

Panel 4

What are the essential conditions/supports to promote children reaching their developmental potential?

Maternal mental health

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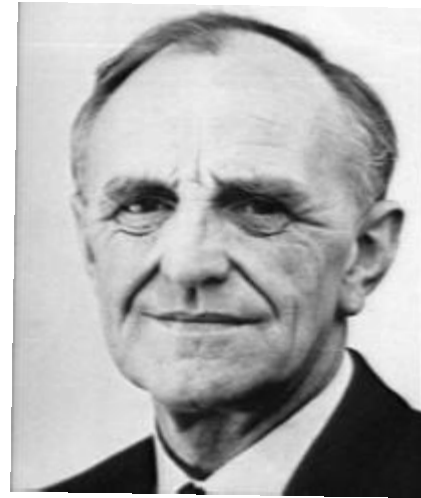
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THERE IS
NO BABY
WITHOUT A
MOTHER

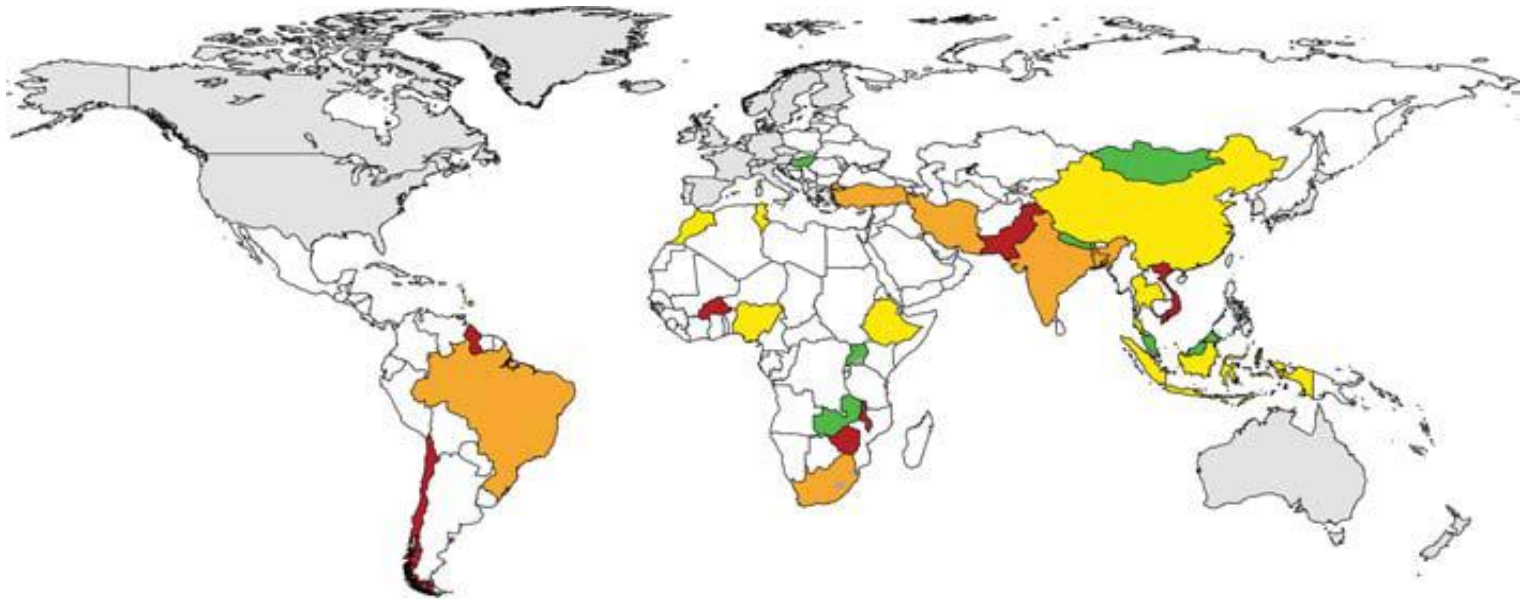


Donald Winnicott (1957)

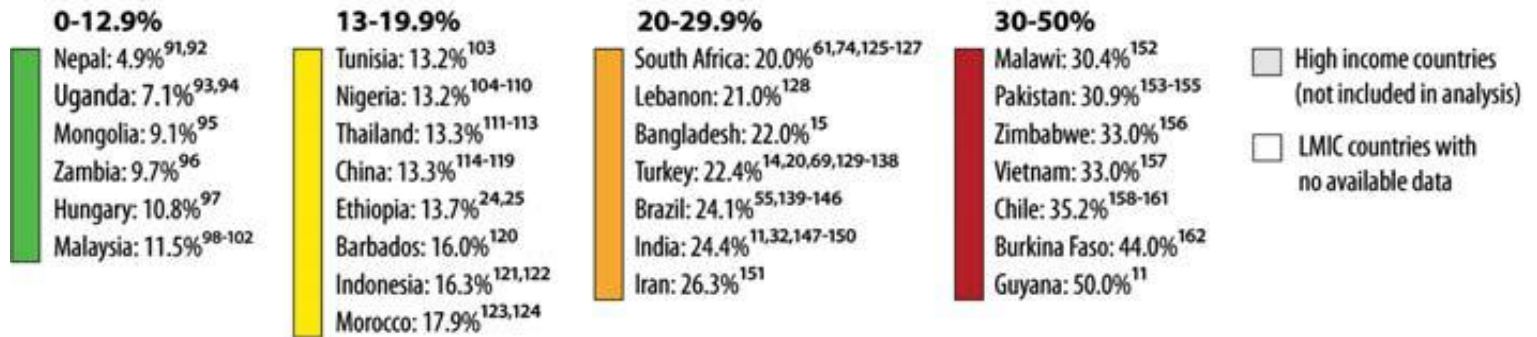
Maternal mental health – a focus on maternal depression

Public health dimensions of maternal depression

- Second leading cause of disease burden in women worldwide, following infections and parasitic diseases
- Presents with low mood, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, low energy, and poor concentration – symptoms that profoundly affect maternal functioning and role
- Can lead to suicide – a leading cause of mortality in women of child-bearing age
- Can become chronic or recurrent and lead to substantial impairments in the mother's ability for child care



Low and middle income countries

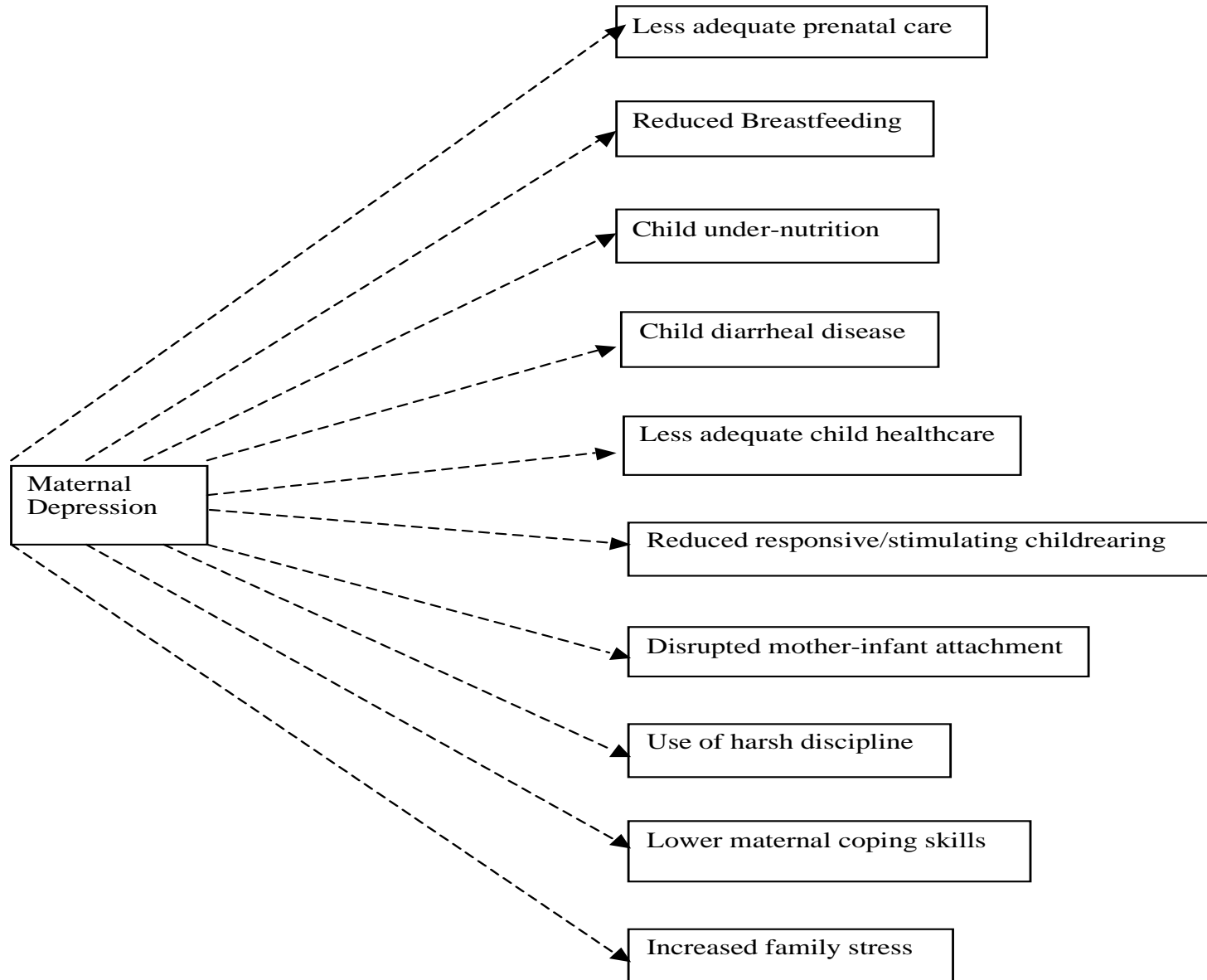


Prevalence of perinatal depression by country
Mean prevalence 18-23%

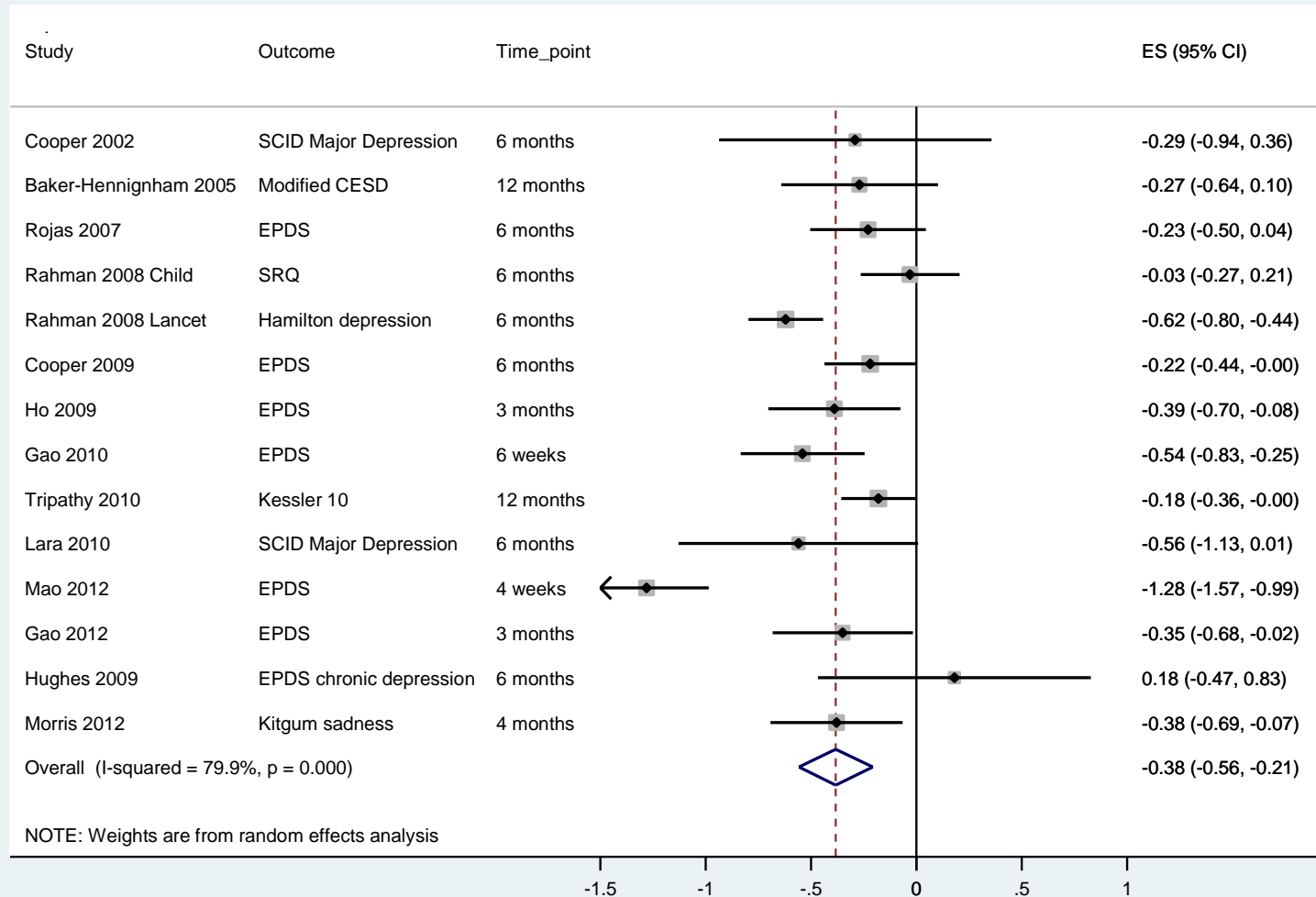
Parsons et al, 2011

Impact on child care

Wachs & Rahman 2013; Rahman 2013



Interventions for maternal depression in LMIC through non-specialists



Benefits to the child include

- improved mother–infant interaction
- better cognitive development and growth
- reduced diarrhoeal episodes
- increased immunization rates

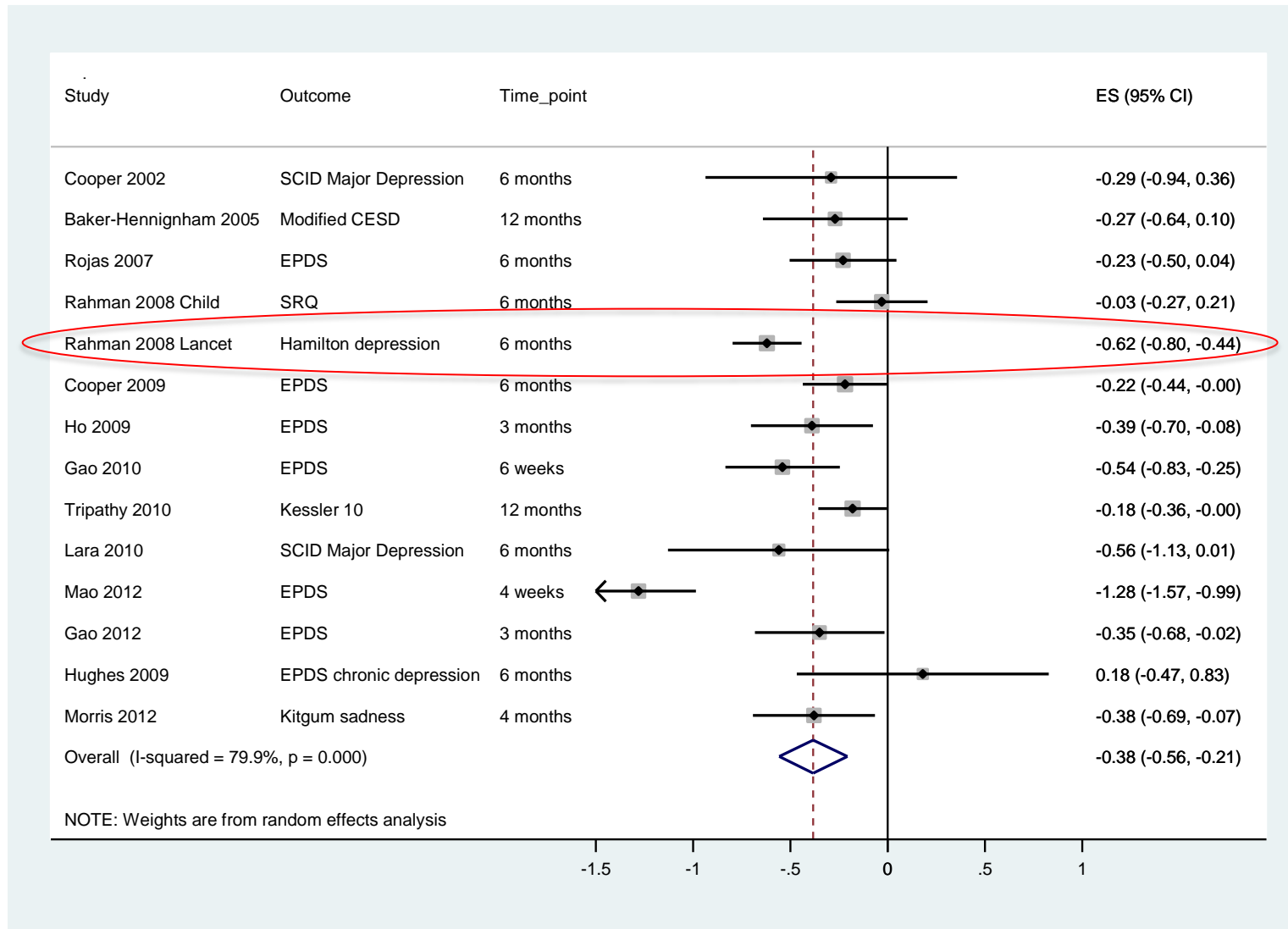
Policy Forum

Grand Challenges: Integrating Maternal Mental Health into Maternal and Child Health Programmes

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Interventions for maternal depression in LMIC through non-specialists



ANNALS OF THE NEW YORK ACADEMY OF SCIENCES

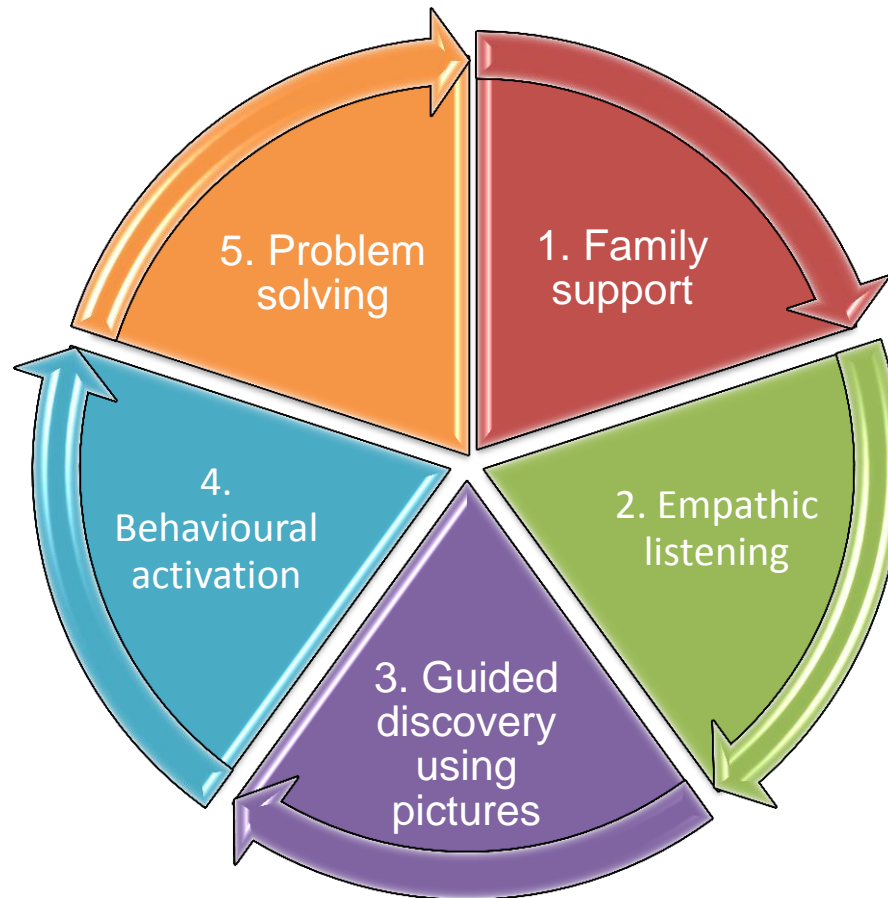
Issue: *Integrating Nutrition and Early Childhood Development Interventions*

Integrating maternal psychosocial well-being into a child-development intervention: the five-pillars approach

Shamsa Zafar,¹ Siham Sikander,¹ Zaeem Haq,¹ Zelee Hill,² Raghu Lingam,³
Jolene Skordis-Worrall,² Assad Hafeez,⁴ Betty Kirkwood,³ and Atif Rahman⁵



The Five Pillars (5P) approach



Zafar et al, 2014 (Annals of NYAS)

Pillar 1	Description
Improving family support	<ul style="list-style-type: none">• Shared agenda of child development helped LHWs engage with husbands and mothers-in-law, allowing programme ‘buy-in’• Improve support for the mother

Pillar 2	Description
Empathic listening	<ul style="list-style-type: none">• Conveying interest and empathy, giving feedback• ‘Therapeutic’ relationship, not just with the mother but the whole family

Pillar 3	Description
Challenging beliefs using pictures (guided discovery)	<ul style="list-style-type: none">• Powerful tool for engagement and behaviour change communication.• Could discuss deeply held beliefs and undesired behaviours without alienation• Also helpful with less literate women

Pillar 4	Description
Behavioral activation	<ul style="list-style-type: none">• Useful to motivate mothers to put things into practice.• Breaking tasks into small manageable activities, and then working with the mother and other family members to develop a schedule in which these activities could be conducted.• A simple 'health calendar' was found useful to record progress or problems

Pillar 5	Description
Problem solving	<ul style="list-style-type: none">• Problems and barriers in putting new knowledge and skills into practice are analyzed.• Taking the time to listen to problems, and then work with the clients and their families to generate solutions was found to be more effective than the didactic approach• Peer-supervision employed problem solving

Pilot study shows that

- CHWs can be trained in the approach
- It improves the skills of CHWs in program delivery
- It is both feasible and acceptable

Zafar et al, Annals of NYAS, 2014



Summary

- Mental health problems – especially depression – are common in women in the critical perinatal period
- Associated with negative outcomes in the child, especially growth and development
- Intervention for maternal psychosocial well-being can be delivered by non-specialists and benefit both the mother and the child
- Should be integrated into maternal and child (MCH) programmes

**Mental health is too important to be left
in the hands of mental health specialists**

Thank you