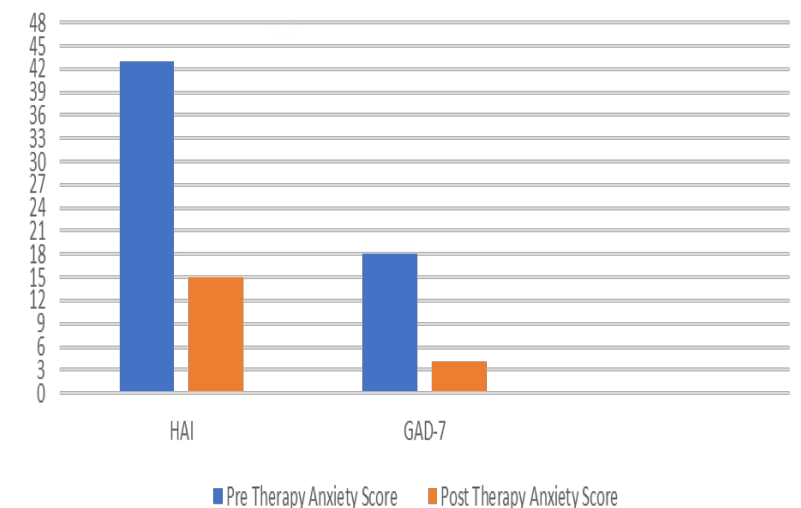
Results : Post therapy Melissa's HAI score had reduced from 43 to 15. Her GAD-7 score reduced from 18 to 4. (See diagrams)

Results also demonstrated that there were no further unnecessary admissions to the labour ward from 30 weeks pregnant and her pregnancy progressed very well with no complications. The client delivered a beautiful baby girl four days post her due date. She used her affective coping skills for as long as she could before having an epidural. Her labour and delivery were uncomplicated, which she felt were due to the relaxed state she was able to bring her mind to using her CBT techniques. As part of her PMHM role Melissa's therapist remained in contact with the client in the postnatal period. The therapist has planned to see Melissa three months for a booster CBT session. To date there have been no issues in relation to heightened general anxiety or health anxiety.

Fear reduction results post four exposure experiments.



Anxiety Measurement Scores



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