

MENtal Health and wellbeing Improvement during pregNAnCy



Short name

MENINA Project

Formal name

MENtal Health and wellbeing Improvement during pregNAnCy

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Citizen science initiative to investigate mental health status and wellbeing of pregnant women to understand what women feel, care about, and need during pregnancy



Summary

Pregnancy is a significant life stage linked to events that can affect mental health and wellbeing. The objective of the project is to carry out a citizen science initiative to investigate mental health status and wellbeing of pregnant women (PW) by including them as part of the research to understand in depth what women feel, care about, and need during pregnancy. The team is formed by gynecologists, midwives, psychologists, psychiatrists, research support technicians and citizen scientists (PW). We will hold qualitative and quantitative research techniques to jointly produce new research-based knowledge that generates new solutions for improving mental health and wellbeing of PW. This includes: 12 profound interviews, a focus group with healthcare professionals, a PHQ questionnaire to detect depression symptoms circulated to PW during scheduled visit at week 12 of pregnancy and a co-creation session with all stakeholders (PW, healthcare professionals, etc).