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**Mindfulness in Pregnancy: a feasibility study**

Half of all pregnant women experience anxiety, expressed as fears about pregnancy, childbirth, and psychological distress. Increased perinatal anxiety is associated with significant comorbid short and long-term complications affecting both mother and baby. In Australia, increasing rates of birth interventions, including caesarean section, epidural analgesia use and induction of labour impact birth outcomes and the way in which women experience pregnancy, birth and manage early parenting.

 As researchers explore ways to support wellbeing, mindfulness has been scientifically verified to support wellness in a range of conditions. Mindfulness in Pregnancy (MIP) is taught by trained facilitators sharing techniques and daily practices, additional to routine antenatal care. Studies from the UK, Sweden, the Netherlands, and the US report reduced perinatal anxiety and distress, reduced birth interventions, and improved maternal fetal bonding through MIP program participation.

To transfer MIP’s evidence-based research into program implementation, a feasibility study is being proposed to be conducted in an Australian maternity care setting. A MIP feasibility study will determine critical aspects of the program through planning and implementation and, by focussing on stakeholder engagement, recruitment and attrition, and evaluation of outcomes, experiences, and cost analysis.

MIP is evidence based to support the health and wellbeing of women by reducing perinatal anxiety, reducing birth interventions, and improving women’s experiences of pregnancy, birth, and early parenting. The potential of MIP, through a feasibility study within the Australian maternity care setting extends to improved consumer engagement and cost benefits to healthcare providers.

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