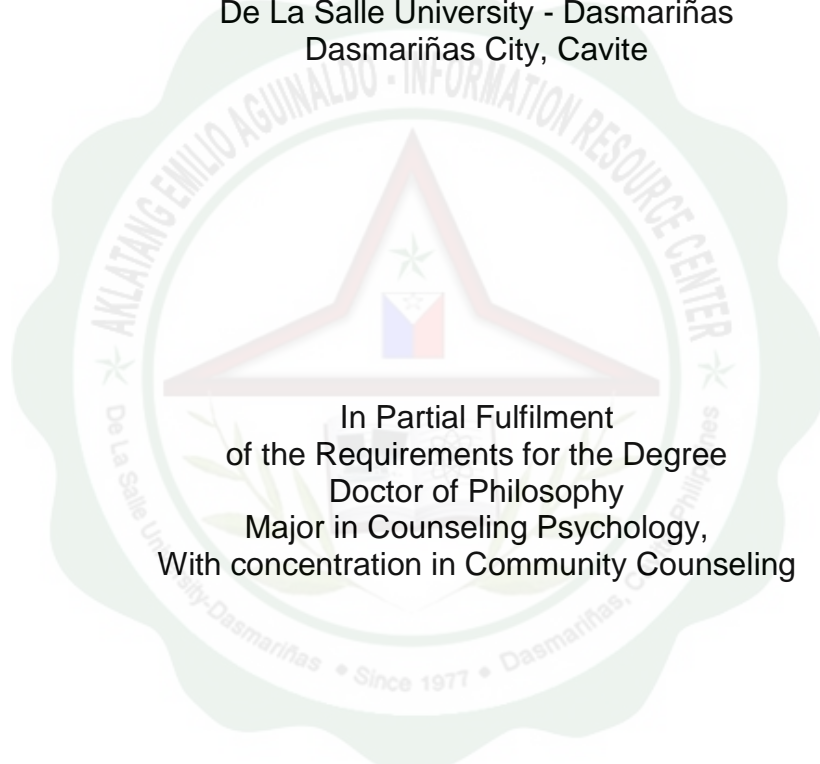


The Effects of Mind-Body Intervention Program in Alleviating Post-partum Depression Syndrome

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With concentration in Community Counseling

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ABSTRACT

Title of the Research: **THE EFFECTS OF MIND-BODY INTERVENTION PROGRAM IN ALLEVIATING POST-PARTUM DEPRESSION SYNDROME**

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Postpartum depression (PPD) is a serious mental health issue affecting 1 in every 8 mothers (Women's Health, 2006). This study was conducted to find out the effects of Mind-body intervention program when rendered to mothers with PPD. Borrowing the concept of Cormier and Hackney (2008) about integrative counselling strategies and interventions, the researcher used selected body-centered modalities that pay equal attention to physical responses, and tackled concerns in the levels of thought, feeling and sensation.

The study used an Embedded Design: Embedded Experimental Model. The study population was sourced from the Out-patient Department of De La Salle University Medical Center. It included 385 post-partum mothers who were screened through Edinburgh Postnatal Depression Scale (EPDS). In this study it was found out that 4 out of 10 mothers who were screened using EPDS had features of PPD. They are those who scored 10 and above or less than 10 but scored on item #10 of the EPDS. These mothers underwent psychiatric assessment, utilizing Hamilton Depression Scale (HAM-D) to diagnose PPD. A

sample size of 42 postpartum mothers was assigned to either experimental and control group through the permuted block randomization. Post-partum Depression Predictors Inventory was used for the pre-intervention interview. Mind-body intervention program uses different strategies to address the psycho-emotional, biophysical psychology and spiritual aspect of a person. Less is known regarding the efficacy of mind-body intervention program on PPD. In this study, the Mind-body intervention program used integrative counseling that includes needs assessment, coping skills development, behavioral activation and termination activities. Post-intervention interview was done to triangulate the statistical data and give substance to the findings revealing the effects of mind-body interventions, with a grand tour question “What are your experiences during your participation in this counselling program?” (*Anu-ano ang inyong mga karanasan na may kinalaman sa inyong pakiki-isa sa programang ito?*).

After the Mind-body intervention program, the dropout rates were 19% (4/21) and 9.5% (2/21) for the experimental and control groups, respectively. In the experimental group, the 17 mothers with depression in the pre-test decreased to 2 (11.8%) in the post-test and 1 (5.9%) in the delayed post-test. As to the control group, the 19 mothers with depression in the pre-test decreased to 7 (36.8%) in the post-test and 7 (36.8%) in the delayed post-test.

The mean pre-test score of the experimental group decreased from 13.94 (moderate depression) to a mean post-test score of 3.12 (normal or no depression) with $p=0.074$, and the mean delayed post-test score of 1.53

(normal or no depression) with $p < 0.012$. On the other hand, the mean pre-test score of the control group decreased from 16.26 (moderate depression) to a mean post-test score of 6.00 (normal or no depression) with $p = 0.074$, and a mean delayed post-test score of 7.21 (almost normal or near-mild depression) with $p < 0.012$.

The results show that mind-body intervention program can alleviate post-partum depression for those mothers without psycho-pathologic ailment such as anxiety neuroses, phobias or personality disorders; hence, it can be an option in the absence of pharmacotherapy for post-partum depression. The individual counseling and the psychotherapy were appreciated by the participants since they experienced being accepted for who they are, being listened to, and being able to verbalize all their concerns even for those who presented a shy type personality. This one-on-one approach captured the post-partum women's feelings, needs, etc. The women felt they were given sense of importance that enhanced their self-esteem.

Since this program was tested among low-income population, this mind-body intervention program can be helpful among low-income post-partum patients with depression. It is, therefore, recommended that capability building be enhanced through developing assessment skills of those who are in the frontlines of government health services (i.e midwives); screening for post-partum depression be part of post-natal services; provision of counseling resources and adaptation of what was used in this study be considered; strengthening referral system for patients who are at risk/or suffering from post-

partum depression be implemented; prioritization of staffing – provision of a psychologist at a District level and psychiatrist at a provincial level of the Government's Health Care Delivery System (Hospitals) be taken into consideration; and further studies be done to clarify preliminary findings.

Keywords: Postpartum depression, Mind-body intervention program

