

# Exploring effectiveness of a group-based intervention for mothers in perinatal mental health services (COSI study)

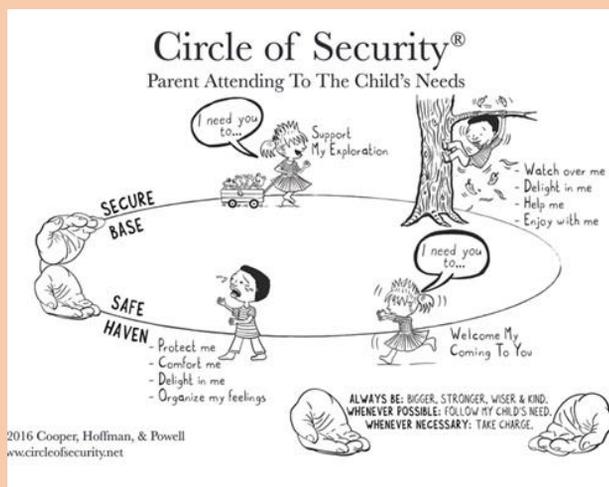


Perinatal mental health difficulties are experienced by up to 27% of birthing parents in high-income countries, with a higher prevalence reported in lower-income populations. When left untreated, perinatal mental health problems can have long-term negative outcomes for the family.

The Circle of Security-Parenting (COS-P) intervention was developed to support parents and shows promising findings in intervention effectiveness and user acceptability. But to date, no research trial has explored the use of COS-P in England or with families experiencing complex perinatal mental health difficulties.

## What are we doing?

We aim to reduce this evidence gap by assessing the use of COS-P within NHS Perinatal Mental Health Services (PMHS) in England. We are exploring whether COS-P is more effective than usual courses of treatment in improving maternal mental health difficulties, and the quality of parent-infant relationships. We are also studying the impact of COS-P on parenting sensitivity, emotion regulation skills, infant development, and attachment security and whether it is acceptable to parents and NHS staff involved in the delivery.



## How will it help?

This study will improve the support available for birthing parents experiencing perinatal mental health difficulties by providing insight into the use of COS-P within NHS PMHS. It will provide valuable information regarding the effectiveness and acceptability of COS-P in this setting, and cost-effectiveness of delivering it within the NHS. Participant recruitment will finish in October 2023 and the first results are expected in 2025.

**Representatives: Dr Kim Alyousefi-van Dijk and Hannah Wright**